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The Problematic Usage of Internet: An Overview

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Institute of Psychology, ELTE Eötvös Loránd University



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History

- Early 1960s: governmental and military aims
- 1969 – ARPANET (*Advanced Research Projects Agency Network*) – (not only military purposes)
- 1972 – first email program
- 1974 – the expression „internet” is born
- 1983 –ARPANET and MILNET (*Military Network*) are separated
- 1988 – first computer worm
- 1989 – ARPANET is decommissioned
- The goal becomes general communication, media (instead of and beside) professional goals
- 1992 – World Wide Web



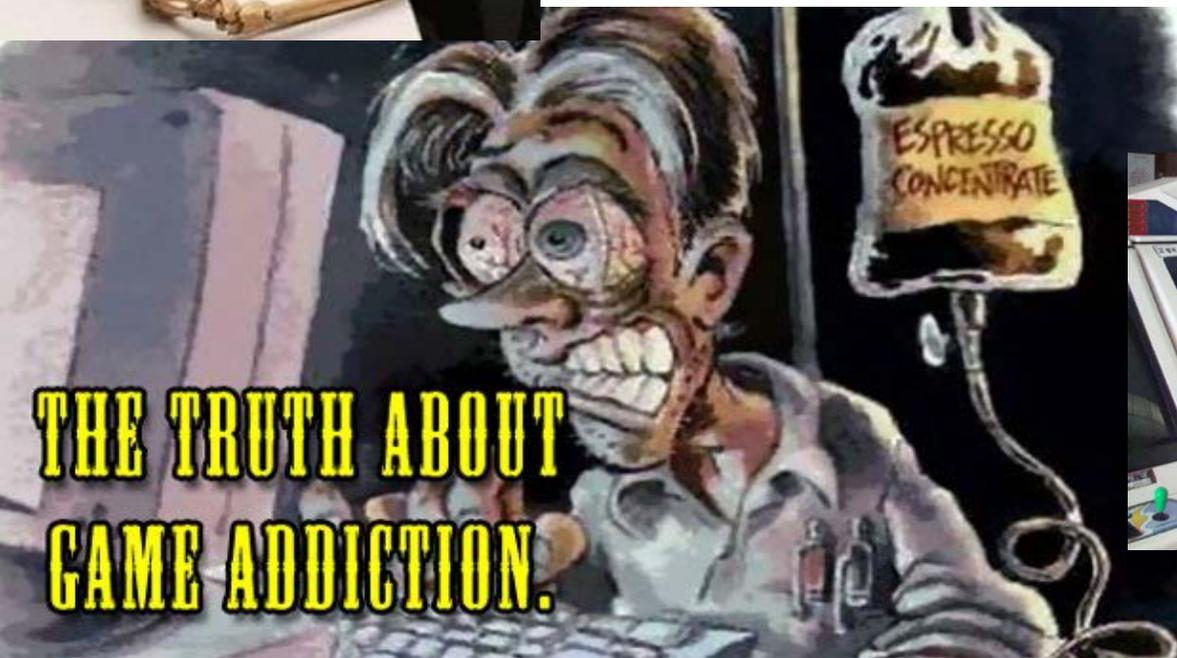
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What is Internet?

- Email
- Chat
- World Wide Web
- News
- Films and series
- Online games
- Online shopping
- Sex sites
- Social networking

- Databases
- Online journals
- Online conferences
- Online education
- Online work
- Information
- Banking
- And many others....



Caught in the Net: How to Recognize the Signs of Internet Addiction--and a Winning Strategy for Recovery



MEMORIAL

Journal of Behavioral Addictions 8(1), pp. 1–2 (2019)

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In memory of Dr. Kimberly S. Young: The story of a pioneer

MATTHIAS BRAND^{1,2*} and MARC N. POTENZA^{3,4,5}

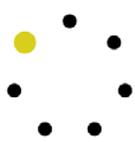
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LOOK
INSIDE



How to
Recognize the Signs
of Internet Addiction—
and a Winning
Strategy for Recovery

DR. KIMBERLY S. YOUNG
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MODELS

- Based on the criteria of psychoactive substance use dependence
- Based on the criteria of pathological gambling

Increasing number of studies

TERMINOLOGY

- Internet addiction
- Problematic internet use
- Compulsive internet use
- Pathological internet use
- Excessive internet use
- Internet use disorder
- Etc.

QUESTIONS

- Is it a distinct disorder?
(or symptom of other disorders)
- Is it an addiction?
- Should we focus on the general phenomena (internet) or the specific applications?

MENTAL HEALTH IN THE DIGITAL AGE

2015

Grave Dangers, Great Promise
ELIAS ABOUJAOUDE & VLADAN STARCEVIC

The BEHAVIORAL ADDICTIONS

Ascher • Levounis

The BEHAVIORAL ADDICTIONS

2014

Michael S. Ascher, M.D.
Petros Levounis, M.D., M.A.

An-Pyng Sun, PhD • Larry Ashley, EdS • Lesley Dickson, MD

BEHAVIORAL ADDICTION

Screening, Assessment,
and Treatment

2015



CAUGHT in the NET

LOOK
INSIDE



1998

How to
Recognize the Signs
of Internet Addiction
and a Winning
Strategy for Recovery

DR. KIMBERLY S. YOUNG

Cyberpsychology, Behavior, and Social Networking

In this Issue...
Cyberstalking
Cyberbullying and Media Use
Quality of Conversations in Online Communities
Problematic Mobile Phone Use in British Adolescents
Internet Addiction Among Chinese Students
Virtual Experience and Attitudes Toward Real Brands
And More...

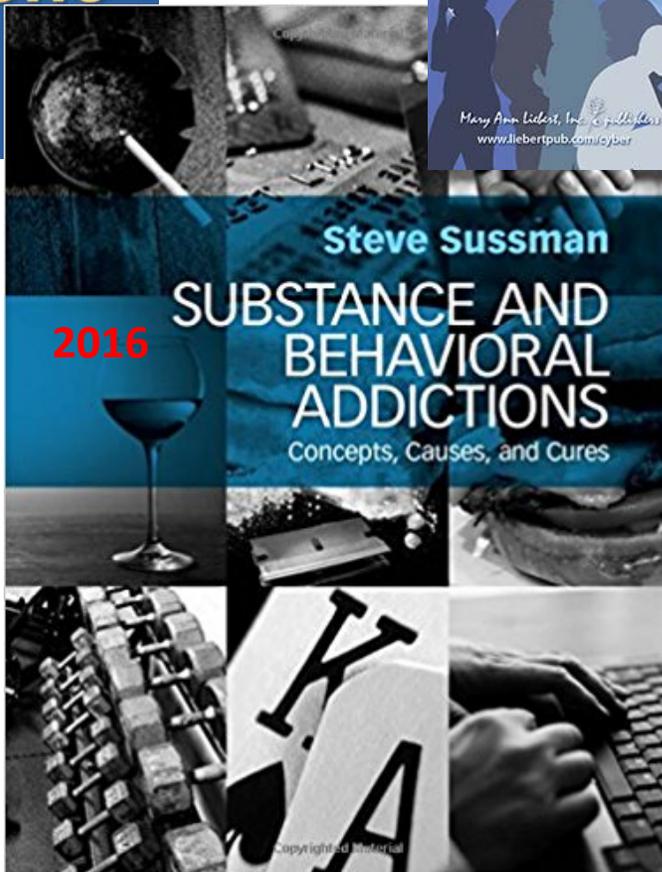


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Steve Sussman SUBSTANCE AND BEHAVIORAL ADDICTIONS

Concepts, Causes, and Cures

2016



BEHAVIORAL ADDICTIONS

DSM-5® AND BEYOND



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2015

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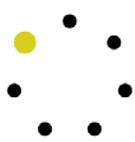
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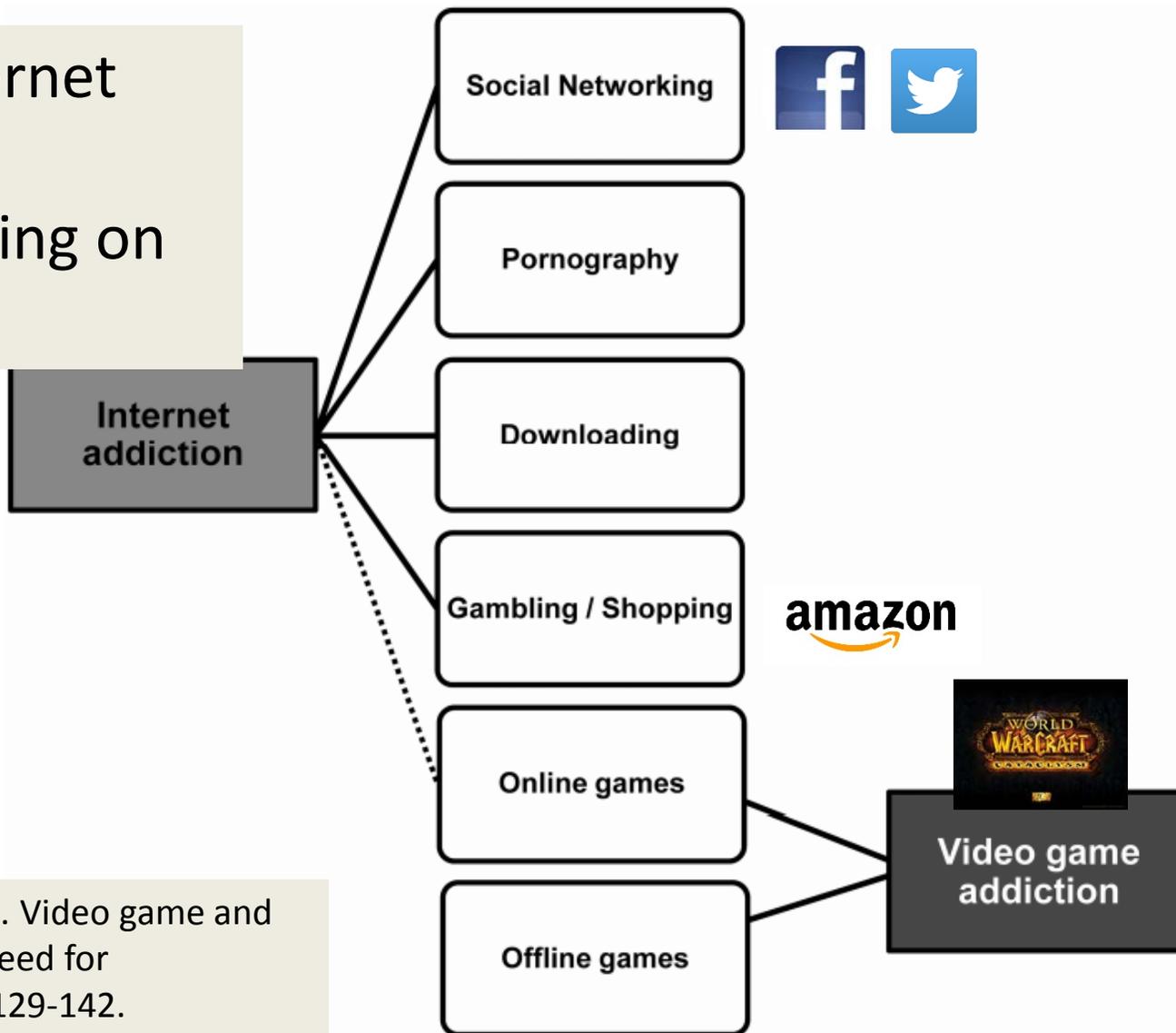


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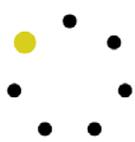
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Being addicted to what?

Being addicted to the internet
or
Being addicted to something on
the internet

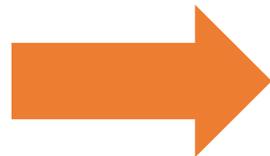


Rehbein, F., & Mößle, T. (2013). Video game and Internet addiction: is there a need for differentiation?. *Sucht*, 59(3), 129-142.



DSM-IV / ICD-10

- “*Psychoactive Substance Use Disorders*” (DSM-IV; APA, 2000), and „*Mental and behavioural disorders due to psychoactive substance use*” (ICD-10; WHO, 1994)
- The diagnosis of *dependence* (and *abuse*) applies only to psychoactive substances
- All other addictive disorders – included in the diagnostic systems – are listed in other sections



DSM-5



- Substance-Related and Addictive Disorders
 - 10 groups of drugs (alcohol; caffeine; cannabis; hallucinogens; inhalants; opioids; sedatives, hypnotics, or anxiolytics; stimulants; tobacco; other)
 - **Non-Substance-Related Disorders**
 - **Gambling Disorder**
- **Section III** (Emerging Measures and Models)
 - **Internet Gaming Disorder**



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ICD-11 (May 2019)

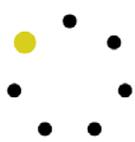
- Disorders due to substance use or addictive behaviours
 - Disorders due to substance use (18 substances)
 - **Disorders due to addictive behaviours**
 - **Gambling Disorder**
 - Gambling disorder, predominantly offline
 - Gambling disorder, predominantly online
- **Gaming Disorder**
 - Gaming disorder, predominantly online
 - Gaming disorder, predominantly offline
 - Gaming disorder, unspecified



Internet Gaming Disorder (DSM-5, Section III.)

Persistent and recurrent use of the Internet to engage in games, often with other players, leading to clinically significant impairment or distress as indicated by five (or more) of the following in a 12-month period:

1. Preoccupation with Internet games. (The individual thinks about previous gaming activity or anticipates playing the next game; Internet gaming becomes the dominant activity in daily life).
2. Withdrawal symptoms when Internet gaming is taken away. (These symptoms are typically described as irritability, anxiety, or sadness, but there are no physical signs of pharmacological withdrawal.)
3. Tolerance—the need to spend increasing amounts of time engaged in Internet games.
4. Unsuccessful attempts to control the participation in Internet games.
5. Loss of interests in previous hobbies and entertainment as a result of, and with the exception of, Internet games.
6. Continued excessive use of Internet games despite knowledge of psychosocial problems.
7. Has deceived family members, therapists, or others regarding the amount of Internet gaming.
8. Use of Internet games to escape or relieve a negative mood (e.g., feelings of helplessness, guilt, anxiety).
9. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of participation in Internet games.



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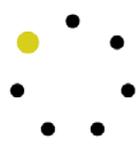
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Gaming Disorder (ICD-11)

Gaming disorder is characterized by a pattern of persistent or recurrent gaming behaviour ('digital gaming' or 'video-gaming'), which may be online (i.e., over the internet) or offline, manifested by:

1. **impaired control over gaming** (e.g., onset, frequency, intensity, duration, termination, context);
2. **increasing priority** given to gaming to the extent that gaming takes precedence over other life interests and daily activities; and
3. **continuation or escalation of gaming** despite the occurrence of negative consequences. The behaviour pattern is of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning.

The pattern of gaming behaviour may be continuous or episodic and recurrent. The gaming behaviour and other features are normally evident over a period of at least 12 months in order for a diagnosis to be assigned, although the required duration may be shortened if all diagnostic requirements are met and symptoms are severe.



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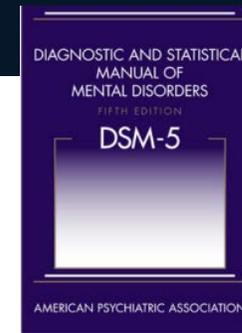
ASSESSMENT

- New research field and as such, it has all the chaos-like symptoms of an emerging new paradigm
- It is especially important to carefully choose screening instruments when planning a research



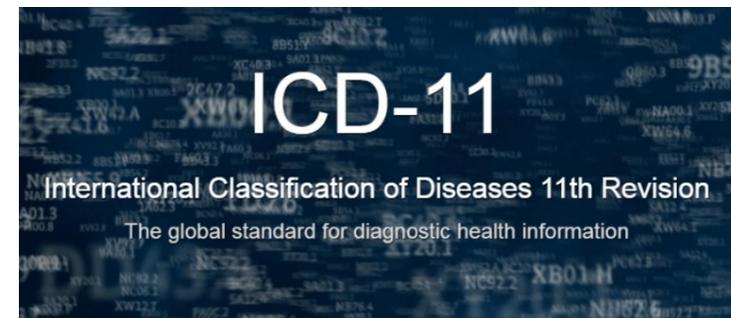
1. Pre-DSM-5 era (before 2013)

- Numerous instruments (45 internet addiction instruments reviewed by Laconi et al., 2014; 18 pathological video-gaming instruments reviewed by King et al., 2013)
- Strong inconsistency in the coverage of core addiction criteria
- Varying degree of information on the psychometric properties of these instruments



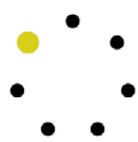
2. Post-DSM-5 era (2013-2018)

- Numerous new screening instruments
- Mostly for *internet gaming disorder* (not general PUI)
- More consistent theoretical background and assessment criteria: operationalizing the IGD criteria in the DSM-5
- 9 criteria: Preoccupation, Tolerance, Withdrawal, Loss of control, Giving up other activities, Continuation, Deception, Escape, Negative consequences
- Assessing gaming behavior in the last 12 months



3. Peri-ICD-11 era (after 2018)

- A more consensual definition following a long and intensive debate among scholars
- Development of new instruments? Revision of the old ones?
- WHO initiative for a screening tool



Σ Assessment



- Large inconsistencies in the use of PUI assessment instruments due to the lack of consensus in theoretical framework, definitions and core criteria
- The inclusion of IGD in the DSM-5 Section 3 advanced the unification of gaming instruments
- The inclusion of GD in the ICD-11 will most likely further advance the unification of the field
- There are numerous promising PUI screening instruments with different advantages and disadvantages
- When designing a study, instruments need to be selected to best suit the specific nature (e.g., epidemiological, clinical) and aims of the study, its target population (e.g., age group, culture/language), the data collection method (online vs. paper-and-pencil)

**Problematic Internet Use and Problematic
 Online Gaming Are Not the Same:
 Findings from a Large Nationally
 Representative Adolescent Sample**

Orsolya Király, MA,^{1,2} Mark D. Griffiths, PhD,³ Róbert Urbán, PhD,¹ Judit Farkas, MA,^{1,4}
 Gyöngyi Kökönyei, PhD,¹ Zsuzsanna Elekes, DSc,⁵ Domokos Tamás, MA,⁶ and Zsolt Demetrovics, PhD¹

**TABLE 2. CONTINGENCY TABLE SHOWING OVERLAPS
 BETWEEN PROBLEMATIC INTERNET USE
 AND PROBLEMATIC ONLINE GAMING
 (N= 1,923 ADOLESCENTS)**

<i>Problematic Internet use</i>	<i>Problematic online gaming</i>		
	<i>No</i>	<i>Yes</i>	<i>Total</i>
No	1,543 (80.2%)	82 (4.3%)	1,625(84.5%)
Yes	169 (8.8%)	129 (6.7%)	298 (15.5%)
Total	1,712 (89.0%)	211 (11.0%)	1,923 (100%)



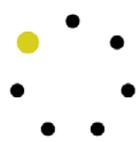
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What else beside gaming?

- Social media
- Online pornography
- Online buying-shopping
- Online gambling

- Digital hoarding?
- Streaming?

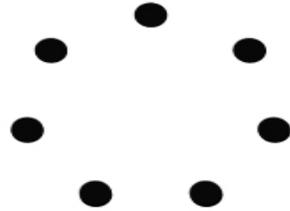


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Conclusions

- The original concept of general internet addiction is not appropriate
- “Problematic use of the internet” could work as an integrative model containing several different online (internet-related) activities, including pornography, gaming, social networking, gambling, etc.
- These specific problem behaviors however should rather be considered as distinct disorders (subtypes of the original disorder) (i.e., online gambling = gambling; online pornography = pornography addiction)
- Future of internet, and technical developments will probably raise many issues continuously



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Thank you for your attention!

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