

THE INDEX CARD

#13 INTERNET ADDICTION DR MARK GRIFFITHS GIVES THE LOWDOWN ON BECOMING HOOKED ON THE WEB

1

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

5

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

2

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

6

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

3

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

7

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

4

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

8

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

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