

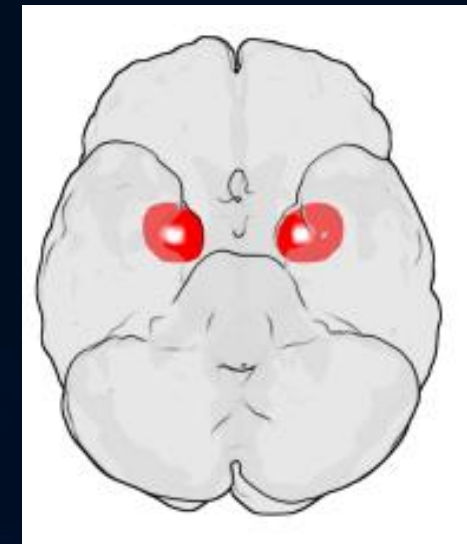
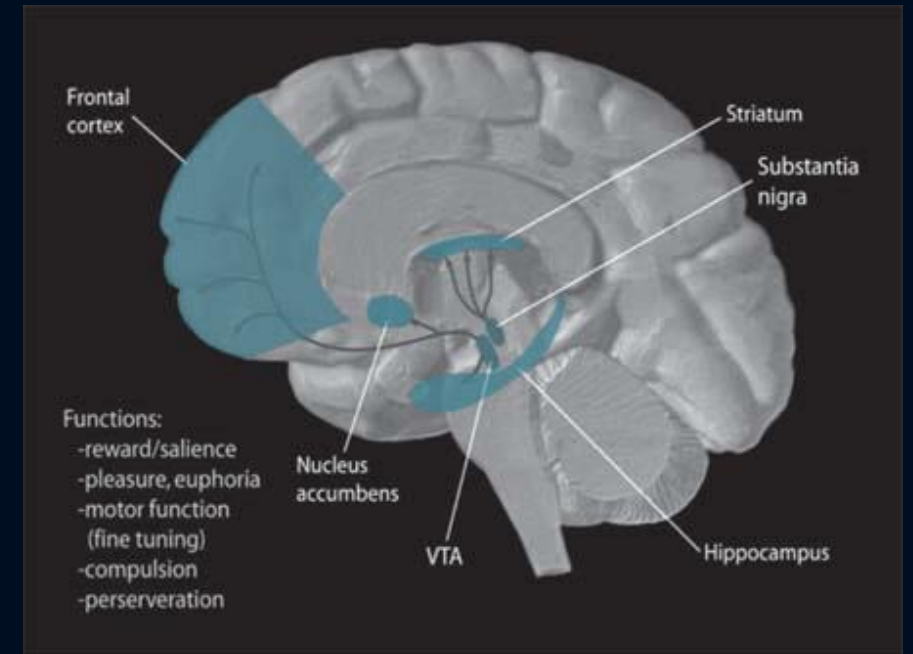


Internet / Social Media Addiction and Adolescents

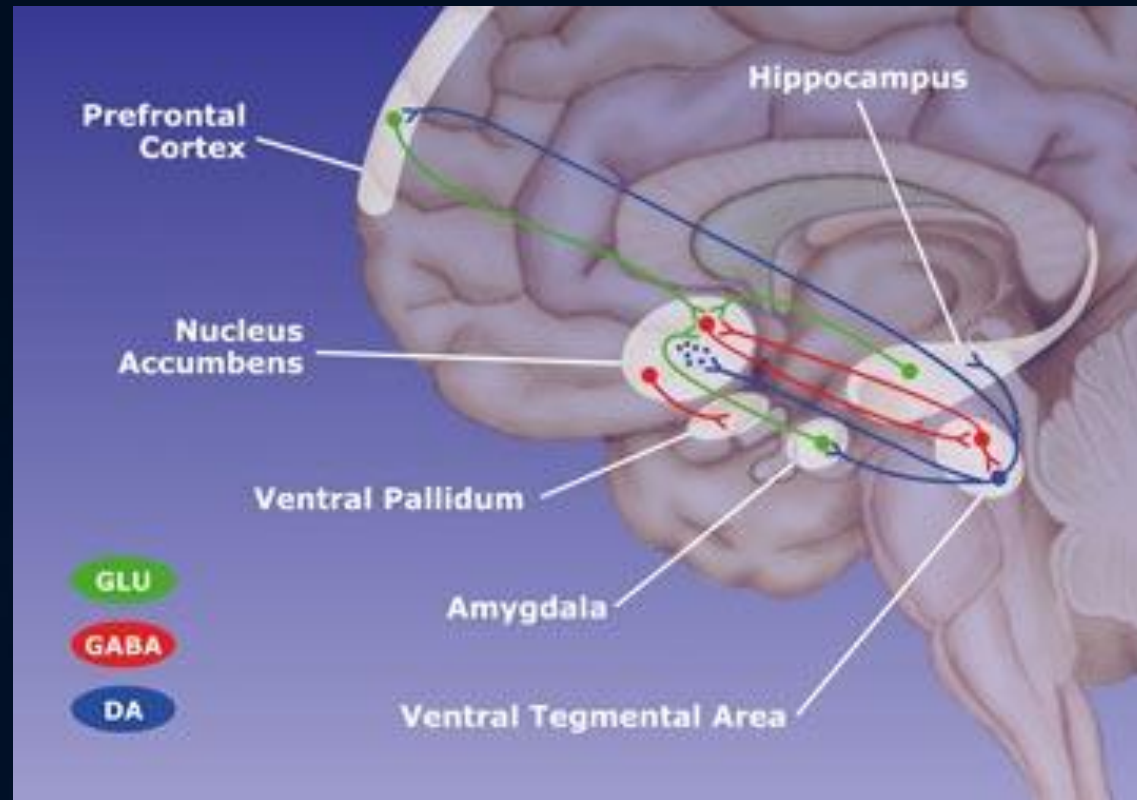
ERIC W BAKER, JR., TAAP, CADDC, LCSW

The Teenage Brain:

- Prefrontal Cortex is still developing
- Ventral tegmental area (VTA)
- Reliance on Amygdala is heavier than adults



Reward / Addiction Circuit



What makes a Stimulus Addicting

- Activates one of the limbic system's 4F's
- Occurs frequently
- More intense than what is normally found in everyday life
- Changes mood
- Desired effect is temporary

Types of Addicting Stimulus

- **Information overload – (Novelty Addiction).** Too much online surfing leads to decreased productivity at work and fewer interactions with family members.

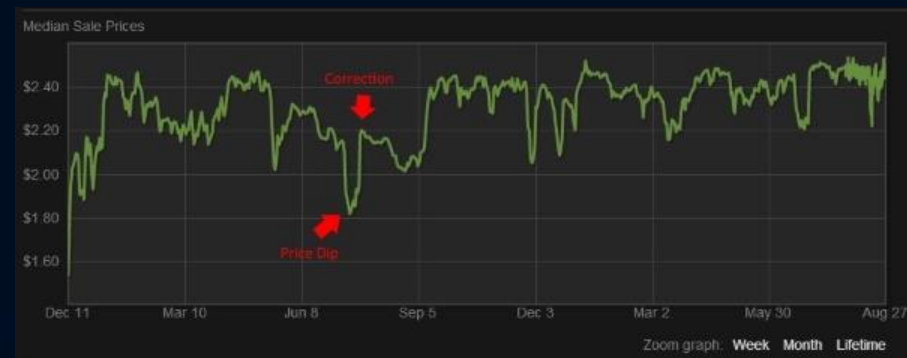
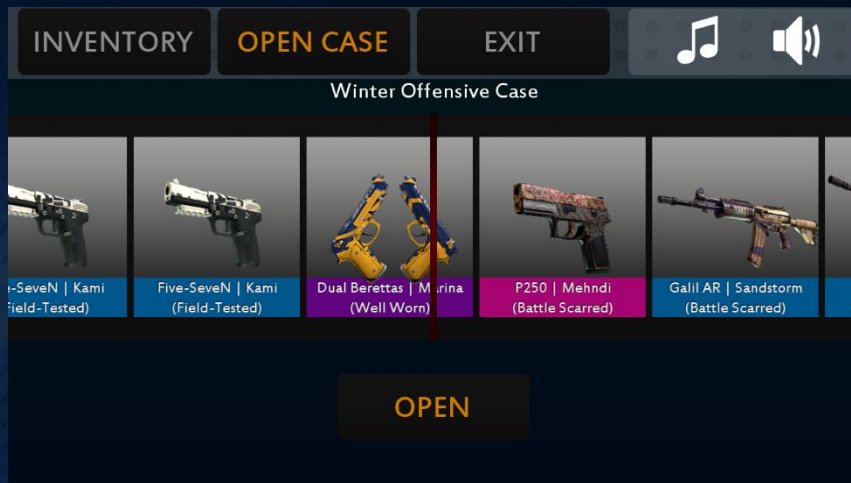
Types of Addicting Stimulus

- **Cyber-relationship addiction.** Excessive use of social networking sites to create relationships rather than spending time with family or friends may destroy real-life relationships.



Types of Addicting Stimulus

- **Compulsions.** Excessive time spent in online activities such as gaming, trading of stocks, gambling and even auctions often leads to overspending and problems at work.



Types of Addicting Stimulus

- **Cybersex addiction.** Too much surfing of porn sites often affects real-life relationships.

The Effects of Internet Addiction:

- Difficulty relating to others
- Lack of motivation
- Poor mood regulation
- Poor peer relationships

Vulnerable Populations

- Shyness and Introversion
- Males
- ADHD
- Depression
- Substance Abuse

Other Considerations

- Privacy
- Bullying
- Online Reputation
- Scams
- Internet Predators

What Parents Can Do:

- Install a Filter like K9 (<http://www1.k9webprotection.com/>)
- Limit Screen Time
- Follow ESRB guidelines with video games
- Educate yourself and your children about online privacy habits.
<https://www.google.com/safetycenter/families/start/>
- Monitor your children's online presence.
- Daily Family Time without screens.

Thank You!

Young's Internet Addict Diagnostic Questionnaire IADQ

- Are you preoccupied with using the Internet? Do you think about your previous or future online activity?
- Do you have the need to be online longer to be satisfied?
- Have you made repeated but unsuccessful attempts to cut back, stop or control your Internet use?
- Do you become moody, restless, irritable or depressed when you stop or decrease your Internet use?
- Is your time spent online longer than what you originally planned?
- Did your online use negatively affect a significant relationship, education, career or job?
- Do you conceal the extent of your Internet usage from your therapist, family or others?
- Does the Internet serve as an escape from problems or relief from a bad mood?