

How to prevent internet addiction

Internet addiction disorder means problematic, compulsive use of the internet. 59% of the world's population are active internet users. That is about 4.57 billion people. Did you know that 61% of internet users are addicted to it

Advice how to prevent and get rid of internet addiction



1. Admit that you are addicted.
2. Keep a log of how much time you spend on the internet.
3. Set clear goals for yourself.
4. Set a timer to help you limit the you spent online.
5. Create distractions for yourself to postpone internet use.
6. Reward yourself when you achieve your goal.

Top behaviours of internet addicts



1. Constantly using applications like Facebook Messenger, etc.
2. Checking status updates from phone before getting up
3. Checking apps while going to the bathroom
4. Waking up in the middle of the night to access favorite apps.

Negative effects of internet addiction



1. structural changes to the brain's prefrontal region
2. Inability to focus on the present
3. Breakdown of communication
4. Depression
5. Tiredness
6. Anxiety
7. Mood changes
- 8.

Questionnaire made by Dr. Kimberly S. Young.

1. Are you preoccupied with using internet? Do you think about your previous online activity?
2. Do you have the need to be online longer to be satisfied?
3. Have you made repeated but unsuccessful attempts to cut back, stop or control your internet use?
4. Do you become moody, restless, irritable or depressed when you stop or decrease your internet use?

5. Is your time spent online longer than what you originally planned?
6. Did your online use negatively affect a significant relationship, education, career or job?
7. Do you conceal the extent of your internet usage from your therapist, family or friends?
8. Does the internet serve as an escape from problems or relief from a bad mood?

If you answered positively to five or more out of the questions that may be indicative of an online addiction