
Internet Addiction And Problematic Internet Use A

Internet and Mobile Phone Addiction
 Caught in the Net
 Problematic Internet Use Among College Students
 Third Millennium Medicine on the Internet
 Risk Factors, Assessment, and Treatment
 Internet Addiction
 Internet Addiction
 Harmful Internet Use
 What We Know and What We Don't Know
 Epidemiology, Assessment, and Treatment
 The Multiplicities of Internet Addiction
 Principles of Addiction
 Psychological, Social, and Cultural Aspects of Internet Addiction
 The Oxford Handbook of Digital Technologies and Mental Health
 Internet Addiction
 Your Guide to E-health
 Internet Addiction in Children and Adolescents
 Internet Addiction in Psychotherapy
 19th IFIP WG 6.11 Conference on e-Business, e-Services, and e-Society, I3E 2020, Skukuza, South Africa, April 6-8, 2020, Proceedings, Part II
 Neuroscience in the 21st Century
 Study. Internet addiction and problematic use
 Internet Addiction
 Treating and Preventing Adolescent Mental Health Disorders
 The Impact of Online Addiction on General Health, Well-Being and Associated Societal Costs
 Behavioral Addictions
 Land of Strangers
 Youth and Internet Addiction in China
 A Handbook and Guide to Evaluation and Treatment
 An Attempt to Provide Working Definitions
 From Basic to Clinical
 Irresistible
 Problematic Internet Use: A Unique Expression of the Addiction Syndrome
 Neuroscientific Approaches and Therapeutical Interventions
 Breakthroughs in Research and Practice
 The Misrecognition of Leisure and Learning
 Internet Addiction Test (IAT)
 Criteria, Evidence, and Treatment
 Internet Addiction Test for Families (IAT-F)
 Internet Addiction
 Help for Netheads, Cyberfreaks, and Those who Love Them

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Internet and Mobile Phone Addiction ABC-CLIO

This is the first book to thoroughly examine how early and easy access to the Internet and digital technologies impacts children and adolescents. Experts in the field examine the research that shows the social, cognitive, developmental, and academic problems that can result when children spend excessive time in front of screens. As a whole, the book provides an invaluable resource for those who need to assess, treat, and prevent Internet addiction in children and adolescents.

Internet Addiction in Children and

Adolescents: Provides tools that help predict a child's level of risk for media-related problems. Examines how to diagnose and differentiate Internet addiction from other psychiatric conditions. Explores evidenced-based treatment approaches and how to distinguish pathology from normal development. Shows how to create inpatient treatment programs and therapies to address media addiction. Highlights the psychological, social, and family conditions for those most at risk. Evaluates the effects of the excessive use of electronic games and the Internet on brain development. Explores the physical risks that result from excessive media use and strategies for combating the problem. Examines school-based initiatives that employ policies and procedures designed

to increase awareness of excessive media use and help educators identify students who misuse technology, and strategies of intervention and communication with parents. Identifies signs of problem Internet behavior such as aggressive behavior, lying about screen use, and a preference for screen time over social interactions. Outlines the risk factors for developing internet addiction. Provides strategies for treatment and prevention in family, school, and community settings. Practitioners and researchers in psychology, social work, school counseling, child and family therapy, and nursing will appreciate this book's thorough review of internet addiction among children and adolescents. The book also serves as an engaging supplement in courses on media psychology, addiction

counseling, abnormal psychology, school counseling, social issues, and more. *Caught in the Net* John Wiley & Sons "This book provides an academically oriented and scientifically based description of how technological advances may have contributed to a wide range of mental health outcomes, covering the spectrum from problems and maladies to improved and expanded healthcare services"--

Problematic Internet Use Among College Students Elsevier

"Irresistible is a fascinating and much needed exploration of one of the most troubling phenomena of modern times." —Malcolm Gladwell, author of New York Times bestsellers *David and Goliath* and *Outliers* "One of the most mesmerizing and important books I've read in quite some time. Alter brilliantly illuminates the new obsessions that are controlling our lives and offers the tools we need to rescue our businesses, our families, and our sanity." —Adam Grant, New York Times bestselling author of *Originals* and *Give and Take* Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. In this revolutionary book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today's products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become almost impossible to resist. By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each other, spend and save our money, and set boundaries between work and play—and how we can mitigate their most damaging effects on our well-being, and the health and happiness of our children. Adam Alter's previous book, *Drunk Tank Pink: And Other Unexpected Forces that Shape How We Think, Feel, and Behave* is available in paperback from Penguin.

Third Millennium Medicine on the Internet MDPI

With the internet, smartphones, and video games easily available to increasing portions of society, researchers are becoming concerned with the potential side effects and consequences of their prevalence in people's daily lives. Many individuals are losing control of their internet use, using it and other devices excessively to the point that they negatively affect their wellbeing as these individuals withdraw from social life and use their devices to escape from the pressure of the real world. As such, it is imperative to seek new methods and strategies for identifying and treating individuals with digital addictions. *Multifaceted Approach to Digital Addiction and Its Treatment* is an essential research publication that explores the definition and different types of digital addiction, including internet addiction, smartphone addiction, and online gaming addiction, and examines overall treatment approaches while covering sample cases by practitioners working with digital addiction. This book highlights topics such as neuroscience, pharmacology, and psychodynamics. It is ideal for psychologists, therapists, psychiatrists, counselors, health professionals, students, educators, researchers, and practitioners. *Risk Factors, Assessment, and Treatment* Hogrefe Publishing

The second edition of this successful book provides further and in-depth insight into theoretical models dealing with Internet addiction, as well as includes new therapeutical approaches. The editors also broach the emerging topic of smartphone addiction. This book combines a scholarly introduction with state-of-the-art research in the characterization of Internet addiction. It is intended for a broad audience including scientists, students and practitioners. The first part of the book contains an introduction to Internet addiction and their pathogenesis. The second part of the book is dedicated to an in-depth review of neuroscientific findings which cover studies using a variety of biological techniques including brain imaging and molecular genetics. The third part of the book focuses on therapeutic interventions for Internet addiction. The fourth part of the present book is an extension to the first edition and deals with a new emerging potential disorder related to Internet addiction - smartphone addiction. Moreover, in this second edition of the book new content has been added. Among others, the reader will find an overview of theoretical models dealing with Internet addiction, results from twin

studies in the context of Internet addiction and additional insights into therapeutic approaches to Internet addiction.

Internet Addiction John Wiley & Sons

The Internet has become an important part of many people's lives across the world since its first launching in 1960s. In spite of its many beneficial roles for various new applications and services, the emergence of the Internet also has created a new problem called "problematic Internet use" or "Internet addiction," in which individuals experience interpersonal, school, or work-related problems due to excessive use of the Internet. However, since problematic Internet use is a relatively new phenomenon, research in this field has produced as yet a limited number of research studies. This study reviews available research related to defining, assessing, and measuring the problematic Internet use of college students, and examines characteristics related to Internet use for this population. This study utilizes a web-based survey with a randomly selected sample of registered undergraduate and graduate students of the University of Texas at Austin in 2006. The Internet Addiction Test (IAT) (Young, 1998) and the Online Cognition Scale (OCS) (Davis, 2002) were employed to measure aspects of problematic Internet use. Result scores of the Internet Addiction Test (IAT) showed that only 0.8 percent of the respondents were diagnosed as Internet users with significant problems, whereas 28.0 percent were classified with frequent problems. Consolidation of the percentage of respondents with the frequent problems and the significant problems resulted in a total of 28.8 percent presenting with problematic Internet use. A gender difference with regard to problematic Internet use was evident, with male students scoring higher on both the Internet Addiction Test and the Online Cognition Scale. Time spent online for non-academic purpose was positively correlated with problematic Internet use, whereas both age and GPA were negatively correlated with problematic Internet use. The hard science students were more likely to be problematic Internet users than soft science and fine arts students while freshmen students were more vulnerable to problematic Internet use than graduate students. Overall, the findings of this study support previous research except for Internet applications and services used by college students. The percentage of online chatting users has dramatically jumped from mere 9.1% (Scherer, 1997) to 56.4%. In contrast to this jump, the percentage of

Usenet service use has decreased from 36.9% (Scherer, 1997) to 11.7%. Relatively new services such as blog/social networking and file sharing, which were not reported in earlier studies conducted by Scherer (1997) and Young (1996, 1998), have become increasingly popular. It seems that, as network technology is evolving and more services have become available, the trend of Internet use is also changing.

Internet Addiction Springer Publishing Company

"I don't even help [my children] with their homework in the evening because I'm in the chat rooms, and I don't help put them to bed because I don't realize how late it is. I also don't help them get ready for school in the morning like I used to do because I'm checking my e-mail. And I just can't stop myself."-Raymond, an Internet addict. Internet addiction is real. Like alcoholism, drug addiction, or compulsive gambling, it has devastating effects on the lives of addicts and their families: divorce, job loss, falling productivity at work, failure in school, and, in extreme cases, criminal behavior. The problem has already reached epidemic proportions in the United States, and the number of "netaholics" continues to grow rapidly as more households and businesses go on-line. Yet, until now, no one from the mental health community has come forward with a specific description of Internet addiction and its effects or a strategy for treatment and recovery. In *Caught in the Net*, Kimberly Young shares the results of her three-year study of Internet abuse. Often using the words of the Internet addicts themselves, she presents the stories of dozens of lives that were shattered by an overwhelming compulsion to surf the Net, play MUD games, or chat with distant and invisible neighbors in the timeless limbo of cyberspace. Why is the Internet so seductive? What are the warning signs of Internet addiction? Is recovery possible? Dr. Young answers these questions and many more. She provides a questionnaire to help Net users determine whether they are addicts, and offers concrete steps to help problem users regulate Internet usage and devise a more balanced place for it in their daily lives. For Internet addicts as well as their parents, spouses, friends, and employers, *Caught in the Net* offers guidance on where and how to seek help from counselors, therapists, and other professionals who take this affliction seriously. For mental health professionals, this book provides insights into the nature and causes of Internet addiction and encourages counselors and therapists to

expand their addiction recovery programs to address the specific problems of Internet addicts. "Think that computer addiction is a joke? Think again. This groundbreaking book is the first to explore on-line addiction in a serious way and to consider the effects on individuals and their families. *Caught in the Net* is an important book for anyone who spends mornings and evenings connected to the Net."-Clifford Stoll, author of *The Cuckoo's Egg* and *Silicon Snake Oil*. "An excellent account of the dangers of the burgeoning Internet industry. Dr. Young carefully outlines the traps into which people can fall and offers pragmatic self-help suggestions. *Caught in the Net* is valuable for both consumers and the professionals who deal with them."-Maressa Hecht Orzack, PhD, Founder and Coordinator, Computer Addiction Services, McLean Hospital Lecturer, Harvard University Medical School "I don't mean to spend all my time this way, but I can't stop. It's the only place my opinion matters and I feel important."-

bobage38.automechanic.internet.addict "I feel guilty about it, but when I tried to break free, I simply didn't have the strength....I'm a long-time smoker, but I've found the craving to go on the Internet first thing every morning is stronger than my urge to light a cigarette."-marylouage40.motheroffour.internet.addict "When you're talking about the Internet, you're talking about power. It's the most powerful information tool I have ever known. When I explore the on-line world, I feel like that robot in the movie *Short Circuit*. I need more input! More input!"-daveage28.militarytelecommunicationsexpert.internet.addict "I feel the rush every time my mind gets connected to this intensely powerful information whirlpool. When I enter cyberspace, I become one with my mind. It's like Mr. Spock doing the Vulcan mind meld."-joshage29.computerprogrammer.internet.addict itt.edu and view her website at: www.netaddiction.com.

Harmful Internet Use IGI Global An up-to-date source of practical information on how to use the Internet to improve your health. It cuts through the bewildering array of new technologies to present some simple solutions to the problems of health care. Offers advice on how to distinguish between genuine health providers and questionable operators.

What We Know and What We Don't Know IGI Global

known Internet addiction disorder (IAD also) on behalf useInternetproblematic or use Pathological Internet in general is defined as a compulsive problematic use

of the Internet, which leads to significant impairment of the individual's function in various areas of life over a long period of time. Young people are at particular risk of developing Internet addiction disorder or problematic Internet use [1] These and other relationships between digital media use and mental health have been under research, debate and discussion among experts in many disciplines, and have given rise to controversy from the medical, scientific, and technology communities. Such disorders can be diagnosed when an individual engages in online activities at the expense of fulfilling daily responsibilities or pursuing other interests, and without regard to negative consequences. The Internet can promote various addictions including pornography addiction, gaming addiction, auction site safety, social networking site addiction, and web browsing addiction. [2] Excessive use of the Internet has not been recognized as a disorder by the World Health Organization, the Diagnostic and Statistical Manual of Mental Disorders - 5th Edition (DSM-5) or the International Classification of Diseases - Eleventh Edition (ICD-11). The diagnosis included of gaming disorder in the International Classification of Diseases - Eleventh Edition. The debate over diagnosis includes whether the disorder is a separate clinical entity or a manifestation of an underlying psychiatric disorder. The research has approached the question from a variety of perspectives, with no standardized or universally agreed upon definitions, resulting in difficulties in developing evidence-based recommendations. Since adolescents (aged twelve to nineteen) and emerging adults (aged twenty to twenty-nine) access the Internet more than any other age group and carry a higher risk of excessive Internet use, the problem of Internet addiction disorder is the most relevant with youth. [3] Contents 1 sequelae 1.1 sequelae on Mental Health 1.2 Social sequelae 2 signs and symptoms 2.1 physical symptoms 3 related disorders 3.1 gambling addiction online 3.2 addictive online games (games disorder online) 3.3 disorder addiction communication (speech compulsive disorder) 3.4 addiction Virtual Reality 3.5 Video Stream Addiction 4 Risk Factors 4.1 Personal Difficulties 4.2 Social Support 4.3 Psychological Factors 4.4 Other Factors 5 Diagnosis 5.1 Difficulties 5.2 Survey Tools 5.3 Classification 6 Treatment 6.1 Psychotherapy 6.2 Medications 7 Prevalence 8 Term 9 Society 9.1 Addicts of the Internet and Technology Anonymous 9.2 No Browse (English: NoSurf) 10 the

year 10.1 China 10.2 South Korea 10.3 Japan

Epidemiology, Assessment, and Treatment Stoelting

Edited and authored by a wealth of international experts in neuroscience and related disciplines, this key new resource aims to offer medical students and graduate researchers around the world a comprehensive introduction and overview of modern neuroscience. Neuroscience research is certain to prove a vital element in combating mental illness in its various incarnations, a strategic battleground in the future of medicine, as the prevalence of mental disorders is becoming better understood each year. Hundreds of millions of people worldwide are affected by mental, behavioral, neurological and substance use disorders. The World Health Organization estimated in 2002 that 154 million people globally suffer from depression and 25 million people from schizophrenia; 91 million people are affected by alcohol use disorders and 15 million by drug use disorders. A more recent WHO report shows that 50 million people suffer from epilepsy and 24 million from Alzheimer's and other dementias. Because neuroscience takes the etiology of disease—the complex interplay between biological, psychological, and sociocultural factors—as its object of inquiry, it is increasingly valuable in understanding an array of medical conditions. A recent report by the United States' Surgeon General cites several such diseases: schizophrenia, bipolar disorder, early-onset depression, autism, attention deficit/hyperactivity disorder, anorexia nervosa, and panic disorder, among many others. Not only is this volume a boon to those wishing to understand the future of neuroscience, it also aims to encourage the initiation of neuroscience programs in developing countries, featuring as it does an appendix full of advice on how to develop such programs. With broad coverage of both basic science and clinical issues, comprising around 150 chapters from a diversity of international authors and including complementary video components, *Neuroscience in the 21st Century* in its second edition serves as a comprehensive resource to students and researchers alike.

[The Multiplicities of Internet Addiction](#)
Oxford University Press

A psychologist shows readers how to enjoy the benefits of the Internet without being consumed by it.

[Principles of Addiction](#) Academic Press
Sponsored by the Adolescent Mental Health Initiative of the Annenberg Public Policy Center (APPC) of the University of

Pennsylvania and the Annenberg Foundation Trust at Sunnylands Trust, *Treating and Preventing Adolescent Mental Health Disorders*, Second Edition, provides a major update since the first edition in 2005. It addresses the current state of knowledge about the major mental health disorders that emerge during adolescence, including updated DSM-5 diagnostic criteria. Here, six commissions established by the APPC and the Sunnylands Trust pool their expertise on adolescent anxiety, schizophrenia, substance use disorders, depression and bipolar disorders, eating disorders, and suicidal behavior in sections that thoroughly define each disorder, outline and assess available treatments, discuss prevention strategies, and suggest a research agenda based on what we know and don't yet know about these various conditions. Two additional behavioral disorders—gambling and internet addiction—are covered in this second edition. As a meaningful counterpoint to its primary focus on mental illness, the volume also incorporates the latest research from a seventh commission—on positive youth development—which addresses how we can fully prepare young people to be happy and successful throughout their lives. Concluding chapters discuss overarching issues regarding the behavioral and mental health of adolescents: overcoming the stigma of mental illness, the research, policy, and practice context for the delivery of evidence-based treatments, and the development of a more robust agenda to advance adolescent health. Integrating the work of eminent scholars in both psychology and psychiatry, this work will be an essential volume for academics and practicing clinicians and will serve as a wake-up call to mental health professionals and policy makers alike about the state of our nation's response to the needs of adolescents with mental disorders.

Psychological, Social, and Cultural Aspects of Internet Addiction Routledge

"Behavioral Addictions is a timely landmark achievement and a must read for anyone interested in addictive and compulsive behavior and its treatment. Rosenberg and Feder have brought us leading addiction experts, who clearly present the growing evidence for including behavioral addictions in the DSM-5 and how best to treat them. While gambling is the first to be included in the DSM-5 chapter on substance related disorders, other behavioral addictions are likely to follow as evidence grows. This is the most important new textbook in addiction

psychiatry in recent years." - Richard Frances MD, Founding President, American Academy of Addiction Psychiatry
DSM-V broke new ground in May of 2013, designating a new disorder called "behavioral addiction." Clinicians immediately wanted to know: how is a behavioral addiction different from an impulse control disorder? What are the criteria for determining that some behaviors are addictions rather than impulses? What, if anything, does this mean in terms of effective treatment? *Behavioral Addictions* is the first and most authoritative text ever written on the subject of behavioral addictions. This comprehensive work explains the criteria used to determine addiction, the evidence for identifying assorted behaviors as addictions, and the evidence-based treatment for each. With contributions from preeminent experts covering an exhaustive list of behavioral addictions, this book is unique in its coverage of behavioral addictions, their criteria, and treatment. It is a valuable and timely resource for any clinician treating addictions. A guide to understanding the new DSM-V designation of behavioral addiction Defines the criteria for behavior to be considered an addiction designation Discusses the evidence for behaviors meeting addiction criteria Identifies what is now, likely will be, and is not a behavioral addiction per evidence Discusses behaviors formerly considered impulse control disorders Presents evidence-based treatment for each behavioral addiction
[The Oxford Handbook of Digital Technologies and Mental Health](#) John Wiley & Sons

It is increasingly recognised that the internet, in spite of all its benefits to society, can also be correlated with significant harms to individuals and society. Some of these harms have been studied extensively, particularly harms to privacy, harms associated with security and cybercrime, and harms resulting from digital divides. This report covers less studied but equally important harms: harms associated with internet use that concern the health, well-being a functioning of individuals, and the impact on social structures and institutions. The Part I of the study address the issue of the maladaptive use the internet at individual level, including virtual social networks, video games and other potentially addictive types of interactive media content. The three problems which emerged from the study were: generalised internet addiction, online gaming addiction and online gambling addiction. The

ultimate aim of the study is to develop concrete policy options to be considered by the EU Institutions and Member States, to mitigate harmful effects of the internet for European citizens.

Internet Addiction Springer Nature Internet Addiction in Children and Adolescents Risk Factors, Assessment, and Treatment Springer Publishing Company Your Guide to E-health Springer Principles of Addiction provides a solid understanding of the definitional and diagnostic differences between use, abuse, and disorder. It describes in great detail the characteristics of these syndromes and various etiological models. The book's three main sections examine the nature of addiction, including epidemiology, symptoms, and course; alcohol and drug use among adolescents and college students; and detailed descriptions of a wide variety of addictive behaviors and disorders, encompassing not only drugs and alcohol, but caffeine, food, gambling, exercise, sex, work, social networking, and many other areas. This volume is especially important in providing a basic introduction to the field as well as an in-depth review of our current understanding of the nature and process of addictive behaviors. Principles of Addiction is one of three volumes comprising the 2,500-page series, Comprehensive Addictive Behaviors and Disorders. This series provides the most complete collection of current knowledge on addictive behaviors and disorders to date. In short, it is the definitive reference work on addictions. Each article provides glossary, full references, suggested readings, and a list of web resources Edited and authored by the leaders in the field around the globe - the broadest, most expert coverage available Encompasses types of addiction, as well as personality and environmental influences on addiction

Internet Addiction in Children and Adolescents Stoelting

While the Internet is a relatively new technology, that has impacted the world, and provided many benefits, it has also had negative ramifications. Individuals unable to control their use are jeopardizing school, employment and relationships. The concept of "Internet Addiction" is used to explain uncontrollable, damaging use of technology. It is characterized as an impulse control disorder, comparable to pathological gambling, because of overlapping diagnostic criteria and symptomatology. Based on these studies, the IAT was constructed to capture the problematic behavior associated with

compulsive use of technology, including online porn, internet gambling and compulsive use of online games and social media. The IAT-F is for children and adolescents and completed by an informant who knows the youth well. The IAT-F contains the Parent-Child Internet Addiction Test (PCIAT), a 20-item-questionnaire for adolescents, and the Problematic and Risky Media Use in Children Checklist, an 8-item-checklist for use with children. Both forms may be completed by a parent or other caregiver that knows the youth well. Clinical cut-off scores and severity of addiction qualifiers are provided. The PCIAT also helps identify which areas of functioning are most impaired, including: Attention Social Behavior Aggressive Behavior *Internet Addiction in Psychotherapy* Academic Press

A comprehensive review of the current status of antidepressants - how we arrived at this point in their evolution and where we are going in both the near and the long term. It employs both a scientific and historical approach to accomplish these goals. This volume is intended for practitioners who use antidepressants on a daily basis in their practice as well as for the student and researcher. Each will find that it provides a comprehensive and logical approach to this important group of medications. This book is being published as we mark the end of the first 50 years of the modern antidepressant era.

19th IFIP WG 6.11 Conference on e-Business, e-Services, and e-Society, 13E 2020, Skukuza, South Africa, April 6-8, 2020, Proceedings, Part II Univ. of Queensland Press

Internet Addiction: A Handbook and Guide to Evaluation and Treatment "This book provides cutting-edge coverage by expanding the field to include specific problems such as online gaming, cybersex addiction, and gambling addiction. Its extensive attention to dealing with adolescents is essential, given the rapid rise in media and technology use by both Net Generation young adults and iGeneration teenagers. I am thrilled to have this invaluable, comprehensive, well-written resource for my own work and recommend it to people who need to understand this unique form of addiction." —Dr. Larry Rosen, Past Chair and Professor of Psychology at California State University, Dominguez Hills, author of *Rewired: Understanding the iGeneration and the Way They Learn* and *Me, MySpace, and I: Parenting the Net Generation* "Our clients come to us when online pornography, video gaming, social networking, gambling, and surfing create

untenable disruptions in their lives. If we do not understand what we are seeing and how to address it, we will not be able to provide the help they need. This book provides the practical information clinicians can use to assess and treat this growing problem." —Hilarie Cash, PhD, coauthor of *Video Games and Your Kids: How Parents Stay in Control*, and cofounder of reSTART: Internet Addiction Recovery Program "Internet Addiction: A Handbook and Guide to Evaluation and Treatment provides an integrated and current overview of the different types of Internet addiction-gaming addiction, gambling addiction, and cybersex addiction. The authors deserve ample praise in providing such a comprehensive and informative guide for Internet addiction." —Ran Tao, MD, Professor and Director, and Xiuqin Huang, MD, Associate Professor, Treatment Center for Internet Addiction, General Hospital of Beijing Military Region, China The first empirically informed reference for defining, assessing, diagnosing, and treating problematic Internet use Comprehensive and timely, Internet Addiction explores: Validated assessment tools to differentiate normal from compulsive patterns of computer and online usage The most addictive or problematic online activities Epidemiology and subtypes of Internet addiction such as online pornography, Internet gambling, and online gaming Current theories on the risk factors associated with the development of an addictive disorder related to Internet usage Evidence-based treatment strategies for helping clients of various ages, taking into account main presenting problems and individual situations and circumstances International in scope and empirically based, the cultural and global impact of this subject is discussed, introducing practitioners to the latest clinical implications, assessment methods, and treatment approaches in working with clients suffering from this emerging addictive disorder. Neuroscience in the 21st Century IGI Global The internet has transformed the world we live in, but it also poses new risks to our psychological well-being. This book provides an introduction to the issue of internet addiction, an increasingly common problem. All day, every day, we are connected to the internet, putting most people at some level of risk for internet addiction. Problematic internet use can take many forms, including overuse of social media and addictions to online shopping, gaming, or pornography. Such behaviors can cause anxiety, depression, sleep deprivation, loneliness,

and physical health problems. People can lose their jobs and families, and in a few extreme cases, internet addiction has directly led to the death of the addicted individual or a child in their care. Internet Addiction is the latest volume in Greenwood's Health and Medical Issues Today series. Part I explores what internet addiction is, the many forms it can take, and the serious consequences it can have. Part II examines a number of controversies

and issues, such as balancing the internet's benefits against its addictive nature. Part III provides a variety of useful materials, including case studies, a timeline of critical events, and a directory of resources. Explores why the internet and other emerging technologies are so addictive, profiling the many forms problematic internet use can take and discussing who is most at risk Examines key issues and controversies related to

problematic internet use, such as whether or not it should be labeled an addiction and who bears primary responsibility for preventing and combating its negative effects Offers illuminating case studies that use engaging real-world scenarios to highlight how internet addiction can arise, the effects it can have, and how it can be addressed Provides readers with a helpful Directory of Resources to guide their search for additional information

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