HEALTH

Addicted Online -The Ultimate Guide for Addictions to Internet or Gaming.

POSTED ON AUGUST 11, 2018 BY ANGEL VILLAFRANCA

People addicted online has become a big problem; probably you are looking for help and the best information about internet addiction or gaming abuses; if is like that then let us tell you that you came to the right place.

In this great post you will find the latest scientific information and researches about Internet obsession, but at the same time easy to understand for any reader.

If you are searching a specific topic, feel free to check the content menú to display the right part that you need, but we highly recommend to read the entire post to get all the picture of this important desease. Then lets get Started.

Internet Addiction a Growing Social Issue

Abuses of Internet or Internet Addiction Disorder is part of the new century deseases, exact the same as Mellitus Diabetes, Obesity or Arterial Hypertension that came up with better life style and sedentary .

The number of internet users, has increased worldwide around 1000%, just in the last 15 years; also abuses of internet by user has been increased. Because of this you should consider been addicted online as a serious trouble for family, friends or yourself.

Kimberly Young, PhD, in 1996 was the first to recognize that computer abuses meet the criteria for an addiction; since that time a lot of effort for diagnosis and treatment has been done.

In 2013 Internet Gaming Disorder was included in the appendix of Diagnostic and Statistical Manual for Mental Disorders (DSM 5); right now there are many institutions and specialist worldwide that can help any body with this desease, we will list them Bellow.

Etiology and Origin of Computer, Gaming or Internet Abuses.

The exact etiology of this kind of addiction is not pointed yet, but most of the authors, and professionals like Kimberly Y, Weinstein and Lejoyeux, are concerned that multiple factors, like culture, demographic, biological vulnerabilities, psychological

predispositions, and specific attributes of the internet are combined in people that gets addicted online.

Look at least 4 big predisposition factors are involved on Internet obsession:

- **Neurobiological Vulnerabilities:** The reward center in the brain is use to be more activated on individuals who spend more time in the internet, when this happens augmented levels of dopamine hormone make pleasure feelings that become a need for people.

- **Reinforcement/Reward:** Theory says that digital technologies users experience multiple layers of rewards that gets intensified for the combination of stimulating content like pornography (Sexual), Dating Sites (Romantic Fantasies), Online Poker (Financial), Video-games (Immersive Graphics, Identification with a Hero).

- **Biological Predisposition:** Evidence suggest that individuals addicted online don't have an adequate number of dopamine receptors; or they shows lower levels of serotonin/dopamine hormone, this made a need of spend more time on digital to get the same levels of pleasure and excitement that normal persons gets.

- **Mental Health Vulnerabilities:** Is a fact that individuals who are affected by the internet obsession has higher scores for other issues like depression, anxiety, hostility, interpersonal sensitivity, and psychoticism this leave clear that all of this persons are more vulnerables for any kind of mental disorder.

## How Could You Recognize that Somebody has Internet Addiction Disorder

Lets start saying that this is not just for people that spend lot of time in the internet; this can be used to for any technological issue that you can think, Computer Addiction, excessive gaming, social media abuses, etc.

We will show you now the criteria for addicted online that was first modified by Dr. Young from the DSM4, for pathological gambling. Now we have several scales and tests to make the diagnosis, but we enlist the most important:

- Internet Addiction Test (IAT)

- Internet and Computer Game Addiction Scale (AICA-S)

- Compulsive Internet Use Scale (CIUS)

- Chen's Internet Addiction Scale

These tests must to be evaluated by a professional, but we have released a short check list of the shared items between them that you can easy use to help you to find if you, or some one you love can be suffering a real internet addiction, and search for professional help.

Check this Video as a example of how internet addiction can perturb a person, this guy is angry because their parents will not let him play his favorite online game.
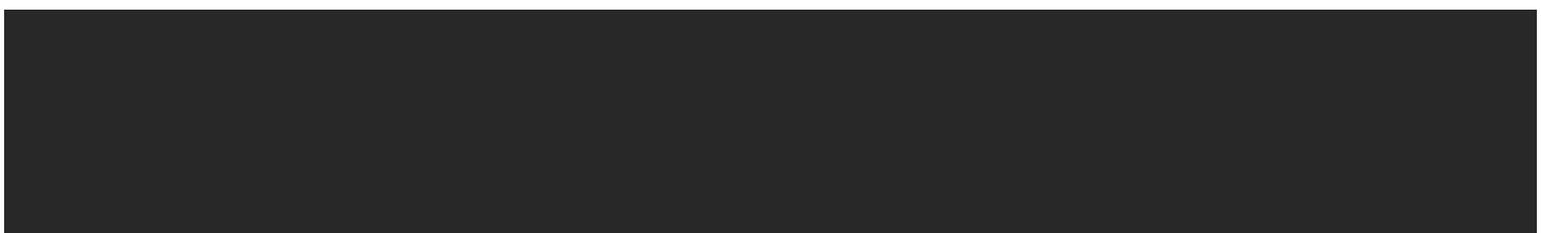
Easy Check List for People Addicted Online

As we said this check list doesn't made a diagnosis but can highly suggest been addicted online or similar.

We use online addiction as the sample but you can adjust the list, to gaming, shopping, gambling, social media, computer use… etc.

1. **Are you preoccupied with the internet? (thinks about your last online activity or anticipate the next one).**
2. **Do you need to spend more time online to get satisfied with your session.**
3. **Have you done unsuccessful efforts to control, leave or spend lowers time online?**
4. **Do you get restless, moody, depressed, or irritable when someone attempt to cut down your internet use?**
5. **Usually do you stay longer time online than intended?**
6. **Have you jeopardized a significant relationship, job, educational or career opportunity because of the internet?**
7. **Have you lied to your family, friends, partner or other to minimize your involvement with the internet?**
8. **Do you use been online as a way of escaping of troubles, guilt, anxiety, or sadness?**
9. **Did you loss interest in other activities that you use to enjoy previously?**
10. **In any have you though that you spend to much time online that is beneficial in your life?**

If you made the test to get your result you need to assign 1 point to every affirmative answer that you gave, then add them all….

- **1-4**: points it means that you have lowers chances to have an addition to internet.
- **5-6**: points, you may have an addiction but you need to confirm more symptoms in the next three months.
- **6-10**: points your have high probability to be already addicted online, and you need to be evaluated by a profesional.

Also the presence of the next fisical symptoms is reported patients, and you can use it to get confirmation of your test:

1. Bad Nutrition (Use to eat to much or no eating at all)
2. Headaches or Neck Ache.
3. Back Pain
4. Vision Problems
5. Getting Fat or Thin.

Fight Back, 10 Easy Tips to Defeat Internet Obsession

The treatment objetive for people addicted online is to reduce time spent on internet, and to eliminate the need to get back to computer or games while you are in other activities.

With time all the treatment efforts will make people getting productive and happier in all the aspects of their lives.

We can divide the treatments options in two ways, the pharmacological treatment (Medicines) and the Psychological treatment. This last one is oriented to change life style trough grupal and individual sessions and following some tasks that will make you connect with the world around you.

For better results this therapy it must be designed by a profesional; but if you want to start now we left you 10 wonderful tips that can help you a lot, and that are part of most therapies used for Internet Addiction Disorder.

1. **Accept that you have a Problem:**

You may think that this words are just for alcoholics or junkies, but is not, this can be applied to any kind of addiction; maybe this is the most important part for any treatment, if you recognize by yourself that you are suffering a real problem, you will be able to complete all the tasks required to change your life style.

2. **Identify from What Are You Getting Away and Face It:**

Is well knowed that people that spend to much time on internet usually is running away from something, this can be problems with family, sadness, a break up in a relationship, responsibilities, etc. Probably you know what is your trouble, but if not you have find out what it is, and face it out.

3. **Share Your Problem With Some Body:**

You need to talk about your problem with somebody trustful, if you do that you will take a great weight off of you and will feel free.

4. **Made a List and Program Your Activities:**

There is no better way to make a commitment with your self that writing with your hand in paper which activities you will do; make a list every day and follow it to the letter.

5. **Get Back to Your Previous Hobbies:**

Probably you left some activities that you love to do before, because of the internet; a great start point is to resume those hobbies.

6. **Do physical activity:**

If you exercise you will note a huge difference in your feelings; physical activates your muscles, also it puts your blood in motion which allows better oxygenation of the brain, try making 30 min, of exercise every day, you will note the difference.

7. **Spend Time With Your Family and Friends:**

Good relationships with your love ones makes easy to get away from the internet; that's why if you hurt someone you need to go and apologize. After start having meals with them, see a movie together, go to the mall; those kind of activities will make you feel happier and free.

8. **Clean:**

As we said before while you are addicted online you left home tasks undone; then clean your home, wash the dishes, get a bath, wash your clothes; When you get finished you will have an awesome feeling of success, besides being busy will not let you think about internet.

9. **Read:**

Read any kind of book, but if you can read about this issue is better, also check for testimonials of other people that have defeated this problema, you will find that you are not alone and that you can get away from this.

10. **Try New Things:**

Did you ever wanted to jump on parachutes, go camping, climb or make a travel? Well there is not better time to start trying new activities than this, doesn't matter if you think that is bored, give it a try you can get surprised.

You Can Check Them Again in this Great Inphographic

10 EASY TIPS TO

DEFEAT INTERNET OBSESSION

These ones can be applied to any technology addiction, gaming, computer, tv, smartphone, online etc.

1

ACCEPT THAT YOU HAVE A PROBLEM:

The most important part to defeat an addiction. If you are aware that you are addicted you'll be able to made all the tasks needed to get out.

IDENTIFY FROM WHAT ARE YOU GETTING AWAY AND FACE IT:

2

Individuals that are addicted online are running away from something, problems, broken relationships or responsibilities. Find which one is yours and fight back.

3

SHARE YOUR PROBLEM WITH SOME BODY:

Get a trustful partner, share all your story with him, you will feel free and able to keep going.

MADE A LIST:

4

Daily made a list with all the tasks that you are going to do to get away from internet, there is no better way to get committed.

GET BACK TO YOUR PREVIOUS HOBBIES:

5

Probably you left a lot of activities that you love to be online, get back to them, been busy will not let you think about internet.

DO PHYSICAL ACTIVITY:

This will put in motion your blood what oxygenates the brain, also you will feel more energized and happy.

6

SPEND TIME WITH YOUR FAMILY AND FRIENDS:

7

Get back to good relationships with your loved ones, if you need to apologize do it, we know that is hard but you will not regret.

CLEAN

Clean your home, wash your clothes, get a bath; if you work

READ

9   Get all the information that you can about your trouble, see what other people suffering the same have to say about it.

TRY NEW THINGS

Give it a try to all that you never did, go camping, make a travel, you will release that you were missing many opportunities just for the internet.   10

We are sure that all of this activities will help you with your trouble but, we highly recommend for profesional help, because there is chance that some individuals need a combined therapy that includes medicines in it.

If you Think that you need expert help we link you to two pages that covered treatments for Internet Addiction Disorder:

Caron Treatment Center:

https://www.caron.org/understanding-addiction/internet-addiction

Psychguides

https://www.psychguides.com/guides/internet-and-computer-addiction-treatment-program-options/

In both options you can find, treatment programs, or contact a profesional that can help you out in a better way.

We hope that we have been helpful, and that you or your loved ones will get out of that horrible addiction.

If you liked this post share it with your friends or family we know that will be useful, also we invite to suscribe to our blog, we make wonderful posts of different topics.

Also check out for products https://www.thelegendsworld.com.

We are sure that we will see you next time.

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ANGEL VILLAFRANCA

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can become addicted to it. Addiction to the Internet shares some of the negative aspects of. substance addiction and has been shown to lead to consequences such as failing school, fam-. ily, and relationship problems. However, addiction is not so much dependent on the addictive features of the game itself but addiction may relate to unhealthy coping strategies (one can escape reality by playing excessively) or to general time-management problems (Wood, 2008). Online console game club as a resource a case study of the perceived meaning of club membership. Cyber addiction, web addiction, net addiction, online addiction, technology addiction, smartphone addiction, social media addiction, compulsive internet net use, Facebook addiction, YouTube addiction, gambling addiction, internet gaming disorder, internet sickness, internet overuse, shopping addiction, porn addiction, dopamine addiction, technology obsession, etc. ... That's the main reason a standardized diagnosis of Internet Addiction Disorder has not been discovered yet. If nobody seems to even get these basics down, it is not surprising the research quality still suffers. Depending on which scientist you ask only 0.3% of the population are addicted or at many as 38% . There is no way to tell how many people have internet addiction. Click to Tweet. Is The Computer, Internet, and Video Game Addiction Treatment Book useful for students? Yes, the book is suitable for senior students in high school and is also appropriate for university students. In fact, much of the content was originally developed while working with university and college students – a group that may be at an increased risk for excessive internet and video game use. Thank you for your interest in the Computer, Internet, & Video Game Addiction Workbook. You have my sincerest wishes for a healthier online and gaming future! Dr. Brent Conrad, Clinical Psychologist www.TechAddiction.ca. Click the "Buy Now" button below to begin your recovery and to quickly and effectively regain control of your online or video game habits.