THERE ARE SCIENTIFIC DEBATES ABOUT WHETHER INTERNET ADDICTION ACTUALLY EXISTS AND IF IT CAN BE CLASSED AS A GENUINE ADDICTION.

MANY SCIENTIFIC STUDIES SHOW THAT EXCESSIVE INTERNET USE CAN CAUSE MAJOR PROBLEMS (RELATIONSHIP, HEALTH ETC) FOR SOME.

ADDICTIONS ON THE NET (GAMBLING, SEX ADDICTION) ARE NOT THE SAME AS ADDICTIONS TO THE NET.

GAMING ADDICTION IS THE MOST COMMON INTERNET-RELATED DISORDER. SUCH PEOPLE ARE NOT INTERNET ADDICTS.

FACTORS THAT CONTRIBUTE TO OVERUSE OF THE INTERNET INCLUDE HIGH ACCESSIBILITY, LOW COST AND PERCEIVED ANONYMITY.

THE TRUE PREVALENCE OF INTERNET ADDICTION IS UNKNOWN – THERE ARE FEW REPRESENTATIVE STUDIES.

LARGE-SCALE UK STUDIES INDICATE THAT 3% OF ADOLESCENTS AND YOUNG ADULTS EXPERIENCE PROBLEMATIC INTERNET USE.

MANY FACTORS HAVE BEEN ASSOCIATED WITH PROBLEMATIC INTERNET USE: LOW SELF-ESTEEM, LONELINESS, STRESS AND POOR FAMILY SUPPORT.

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