

PROTECT YOURSELF ONLINE

ONLINE ADDICTION

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AT A GLANCE

- There are two types of addiction. One is substance addiction. The other is behavior addiction.
- Online addiction is a behavior addiction. Time spent online starts to interfere with daily living.
- Online addiction has many names. These include internet addiction, cyber addiction, and computer addiction.
- There are many types of online addictions. The two most common are gaming and social media addiction.
- Technology companies sometimes design their products to addict people.
- Hooks used to keep people online include likes, streaks, and high scores. They also include sounds and the color red.



- Younger people are more at risk for online addiction.
- Risk factors for online addiction include ADHD, depression, and anxiety.
- Treatment can help with online addiction. The most effective form of treatment is cognitive behavioral therapy (CBT).
- The goal of therapy is to learn to control media use.

WHAT IS ONLINE ADDICTION?

Some addictions are well-known. They are addictions to things like alcohol and drugs. These are called substance addictions. But there is another type of addiction. In this addiction, a person is not addicted to a substance. Instead, the addiction is to an action. These are behavior addictions, also known as process



When students become addicted to being online, this addiction can interfere with homework.

addictions. The person spends more and more time doing the same thing. This behavior starts to take over his or her life.

Substance and behavior addictions are similar in some ways. The item or action

becomes all-important to the person with the addiction. The use increases. It becomes hard to stop. When people try to stop, they may become irritable or depressed. They continue even when schoolwork or a relationship is at risk.

THE JOKE THAT WASN'T

Dr. Ivan K. Goldberg decided to play a joke. In 1995, he made up a fake disease. He named it "Internet Addiction Disorder." He posted it to a website for therapists. One symptom was giving up activities because of internet use. Another was dreaming about the internet. The doctor was shocked at the responses. His coworkers believed the disease was real. They believed they had it, and they asked him for help.

GLOSSARY

addiction

a compulsive urge to take a substance or do an action repeatedly

body image

a person's subjective viewpoint of how his or her body looks

consequences

the outcomes from a set of actions

dopamine

a brain chemical related to feelings of pleasure

influencers

people who are paid to promote sales of products on social media; often celebrities

streaks

a design feature on Snapchat that tracks the number of consecutive days two users send snaps to each other

SOURCE NOTES

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