

# INTERNET ADDICTION

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# INTERNET ADDICTION

- Overuse of the Internet
- Complications in psychological, social, work and school area
- More important than other activities
- No use of psychoactive substance



# TYPES

- Addiction to cyber-relationships and online communication
- Addiction to online games
- Addiction to online gambling, shopping and business
- Addiction to searching for information

# WHO IS AFFECTED

- Young people: 15 – 30
- 2-3% of addicts
- 13% vulnerable
- Every 8th



# SYMPTOMS

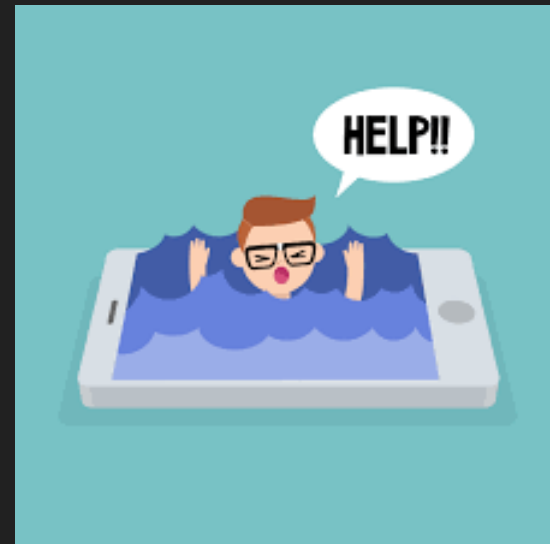
- Importance of the Internet
- Change of mood
- Increase of amount
- Abstinence symptoms
- Conflicts
- Relapse

# CONSEQUENCES

- social area and in area of career, health and financial area
- less time for communication in real life, isolation, the end of relationships, increase of loneliness, depression, problems in real life, health problems, lost in time

# TREATMENT

- Not abstinence but reducing the use of the Internet
- 1. Why we connect to the Internet
- 2. Change of daily routine
- 3. Set time that we spend online



# SOURCES

- Internet Addiction. *Illinois Insitute for Addiction Recovery* [online]. [cit. 2018-04-28]. Dostupné z: <http://www.addictionrecov.org/Addictions/index.aspx?AID=43>
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**THANK YOU FOR  
YOUR ATTENTION**