

Internet Addiction And Problematic Internet Use A

Emerging Adults in America: Coming of Age in the 21st Century portrays the lives of young Americans between adolescence and young adulthood, a distinct developmental stage that editor Jeffrey Jensen Arnett describes as emerging adulthood. Over the past 40 years, the average age of marriage and parenthood has risen dramatically, and the years from the late teens through the mid-20s are no longer dedicated to settling into traditional adult roles. Instead, the focus has shifted to pursuing higher education, self-exploration, and shaping a future that best suits personal goals and desires. Along with coeditor Jennifer Lynn Tanner, Arnett has compiled a collection of chapters in this groundbreaking work that cover a range of topics from relationships with parents to views about love, sex, and marriage; from experiences in college to those in the work place; and from religious beliefs to beliefs about the concept of adulthood. This insightful book will be a valuable resource for developmental psychologists, therapists, and mental health practitioners who work with emerging adults and will appeal to young people and their families.

Addiction is increasingly being recognized as a major global public health issue, and an ever-growing number of medical specialties, psychological and social science training programs, and professional associations are including addiction as part of their training and continuing education curricula. The first edition of this book presented an overview of the spectrum of addiction-related problems across different cultures around the globe. Sharing the experience and wisdom of more than 260 leading experts in the field, and promoted by the International Society of Addiction Medicine, it compared and contrasted clinical practices in the field of addiction medicine on the basis of neurobiological similarities as well as epidemiological and socio-cultural differences. Building on the success of this inaugural edition, and taking into account the formal and informal comments received as well as an assessment of current need, this textbook presents general updated information while retaining the most requested sections of the first edition as demonstrated by the number of chapter downloads. It also provides a basic text for those preparing for the ISAM annual certification exam. Written by some 220 international experts, it is a valuable reference resource for anyone interested in medicine, psychology, nursing, and social science.

The brain is a fearsomely complex information-processing environment--one that often eludes our ability to understand it. At any given time, the brain is collecting, filtering, and analyzing information and, in response, performing countless intricate processes, some of which are automatic, some voluntary, some conscious, and some unconscious. Cognitive neuroscience is one of the ways we have to understand the workings of our minds. It's the study of the brain biology behind our mental functions: a collection of methods--like brain scanning and computational modeling--combined with a way of looking at psychological phenomena and discovering where, why, and how the brain makes them happen. Want to know more? Mind Hacks is a collection of probes into the moment-by-moment works of the brain. Using cognitive neuroscience, these experiments, tricks, and tips related to vision, motor skills, attention, cognition, subliminal perception, and more throw light on how the human brain works. Each hack examines specific operations of the brain. By seeing how the brain responds, we pick up clues about the architecture and design of the brain, learning a little bit more about how the brain is put together. Mind Hacks begins your exploration of the mind with a look inside the brain itself, using hacks such as "Transcranial Magnetic Stimulation: Turn On and Off Bits of the Brain" and "Tour the Cortex and the Four Lobes." Also among the 100 hacks in this book, you'll find: Release Eye Fixations for Faster Reactions See Movement When All is Still Feel the Presence and Loss of Attention Detect Sounds on the Margins of Certainty Mold Your Body Schema Test Your Handedness See a Person in Moving Lights Make Events Understandable as Cause-and-Effect Boost Memory by Using Context Understand Detail and the Limits of Attention Steven Johnson, author of "Mind Wide Open" writes in his foreword to the book, "These hacks amaze because they reveal the brain's hidden logic; they shed light on the cheats and shortcuts and latent assumptions our brains make about the world." If you want to know more about what's going on in your head, then Mind Hacks is the key--let yourself play with the interface between you and the world.

In the last decade, much needed attention and research has been focused on the group of psychiatric conditions termed 'impulse control disorders' or ICDs. Pathological gambling, compulsive shopping, kleptomania, hypersexuality, Internet 'addiction', among other disorders, are characterized by a recurrent urge to perform a repetitive behavior that is gratifying in the moment but causes significant long-term distress and disability. Despite the high rate of co-morbidity with obsessive compulsive disorder, ICDs are now clearly distinguished from these disorders with a unique clinical approach for diagnosis and treatment. A wide array of psychopharmacologic and psychotherapeutic options is now available for treating these disorders. Drs Elias Aboujaoude and Lorrin M. Koran have collated the world's foremost experts in ICD research and treatment to create a comprehensive book on the frequency, evolution, treatment, and related public policy, public health, forensic, and medical issues of these disorders. This is the first book to bring together medical and social knowledge bases related to impulse control disorders.

Internet AddictionABC-CLIO

Communication Yearbook 39 continues the tradition of publishing state-of-the-discipline literature reviews and essays. Editor Elisia Cohen presents a volume that is highly international and interdisciplinary in scope, with authors and chapters representing the broad global interests of the International Communication Association. The contents include summaries of communication research programs that represent the most innovative work currently. Offering a blend of chapters emphasizing timely disciplinary concerns and enduring theoretical questions, this volume will be valuable to scholars throughout communication studies

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.

This book establishes, and then analyses, the interrelation between series and dependence by focusing on two aspects of their connection: the overconsumption of TV series, and the production devices that lead to it. Due to its two-sided nature, the volume brings together specialists from different backgrounds. On the one hand, it involves people working with addiction, such as psychiatrists, psychologists, and social workers, whose analytical tools and statistics are extremely useful in assessing the prevalence of TV series addiction, as well as its consequences, in order to make sense of its mechanics. For similar reasons, the authors also include professionals working with children and teenagers, since youths under 18 are largely affected by addictive tendencies. On the other hand, other contributions here are authored by TV series specialists, producers and scriptwriters, as well as academics in the fields of film and TV series studies, cultural studies, and narratology. Their specific perspectives on the topic help better understand what it is about the construction or reception of TV series that aims to create, maintain, amplify, or, on the contrary, curb their ingrained addictive effects.

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. 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.

In the present volume, we collected state-of-the-art chapters on diagnosis, treatment, and social implications. The first section describes diagnostic processes. It describes a reevaluation of projective techniques, a new clinical tool in psychotraumatology, the foundations of the framing technique, and an overview on integrative approaches. The second section focuses on new developments in the field with special emphasis on culture-specific contexts. From parenting of adolescents in India to the influence of poverty on mental health issues in Mexico, as well as the use of marijuana and Internet addiction, some of the most important fields are highlighted. The third section concentrates on therapy. It shows how to react to bullying and reviews the use of antidepressants in children and adolescents.

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 Internet Addiction Test emerged as the first validated measure of Internet and technology addiction. The assessments can be administered in a variety of mental health settings, including private practice clinics, schools, hospitals and residential programs. They can be used when there is suspicion of Internet addiction, as part of a broad intake assessment, or for use in a wellness curriculum to help participants evaluate their own Internet behavior. The IAT can also be a valuable pre-employment screening device, to detect internet addiction among job candidates, to improve productivity and reduce corporate liability. Based on 20 self-report items, the IAT assesses for the presence of addiction to the Internet, electronic entertainment, social media, and general use of electronic devices, and also measures the severity of addiction, in terms of mild, moderate or severe. Furthermore, because Internet addiction may be driven by different reasons and manifest in different ways, requiring different types of treatment, the IAT produces scores related to the following areas: EscapeCompulsionNeglecting dutiesAnticipationLack of ControlSocial Avoidance

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

Addiction is a powerful and destructive condition impacting large portions of the population around the world. While typically associated with substances, such as drugs and alcohol, technology and internet addiction have become a concern in recent years as technology use has become ubiquitous. *Psychological, Social, and Cultural Aspects of Internet Addiction* is a critical scholarly resource that sheds light on the relationship between psycho-social variables and internet addiction. Featuring coverage on a broad range of topics such as human-computer interaction, academic performance, and online behavior, this book is geared towards psychologists, counselors, graduate-level students, and researchers studying psychology and technology use.

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

Adolescent Addiction: Epidemiology, Assessment, and Treatment presents a comprehensive review of information on adolescent addiction,

including prevalence and co-morbidity rates, risk factors to addiction, and prevention and treatment strategies. Unlike other books that may focus on one specific addiction, this book covers a wide range of addictions in adolescents, including alcohol, cannabis, tobacco, eating, gambling, internet and video games, and sex addiction. Organized into three sections, the book begins with the classification and assessment of adolescent addiction. Section two has one chapter each on the aforementioned addictions, discussing for each the definition, epidemiology, risk factors, co-morbidity, course and outcome, and prevention and intervention. Section three discusses the assessment and treatment of co-morbid conditions in greater detail as well as the social and political implications of adolescent addictions. Intended to be of practical use to clinicians treating adolescent addiction, the book contains a wealth of information that will be of use to the researcher as well. Contributors to the book represent the US, Canada, the UK, New Zealand, and Australia. About the Editor: Cecilia A. Essau is professor of developmental psychopathology at Roehampton University in London, UK. Specializing in child and adolescent psychopathology, she has been an author or editor of 12 previous books in child psychopathology and is author of over 100 research articles and book chapters in this area. Comprehensive with the state-of-the-art information on important and the most common adolescent addiction Easy to understand and organized chapters Written by international experts

Internet Gaming Disorder: Theory, Assessment, Treatment, and Prevention is an informative and practical introduction to the topics of Internet gaming disorder and problematic gaming. This book provides mental health clinicians with hands-on assessment, prevention, and treatment techniques for clients with problematic gaming behaviors and Internet gaming disorder. It provides an overview of the existing research on epidemiology, risk and protective factors, and discusses the distinct cognitive features that distinguish gaming from gambling and other related activities and disorders. Clinicians will find interest in discussion of the latest developments in cognitive-behavioral approaches to gaming disorder as well as the best structure for clinical interviews. Included in clinical sections are details of the key indicators of harm and impairment associated with problem gaming and how these might present in clinical cases. Internet Gaming Disorder is strongly evidence-based, draws extensively upon the latest international research literature, and provides insights into the likely future developments in this emerging field both in terms of technological development and new research approaches. Discusses the conceptual basis of Internet gaming disorder as a behavioral addiction Provides screening approaches for measuring excessive gaming Details a structured clinical interview approach for assessing gaming disorder Provides evidence-based clinical strategies for prevention and treatment Covers cognitive behavioral therapy and harm reduction strategies

The main purpose of this book is to be useful in daily practice to clinicians, including less-discussed subjects that are frequently encountered in practice. For this, it was aimed to explain the formulation of the disorder in light of the basic CBT model in each chapter and then to present the treatment approach of the disorder with case examples. We believe that the case examples, which came from the authors' own practices, are the strength of the book.

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

The digital world is omnipresent. The rise of the Internet, smartphones, video games, and dating apps have provided people with more information, entertainment, and communication than ever before. While technology continues to develop at breakneck speed, its results are not always positive. Addiction to the tech world has resulted in serious mental health problems, overuse injuries, privacy challenges, and worry on the part of parents and other adults about its long-term effects. With the aid of media literacy questions and terms, this collection of thought-provoking and educational New York Times articles helps readers take a critical look at the tech phenomenon.

Explores the ethical issues of cyberpsychology research and praxes, which arise in algorithmically paired people and technologies. 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.

This book examines how you can identify, assess, and treat Internet addiction in the most effective manner. Internet use has become an integral part of our daily lives, but at what point does Internet use become problematic? What are the different kinds of Internet addiction? And how can professionals best help clients? Internet addiction refers to a range of behavioral problems, including social media addiction and Internet gaming disorder. This compact, evidence-based guide written by leading experts from the field helps disentangle the debates and controversies around Internet addiction and outlines the current assessment and treatment methods. The book presents a 12–15 session treatment plan for Internet and gaming addiction using the method and setting with the best evidence: group CBT. Printable tools in the appendix help clinicians implement therapy. This accessible book is essential reading for clinical psychologists, psychiatrists, psychotherapists, counsellors, social workers, teachers, as well as students.

Internet use-related addiction problems (e.g., Internet addiction, problem mobile phone use, problem gaming, and social networking) have been defined according to the same core element: the addictive symptomatology presented by individuals who

excessively and problematically behave using the technology. Online activity is the most important factor in their lives, causing them the loss of control by stress and difficulties in managing at least one aspect of their daily life, affecting users' wellbeing and health. In 2018, Gaming Disorder was included as a mental disease in the 11th Revision of the International Classification of Diseases by the World Health Organization. In 2013, the American Psychiatric Association requested additional research on Internet Gaming Disorder. The papers contained in this e-Book provide unique and original perspectives on the concept, development, and early detection of the prevention of these health problems. They are diverse in the nature of the problems they deal with, methodologies, populations, cultures, and contain insights and a clear indication of the impact of individual, social, and environmental factors on Internet use-related addiction problems. The e-Book illustrates recent progress in the evolution of research, with great emphasis on gaming and smartphone problems, signaling areas in which research would be useful, even cross-culturally.

"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 Addiction is a powerful and destructive condition impacting large portions of the population around the world, and because of ubiquitous technology, social networking and internet addiction have become a concern in recent years. With all ages affected by the "fear of missing out," which forces them to stay continually connected in order to stay up-to-date on what others are doing, new research is needed to prevent and treat anxieties caused by internet use. Internet and Technology Addiction: Breakthroughs in Research and Practice is an authoritative resource for the latest research on the social and psychological implications of internet and social networking addiction, in addition to ways to manage and treat this unique form of addiction. Highlighting a range of pertinent topics such as digital addiction, social isolation, and technology servitude, this publication is an ideal reference source for psychologists, cyberpsychologists, cybersociologists, counselors, therapists, public administrators, academicians, and researchers interested in psychology and technology use.

"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.

In the past, researchers have investigated the concept of Internet use possibly being similar to addictive behaviors in that sub-

groups of Internet users may experience negative consequences secondary to Internet use, which could reasonably be considered excessive. Researchers have noted relationships between this type of Internet use, whether it is called Internet addiction or problematic Internet use, and characteristics such as loneliness and depression. It has also been observed that a characteristic common to individuals who approach Internet use in a compulsive manner is that they spend a great deal of their time online communicating with others. This behavior, in conjunction with the loneliness believed to be relatively common to individuals with problematic Internet use, suggests that these individuals may be perceived as more socially inhibited or less socially adept than their peers. In order to investigate this further, this paper will assess these characteristics; including loneliness, depression, and anxiety related to social interactions, as well as how dating and Internet use patterns relate to problematic Internet use. This paper will also detail the findings from viewing individuals with problematic Internet use in an opposite-sex role-play situation, and comparing the observations to their peers who report non-problematic Internet use.

Prologue: Never get high on your own supply --Part 1: What is behavioral addiction and where did it come from?.The rise of behavioral addiction --The addict in all of us --The biology of behavioral addiction --Part 2: The ingredients of behavioral addiction (or, how to engineer an addictive experience).Goals --Feedback --Progress --Escalation --Cliffhangers --Social Interaction --Part 3: The future of behavior addiction (and some solutions).Nipping addictions at birth --Habits and architecture --Gamification --Epilogue.

"Technological Addictions is the first guide designed to provide insight and strategies to clinicians, patients, and families grappling with the collateral damage of technology's pervasiveness and pull. Mental health professionals are beginning to understand that video games, online pornography, internet gaming, internet gambling, and other technological pastimes can be every bit as addictive as substances such as alcohol, tobacco, and illicit drugs. Editor Petros Levounis is among the foremost experts on addiction and, together with coeditor James Sherer and a roster of prominent contributors, has created a groundbreaking book that emphasizes the lived reality of the people who struggle with these addictions every day. In 10 rigorous yet down-to-earth chapters, the book explores the psychological and cultural context of each technology and related behavior, from social media to cybersex, and examines thoroughly the difference between healthy engagement with technology and addiction. This discussion premised on the understanding that technology should not be rolled back or restricted but is an increasingly beneficial and even necessary part of modern life. Two chapters specifically focus on the way technology addictions impact particular populations, such as children and adolescents and older adults. Addiction to technology does not discriminate; no preexisting psychological or physical conditions are required, and everyone is susceptible. Technological Addictions provides guidance found nowhere else, guidance that both clinicians and laypeople will find useful and compelling"--

This title examines how Internet addiction affects individuals and society, investigates how people are working to adapt to a digital future, and analyzes the controversies and conflicting viewpoints surrounding the issue. Features include a glossary, selected bibliography, websites, source notes, and an index, plus a timeline and essential facts. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

A form of 'electronic opium' is how some people have characterised young people's internet use in China. The problem of 'internet addiction' (wangyin) is seen by some parents as so severe that they have sought psychiatric help for their children. This book, which is based on extensive original research, including discussions with psychiatrists, parents and 'internet-addicted' young people, explores the conflicting attitudes which this issue reveals. It contrasts the views of young people who see internet use, especially gaming, as a welcome escape from the dehumanising pressures of contemporary Chinese life, with the approach of those such as their parents, who medicalise internet overuse and insist that working hard for good school grades is the correct way to progress. The author shows that these contrasting attitudes lead to battles which are often fierce and violent, and argues that the greater problem may in fact lie with parents and other authority figures, who misguidedly apply high pressure to enforce young people to conform to the empty values of a modern, dehumanised consumer-oriented society.

"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"--

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.

The internet, smartphones and technology are an integral part of everyday life. But for some users, what often starts out as a method to escape can eventually become a full-blown addiction. Users may find themselves retreating into videogames and other forms of technology to self-medicate loneliness, anxiety or depression, and find themselves isolated and missing out on important areas of life. In Facing Internet Addiction, some of the countries leading experts in technology addiction, adapt the groundbreaking thirty task model used by thousands of therapists worldwide, to treat technology and internet addiction. Using innovative tasks and exercises, the reader can engage in a plan designed to defeat addiction and restore lifestyle balance. This book is designed to be used as an adjunct to therapy, and also works well in conjunction with 12 step programs, or other recovery programs such as SMART recovery. Additionally, it is the first in a series, used in conjunction with recovery zone volumes 1 and 2, by Dr. Patrick

Carnes.

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.

From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “*Ask a Manager* is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

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.

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