

Key Points

① Classification
(how to classify the behaviour)

② Diagnostic Criteria
(Similar to other behavioural addictions such as gambling, (8 criteria))

③ Prevalence
0.3% - 38%
Variation - different around the globe +
Somewhat due to surveys + reporting or lack of.

④ Etiology

→ Anonymity, Convenience + escape (ACE)
→ Access, Affordability + Anonymity (Tripple A)
→ Bio-psycho-social-cultural Factors

⑤ Neurobiological Vulnerabilities

⑥ Reinforcement + Reward

⑦ Biological Predisposition → insufficient Serotonin + Dopamine

⑧ Mental Health Vulnerabilities

Internet Addiction: A Brief Summary of Research + Practice

* Internet Addiction Disorder (IAD)

Q. Why? A. → A growing Social Issue!

- problematic computer use meets criteria for addiction and ∴ should be included in the DSM.

- Time spent on computer ↑ to improve mood.
- withdrawal symptoms (low mood? angry).
- Interferes with life domains such as Social, family, School/work, may cause legal issues
- Continued use despite negative consequences.

→ Impulse control disorder??

→ obsessive compulsive disorder??

Types of IAD → sexual (pornography), gaming, excessive surfing.

* **8 CRITERIA:** Preoccupation, ↑ amounts of time to achieve satisfaction, Unsuccessful attempts to cut down, stop, Control use, Restless, moody, depressed, irritable when stopping or cutting down, stayed online longer than intended. At least one of the following: risked job or relationship loss, lied to someone re: use, uses internet to escape negative affect.

→ Reward + Pleasure pathways of the brain
→ Relaxing, stimulating, reduce negative affect

BRAIN

→ Sexual, Social, financial rewards etc.

→ Depression, Anxiety, hostility etc.