

Internet Addiction

FACT SHEET

"...Internet addiction manifestations include young people being reluctant to join family events; spending more and more time connected; becoming isolated; increasingly irritable and preferring electronic relationships to relationships with families and friends."

(United Nations Workshop on Technology and Families)

14% of Canadians use the Internet more than 14 hours a week at home
[Source](#) (pg 6))

Studies suggest that 1 in 8 Americans suffer from problematic Internet use
[Source](#)

More and more Detox Centers for Internet and Gaming Addictions are opening around the world.



Internet addiction refers to a compulsive need to be online in a way that interferes with normal life and that may negatively affect close friends and family. Some of the more common types of Internet addiction are:

Cyber Relationships: addiction to social networking, chat rooms, and messaging to the point where virtual, online friends become more important than real-life relationships with family and friends.

Cybersex: compulsive use of Internet pornography, adult chat rooms, or adult fantasy role-play sites negatively affecting real-life intimate relationships.

Net Compulsions: compulsive online gaming, gambling, stock trading, or compulsive use of online auction sites, such as eBay, often resulting in financial and job-related problems.

Surfing: compulsive web surfing or database searching leading to lower work productivity and less social interaction with family and friends.

What are the potential harms of Internet addiction?

Internet addictions can negatively affect personal relationships with friends, significant others, and family, as well as reduce productivity at work. Internet addiction can also have a physical impact, such as carpal tunnel syndrome, severe headaches, and problems sleeping and eating.

Financial problems, such as losing large amounts of money, can also occur and create stress for individuals and their families. For younger people, the socialization process for normal development is also at risk. By spending hours on the Internet or playing video games instead of socializing face to face with peers, the development of social skills may be negatively impacted.

How can I tell if someone has a compulsive need to be online?

The Internet Addiction Diagnostic Questionnaire developed by Dr. Kimberly Young can help determine if someone has a pattern associated with Internet addiction. Questions describe eight symptoms such as feeling pre-occupied with the Internet, the amount of time spent online, efforts to cut back on use, and loss of relationships. Dr. Young claims that those who identify with five out of the eight symptoms are addicted. The full questionnaire can be found at the following link: <http://www.netaddiction.com/>

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Explore the phenomenon of Internet addiction
[Right-click to download the podcast / Open in your player](#)

Read about a study of Internet addiction linking the effects to Cocaine [here](#)

Read a news article about how Internet Addiction may be linked to brain differences, Click [here](#)

Find resources for Video/computer game addiction and Internet addiction developed by Clinical Psychologist from Saint Mary's University in Halifax [here](#)

What should I do if I or someone I know is addicted to the Internet?

Internet Addiction is yet to be added to the American Psychiatric DSM-V as a 'Substance-Related Disorder'. American Journal of Psychology discusses inclusion of internet addiction in the DSM-V.

Popular forms of treatment include counseling, support groups, and psychotherapy. The goal of treatment is to reduce the compulsion to use the internet and try to reach a point where people can continue to use the computer for work and daily routine activities, such as online banking. There are many programs and services available for those who are addicted to the Internet.

To find a list of counselors in your area, visit:
<http://www.theravive.com/cities/locations.aspx>.

Resources

- Kimberly Young – Net Addiction
<http://www.netaddiction.com/>
- Plugged Into The Internet
http://www.statcan.gc.ca/kits-trousses/pdf/social/edu04_0118a-eng.pdf
- Internet Addiction Help
<http://www.internetaddictionhelp.com/index.php>
- How Canadians' Use of the Internet Affects Social Life and Civic Participation
<http://www.statcan.gc.ca/pub/56f0004m/56f0004m2008016-eng.htm>
- American Internet and Technology Addiction Recovery Centre
<http://www.netaddictionrecovery.com/>

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