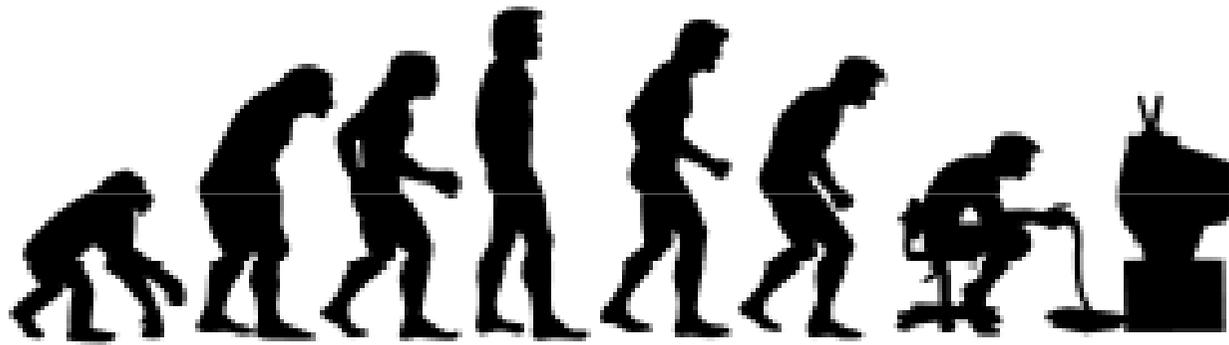


Internet Addiction

**Diagnosis, Treatment und Therapy
of Internet Addiction in the USA**

Klaus Wölfling





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Medizin - News



26.06.2007

US-Mediziner: Computerspielsucht nicht erwiesen

Chicago – Die amerikanische Ärzteschaft lehnt es ab, exzessive Computerspiele als Sucht einzustufen. Eine Resolution, die dies forderte, wurde laut Zeitungsberichten auf der Jahrestagung der American Medical Association in Chicago abgelehnt.



dpa

Computerspiele werden im nächsten Jahr 50 Jahre alt. Denn bereits 1958, als Computer noch ganze Gebäude füllten, hatte der Physiker William Higinbothams „tennis for two“

programmiert, das damals noch an einem Oszilloskop gespielt wurde. Dieses Spiel hat wenig gemeinsam mit den ubiquitären Produkten eines neuen Zweigs des Unterhaltungsindustrie. Computerspiele sind inzwischen in den USA (und nicht nur dort) zu einem so festen Lebensinhalt von Kindern und Jugendlichen geworden, weshalb Mohamed Khan, der Leiter des Council on Science and Public Health der AMA, sie in seinem Positionspapier als Bestandteil der amerikanischen Kultur bezeichnet.

Vor den Gefahren der Computerspiele ist in den letzten Monaten immer wieder gewarnt worden, der Bericht weist aber auch auf die Vorteile hin. Damit ist weniger gemeint, dass die US-Armee bereits 1980 das Spiel „Battlezone“, das erste dreidimensionale Spiel für Einzelpersonen, in Auftrag gegeben hat. Virtuelle Realität und Computerspiele würden heute auch im Gesundheitswesen zu Trainingszwecken eingesetzt, schreibt Khan. Sie seien zu einem Hilfsmittel bei der Rehabilitation von Schlaganfallpatienten geworden und ein wichtiges Instrument bei der Schulung von Asthma- oder Diabeteskranken Kindern. Auch bei der Therapie von Phobien hätten sich Computerspiele bewährt. Schließlich würden sie bei der Ausbildung von Studenten zunehmend als Trainingsmodul eingesetzt.

Aber es gibt unbestreitbare Nebenwirkungen von Computerspielen und diese betreffen nicht nur die kognitive und psychische Entwicklung der Kinder. Computerspiele können

- Foren
- E-Learning
- Lexikon
- Bücher
- Studienplatz
- Vorklinik
- 1. Staatsexamen
- Klinik
- PJ
- 2. Staatsexamen
- Dissertation

» Volltextsuche

Suchen

NEWS

September 16, 2009

Internet addiction: New-age diagnosis or symptom of age-old problem?

Doctors don't tell patients with broken limbs or open wounds that their health problems aren't real, but ambiguity creeps in when a trauma is mental rather than physical. One topic stirring debate in the mental health community is internet addiction. Some say it's becoming a major problem, and can be as destructive to a person's life as an addiction to alcohol or gambling. But some say the very idea of being addicted to a communications medium is ludicrous. Others are loitering on the fringe of the debate, waiting for mental health researchers to agree on a definition of internet addiction.

Kimberly Young, director of the online resource The Center for Internet Addiction (www.keithadkins.com/netaddiction), says that internet addiction may not yet be clearly defined, but you know it when you see it. People who use computers excessively suffer many of the same problems as other addicts: failed marriages, lost jobs, neglected children, and neglected health. Internet addicts – whether their problem is gaming, pornography, gambling, social networking, day trading or shopping – spend up to 18 hours a day online, which can lead to physical problems, such as back strain, eye strain and carpal tunnel syndrome.

"Some describe the internet as just being a tool, but if it is causing a detriment to your life, then you have a problem," says Young, author of *Caught in the Net*.

Few in the mental health community dispute that pathological use of technology is a problem, but there is disagreement about whether internet addiction is worthy of the ultimate stamp of approval: inclusion in the fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders*, tentatively scheduled for publication in 2012.

Some mental health experts say this is unlikely, because although the internet has become a ubiquitous presence in modern society, the research community has been slow to examine how it is affecting mental health. In 2008, researchers from South Korea and the United States performed a meta-analysis of empirical studies on internet addiction published in academic journals from 1996-2006 (*Cyberpsychol Behav* 2008;12[2]:203-7). They concluded that "researchers should work to develop a standardized definition of Internet addiction with supporting justification."

Another problem, says Young, is that the story of the internet has, for the most part, been a love story. Luddites excepted, most people praise technology as a means to eradicate drudgery and improve productivity. The internet has made many things, from banking to communication to accessing music and movies, more convenient. Therefore a sort of "halo effect" surrounds the internet, and the problems it causes are viewed as paltry when compared to its many benefits. And the last thing computer companies, internet providers and makers of video games want is for psychologists to claim that their products can be destructive to some peoples' lives, says Young: "The internet has



Sleep deprivation and physical problems such as eye strain, back strain and carpal tunnel syndrome are among problems that some attribute to internet addiction.

Photo Credit: @2009 Jupiterimages Corp.

Internet Addiction vs. Pathological Computer Use (PCU)

Current Discussion

- The name, "Internet Addiction Disorder," might be misleading and inappropriate. Labeling the disorder an "addiction" antagonizes psychiatrists, who purposefully avoid using such stigmatizing labels.
- term "addiction" was edited from the DSM-IV, replaced largely by the word "dependence,"
- „Addiction-label“ may create unnecessary concern in researchers who investigate substance abuse (competition in funding research?).
- The object of the syndrome is the computer and all the things one can do on it, not just accessing the Web. The term "Internet," as used throughout the entire IAD, is confusing and needs revision.

(**Medical News Today**. "APA Names DSM-V Task Force Members - Leading Experts To Revise Handbook For Diagnosing Mental Disorders." July 25, 2007.)

(**Paul AM**. "Listening to Prozac: How Do New Disorders Get Into the DSM?")

Internet Addiction and the DSM-IV-TR

At present, InternetAddiction/ PCU is not coded in the revised fourth edition of the Diagnostic Statistical Manual. Current situation:

- US psychiatrists must use some other diagnosis if they are treating the disorder.
- Most diagnose a co-existing disorder, e.g. "Major Depressive Disorder." Some, try to code PCU as "Anxiety Disorder, Not Otherwise Specified" or "Impulse Disorder, Not Otherwise Specified."
- If not coded into the DSM, the disease will remain marginalized by the US psychiatric community.

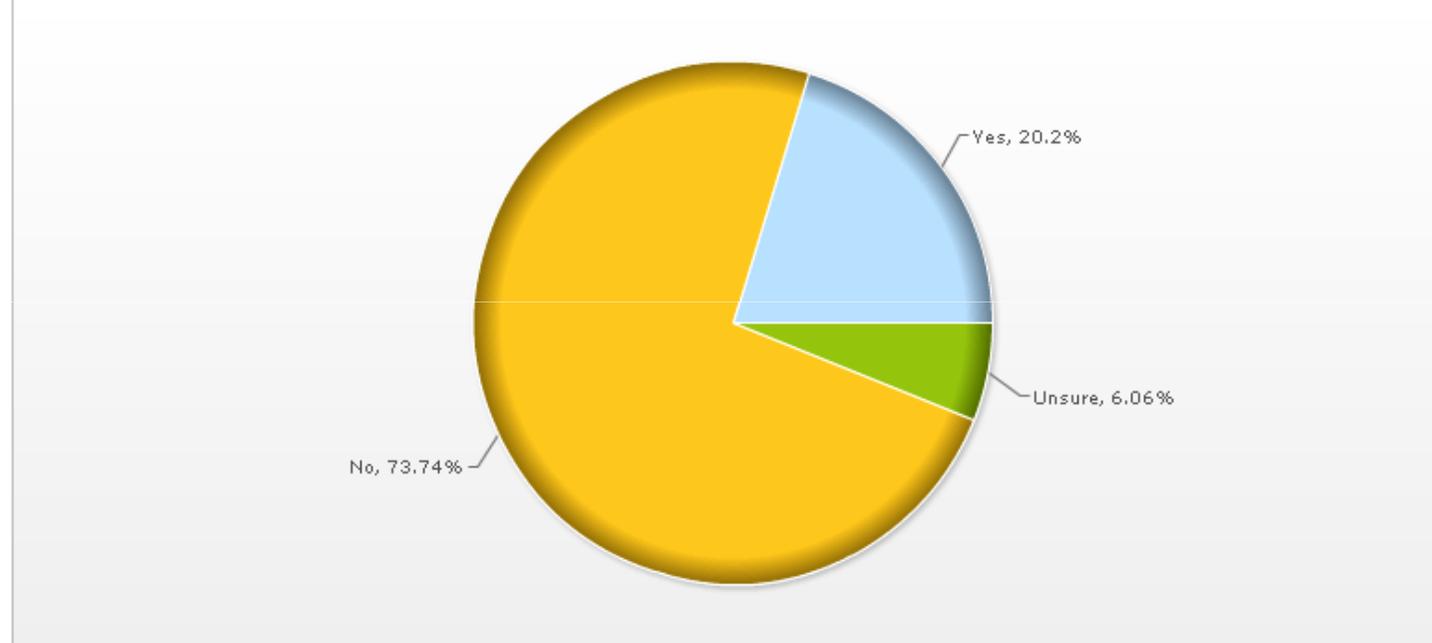
http://news.com.com/Judge+blocks+Californias+violent+video+game+law/2100-1043_3-6201092.ht

(Should DSM-V Designate „Internet Addiction“ a Mental Disorder?)

Ronald Pies (2009, Psychiatry Vol. 6 no. 2, pp 31-37)

[MicroPoll](#) » [Polls By Media Family](#) »

Do you think that video game addiction is a real problem?



Author



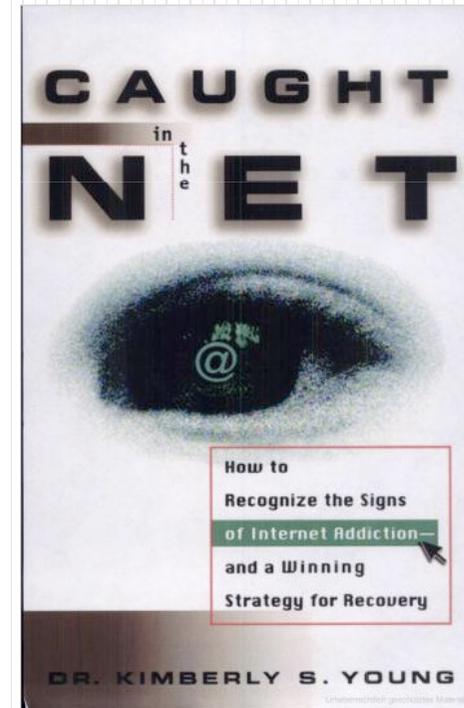
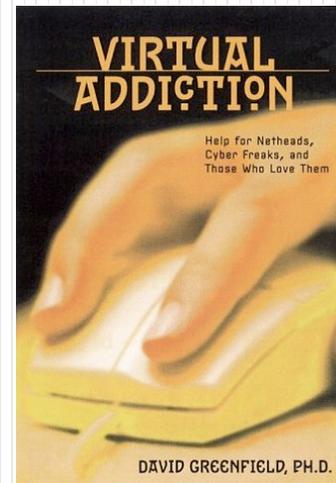
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Poll Link : <http://www.micropoll.com/akira/mpview/499062-165350>

Website Polls Powered By [MicroPoll](#)

Publications

- **Caught in the net** (Young, K. S., 1998, New York: Wiley)
- **Virtual Addiction** (Greenfield, D., 1999, New York: Harbinger Publications)



Research

Prevalence

(**Greenfield 1999**; In Young, K., American Behavioral Scientist, Vol. 48 No. 4, 2004).

- **Internet Addiction: A New Clinical Phenomenon and Its Consequences**

„... Internet use in the United States alone has grown from just less than half of American adults in 2000 to about 59% of adults at the end of 2002, and studies suggest, that nearly 6% of **online users** suffer from Internet Addiction“

Prevalence

Block, Jerald J. In: American Journal of Psychiatry, March 2008

„In the United States, accurate estimates of the prevalence of the disorder are lacking...“

- In the United States games and virtual sex are accessed from the home
- Attempts to measure the phenomenon are clouded by shame, denial, and minimization
- The issue is further complicated by comorbidity. About 86% of Internet addiction cases have some other DSM-IV diagnosis present.
- Thus, unless the therapist is specifically looking for Internet addiction, it is unlikely to be detected.

Dr. Block prefers the term Pathological Computer use (PCU)

Editorial

As the American Psychiatric Association committees begin formal work on DSM-V, we welcome brief editorials on issues that should be considered in its formulation.

Issues for DSM-V: Internet Addiction

Internet addiction appears to be a common disorder that merits inclusion in DSM-V. Conceptually, the diagnosis is a compulsive-impulsive spectrum disorder that involves online and/or offline computer usage (1, 2) and consists of at least three subtypes: excessive gaming, sexual preoccupations, and e-mail/text messaging (3). All of the variants share the following four components: 1) *excessive use*, often associated with a loss of sense of time or a neglect of basic drives, 2) *withdrawal*, including feelings of anger, tension, and/or depression when the computer is inaccessible, 3) *tolerance*, including the need for better computer equipment, more software, or more hours of use, and 4) *negative repercussions*, including arguments, lying, poor achievement, social isolation, and fatigue (3, 4).

“South Korea considers Internet addiction one of its most serious public health issues.”

Some of the most interesting research on Internet addiction has been published in South Korea. After a series of 10 cardiopulmonary-related deaths in Internet cafés (5) and a game-related murder (6), South Korea considers Internet addiction one of its most serious public health issues (7). Using data from 2006, the South Korean government estimates that approximately

210,000 South Korean children (2.1%; ages 6–19) are afflicted and require treatment (5). About 80% of those needing treatment may need psychotropic medications, and perhaps 20% to 24% require hospitalization (7).

Table I. Surveys of Internet addiction prevalence

Survey	Year	Location	Sample	Prevalence (%)	Gender ^a
Egger and Rauterberg ^[29]	1996	Switzerland	Online, 450 people	10.6	Not addressed
Greenfield ^[36]	1999	US	Online, 17 251 people aged 8–85 years	5.7	M = F
Morahan-Martin and Schumacher ^[33]	2000	US	277 undergraduate students	8.1	M > F
Chou and Hsiao ^[39]	2000	Taiwan	910 university students	5.9	M > F
Whang et al. ^[37]	2003	Korea	Online, 13 588 respondents	3.5	M = F
Kaltiala-Heino et al. ^[40]	2004	Finland	7229 youths	1.7 (boys) 1.4 (girls)	M > F
Yoo et al. ^[34]	2004	Korea	535 chemistry students	0.9	M > F
Leung ^[35]	2004	China (Hong Kong)	699 people aged 16–24 years	38	F > M
Johansson and Gotestam ^[41]	2004	Norway	3237 youths aged 12–18 years	2	M > F
Niemz et al. ^[38]	2005	UK	Online, 371 students	18	M > F
Kim et al. ^[42]	2006	Korea	1573 students	1.6	F > M
Aboujaoude et al. ^[2]	2006	US	2513 adults	0.3–0.7	Not addressed
Pallanti et al. ^[43]	2006	Italy	275 students	5.4	M = F

a Influence of gender on prevalence: M > F indicates a higher prevalence among males; M = F indicates similar prevalence among males and females; F > M indicates a higher prevalence among females.

F = female; M = male.

Telephon Survey...

Aboujaoude E., Koran L., Gamel N., Large M. & Serpe R. In: CNS Spectrums, Vol. 11(10), pp 750-755, 2006

- **... of 2,513 Adults in USA**

- 68,9% were regular Internet users
- 5,9% felt their relationships suffered as a result of excessive Internet use
- 8,7% attempted to conceal non-essential Internet use
- 3,7% felt preoccupied by the Internet when offline
- 13,7% found it hard to stay away from the Internet for several days at a time
- 8,2% utilized the Internet as a way to escape problems or relieve negative mood
- 12,3% had tried to cut back on Internet use, of whom
 - 93,8% were successful and
 - 12,4% stayed online longer than intended very often or often

Telephon Survey...

Diagnostic criteria

Aboujaoude E., Koran L., Gamel N., Large M. & Serpe R. In: CNS Spectrums, Vol. 11(10), pp 750-755, 2006

Eight Potential Markers for Pathological Internet use (Telephon Survey):

- Relations suffer
 - Conceal use
 - Pre-occupied when offline
 - Hard to stay away
 - Use to escape
 - Tried to cut back
 - Online longer than intended very often
 - Online longer than intended often
- 3,7% to 13,7% endorsed one or more of the markers with problematic Internet use
- **0.3% to 0.7% Prevalence**, when these measures were combined in sets of diagnostic criteria.

Diagnostic criteria

Internet Addiction consists of three subtypes (Block, Jerald J., 2008):

- Excessive gaming
- Sexual preoccupations
- E-mail/text messaging

And all of the variants share the following four components:

1. Excessive use
2. Withdrawal
3. Tolerance
4. Negative repercussions; e.g. delayed sleep phase may cause insomnia and fatigue (**Van den Bulck J.** "Media Use and Time In Bed In Secondary-School Children." *Sleep*, 2004, Vol. 27, No. 1, p. 101-104.)

Diagnostic criteria

Turkle S. Life on the Screen: Identity in the Age of the Internet. New York, NY: Touchstone, 1997.

- screening all patients for PCU. This can be accomplished using SIGNS; screening test is based on the popular CAGE criteria, used for detecting alcoholism. Note that the symptoms detailed in SIGNS are independent of the specific way the computer is being used
 - Sleep-pattern disturbance (delayed sleep phase)
 - Irritability before and after computer use
 - Guilt and attempts to hide/purge computer use
 - Nightmares and dreams about computer use
 - Social avoidance (prefers Virtual relationships)

Diagnostic criteria

Shaw, M. & Black, DW., 2008; CNS Drugs, Vol. 22 no. 5, pp 353-365

- Clinical samples and a majority of relevant surveys report a **male** preponderance.
- Onset is reported to occur in the late **20s or early 30s age group**, and there is often a lag of a decade or more from initial to problematic computer usage.
- Internet addiction has been associated with dimensionally **measured depression** and indicators of **social isolation**.
- Psychiatric co-morbidity is common, **particularly mood, anxiety, impulse control** and **substance use disorders**.
- Aetiology is unknown, but probably involves psychological, neurobiological and cultural factors.
- There is no proven role for psychotropic medication. Marital and family therapy may help in selected cases, and online self-help books and tapes are available. Lastly, a self-imposed ban on computer use and Internet access may be necessary in some cases...

ANOVA: Country-of-origin

<i>Dependent variable</i>	<i>Country</i>	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>F</i>	<i>p</i>
● Negative outcome	U.S.	171	1.61	0.79	61.31	0.00
	China	131	2.26	0.88		
● Social escape	U.S.	171	1.86	0.96	105.26	0.00
	China	131	3.08	1.02		
● Secretive behavior	U.S.	171	1.64	0.89	57.51	0.00
	China	131	2.43	1.08		
● Virtual intimacy	U.S.	171	1.72	0.89	141.01	0.00
	China	131	3.05	0.96		
● Obsessive-compulsive behavior	U.S.	171	1.57	0.91	54.09	0.00
	China	131	2.32	1.03		

ANOVA: Gender

	<i>Gender</i>	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>F</i>	<i>p</i>
● Negative outcome	Male	128	2.11	1.05	33.23	0.00
	Female	156	1.68	0.66		
● Social escape	Male	128	2.52	1.15	8.50	0.00
	Female	156	2.27	1.16		
● Secretive behavior	Male	128	2.31	1.14	31.16	0.00
	Female	156	1.73	0.88		
● Virtual intimacy	Male	128	2.35	1.08	4.90	0.03
	Female	156	2.08	1.07		
● Obsessive-compulsive behavior	Male	128	2.20	1.16	15.27	0.00
	Female	156	1.73	0.93		

→ **A Cooperative Study of Internet Addiction between the United States and China**
 (Zhang, L., Amos, C. & McDowell, C. 2008, Cyber Psychology & Behavior Vol 11,
 No 6)

Pathological video game use among youth 8 to 18: A national study

Gentil, D.A., 2009, Psychological Science, 20, 594-602

- N= 1178 American youth ages 8 to 18
- About **8% of video-game players** in this sample exhibited pathological patterns of play
- Pathological gamers **spent twice as much time playing** as nonpathological gamers
- and they received **poorer grades in school**
- Pathological gaming also showed **comorbidity with attention problems**
- Pathological status significantly predicted poorer school performance even after controlling for sex, age, and weekly amount of video-game play

⇒ These results confirm that pathological gaming can be measured reliably, that the construct demonstrates validity, and that it is not simply isomorphic with a high amount of play

Problematic Usage...

Peters Ch.S. & Malesky, L.A., 2008, Cyber Psychologie & Behavior Vol. 11 no. 4)

... Among Highly-Engaged Players of MMORPG's (Exp. WOW)

- Amount of time played
- Personality characteristics of agreeableness
- Conscientiousness
- Neuroticism
- Extraverision

Diagnostic Instruments

- Internet Addiction Test (IAT), **K. Young**
„How often do you find that you stay online longer than you intended?“
- 11-item pathological-gaming scale based on the DSM-IV criteria for pathological gambling (2009, D.A. **Gentile**)
Symptom-Checklist (to respond „yes“, „no“ or „sometimes“)
- Assessing children's video-game habits (Anderson et al., 2007; **Gentile** et al. 2004)
- Proposed Pathological Computer Use Diagnostic Criteria by **Block**, Jerald J (modification of the criteria proposed by Beard & Wolf)
- Structured interview (**K. W. Beard & Wolf**, 2005)
- Online Selftest's (Exp. „I'd Rather“) and Online Partner- and Parentstest's

Treatment in the USA

- Not many practitioners in the USA are specialized in treating the symptoms of the disease (variously called PCU, IAD, or Compulsive Computer Use (CCU)).
- Most American therapists are unfamiliar with the disorder, interview patients about it, or create a treatment plan to address it.



"The Center for Internet Addiction... your resource since 1995"

Ambulant Counseling:

- Cybersex/Cyberporn
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- Online Gambling
- **Online Gaming**
- Compulsive Surfing

⇒ Dr. Kimberly Young



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Online Gambling

Internet Addictions cause financial hardships for families, couples, and individuals.

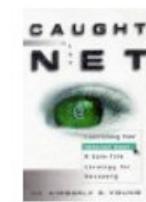
"The Center for Online Addiction offers hope and valuable resources to those seeking treatment for internet addiction. Internet addiction is a type of compulsive disorder and as an organization, we are specifically dedicated to helping people who suffer from this new form of addictive behavior."

Founded in 1995, the Center for Internet Addiction Recovery has been devoted to helping those who suffer from Internet addiction. The Internet has impacted the world and provided many benefits to its users. At the same time the Internet has had negative ramifications. Some people are preoccupied with using the Internet, are unable to control their use, and are jeopardizing employment and relationships. The concept of "Internet addiction" has been proposed as an explanation for this uncontrollable, damaging use of this technology. Symptoms are compared to the criteria used to diagnose other addictions and research has characterized Internet addiction as an impulse control disorder most comparable to pathological gambling because of overlapping criteria.

A Growing Epidemic

Studies on Internet addiction originated in the US by Dr. Kimberly Young, who presented the first research on Internet addiction in 1996 at the American Psychological Association's annual conference

Amazon Marketplace



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Best Price \$5.99
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[Breaking Free of the Web](#)
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Tahled

Signs of Addiction

“Gamers who become hooked show clear signs of addiction. Like a drug, gamers who play almost every day, play for extended periods of time (over 4 hours), get restless or irritable if they can’t play, and sacrifice other social activities just to game are showing signs of addiction.”



Are You An Obsessive Online Gamer?

(Exp. Selftest www.netaddiction.com)

- 1. Do you need to play online games with increasing amounts of time in order to achieve the desired excitement?**
- 2. Are you preoccupied with gaming (thinking about it when offline, anticipating your next online session)?**
- 3. Have you lied to friends and family members to conceal extent of your online gaming?**
- 4. Do you feel restless or irritable when attempting to cut down or stop online gaming?**
- ... 8. Have you jeopardized a job, educational, or career opportunity because of your online gaming habit?**

If you answered „yes“ to any of the above questions, you may be addicted to online gaming. ...why wait until it is too late to seek out help? Contact our Counseling Service...

CBT-techniques

Young^[66] suggests the following exercises to achieve abstinence from problematic Internet: (i) practicing the opposite behaviour; (ii) using external stoppers, such as a timer signalling when an Internet session should end; (iii) setting time limits; (iv) setting task priorities to aid in Internet goals during each Internet session; (v) using reminder cards (posted on the computer) with a list of the five major problems caused by the Internet addiction, and a parallel list of the five major benefits of cutting down on Internet use; and (vi) taking a personal inventory, whereby the therapist helps the client cultivate alternative activities that take him/her away from the computer.

Self-help books and tapes are available online and may be helpful to some people with Internet addiction.^[31] Support groups are available in some



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⇒ Dr. D. Walsh, D.A. Genitle

<http://www.mediafamily.org>

Make a plan for change

Here is an example of a "Family Change Plan" you can work through together with your child.

Tracker: Right now I play _____ hours a day and about _____ hours a week.

New goal:

- I will play no more than _____ hours on any given day and no more than _____ hours a week.

- I will stop playing video games.

Family Change Plan

When? I will start on this date _____

Reasons: My most important reasons to make these changes are:

Alternatives: Instead of playing video games this week I will try these activities:

People: The friends and adults who can help me are (list names and how they can help you achieve your goals):

Possible challenges: Some things that might make it difficult for me to cut back on game play and how I will handle them:

Celebrating my achievements: If I achieve my goal for the week I will:

Parent signature(s)

Child signature

What can I do to prevent “addiction?”

Set clear ground rules about when, where, how much, and what kind of game playing is allowed as soon as your child starts to play games.

Limit video game playing time.

Have clear consequences if time limits are not observed.

Intervene early before things get out of hand.

Waking up in the middle of the night.

Encourage other activities.

GetGameSmart.com

make a list of "Fun Things to Do" and try a new thing every day.thing every day.

Keep video and computer games out of child's bedroom.

Be firm. Consistently enforce the rules. If your child refuses to cooperate, restrict access to video games for a period of time.

Require that homework and other chores be completed before game play.

If nothing else works, go cold turkey. Get rid of the games.



“If you take from parents a bit of hot rabbit-fondling action, you risk driving us all onto funny pills and gin” **Caitlin Moran**

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MY PROFILE SHOP JOBS PROPERTY CLASSIFIEDS

From **The Times**

September 18, 2009

Heavensfield centre opens its doors to America's internet addicts

Mike Harvey in Seattle

1 COMMENT | RECOMMEND? (4)

Ben Alexander is an internet addict. His drug of choice is the *World of Warcraft* online role-play game. He used to spend as much as 17 hours a day lost in a virtual realm of wizards and trolls — a pursuit that eventually led to him dropping out of college.

Now the 19-year-old is a patient at the first residential internet addiction clinic in the US, where he is being weaned off his habit and given the skills to cope with the real world.

The reStart internet addiction recovery programme opened its doors in July at Heavensfield, a large house in five acres of woodland on the outskirts of Seattle, just down the road from the headquarters of Microsoft.

The 45-day programme aims to treat people suffering from pathological computer use, at a cost of \$14,500 (£9,000). There are many residential clinics in China, South Korea and Taiwan, where internet addiction has been declared a public health danger, but until now America has offered



Ben Alexander gets to know a puppy as part of his recovery programme at Heavensfield

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- > Why Apple is so awesome at presentations
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INTERNET ADDICTION RECOVERY PROGRAM

TREATMENT FOR INTERNET, GAMING, TEXTING & VIDEO GAME EXCESSIVE USE

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- OUR MISSION
- PROGRAMS
- VIRTUAL TOUR
- SOCIAL NETWORK
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We have 17 guests online

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Are you Internet Addicted?

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by Hilarie Cash, Ph.D. and Kim McDaniel, MA



Our next 45-day program is starting soon

RESERVE YOUR SPOT

(425) 417-1715

We have 15 guests online

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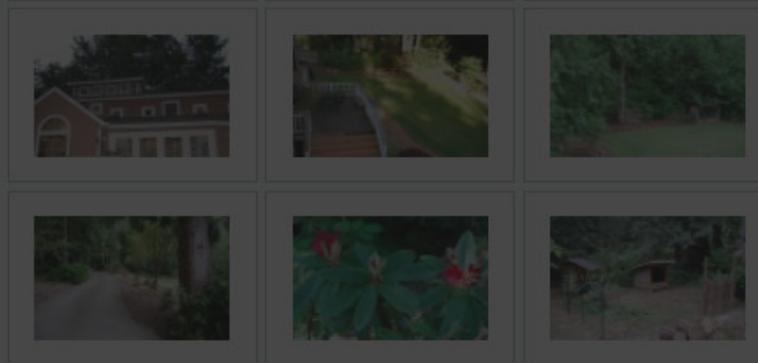
Are you Intern
Addicted?

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CountryHome01
Image 3 of 17

CLOSE X



Signs & Symptoms of Computer & Internet/ Gaming Addiction

Here is what to look for (3-4 yes responses suggest abuse; 5 or more suggest addiction)

- Increasing amounts of time spent on computer and internet activities
- Failed attempts to control behavior
- Heightened sense of euphoria while involved in computer and internet activities
- Craving more time on the computer and internet
- Neglecting friends and family
- Feeling restless when not engaged in the activity
- Being dishonest with others
- Computer use interfering with job/school performance
- Feeling guilty, ashamed, anxious, or depressed as a result of behavior
- Changes in sleep patterns
- Physical changes such as weight gain or loss, backaches, headaches, carpal tunnel syndrome
- Withdrawing from other pleasurable activities

Developed by Dr. Hilarie Cash, PhD. of Internet and Computer Addiction Services.

Items

**1. Do you feel you have a strong desire, or impulse, to use the Internet?
Do you feel you have a strong desire, or impulse, to use the Internet?**

**2. When attempting to limit or cease use of the Internet and/or other technology, do you find yourself feeling restless, irritable or anxious?
When attempting to limit or cease use of the Internet and/or other technology, do you find yourself feeling restless, irritable or anxious?**

3. When limiting or ceasing use of your usual and preferred Internet activities, do you find that seeking out the use of other media sources (i.e., TV, handheld consoles, cell phones) relieves those feelings of restlessness, anxiety or irritability?

When limiting or ceasing use of your usual and preferred Internet activities, do you find that seeking out the use of other media sources (i.e., TV, handheld consoles, cell phones) relieves those feelings of restlessness, anxiety or irritability?

Items

4. Do you find yourself continually having to increase the amount of Internet and/or digital technology use to reach your previous level of satisfaction?

Do you find yourself continually having to increase the amount of Internet and/or digital technology use to reach your previous level of satisfaction?

5. Do you continue to use the Internet and/or other forms of digital technology in excess, regardless of its harmful effects (e.g., relationship problems, failing classes, missing work, poor hygiene, weight gain or loss, etc.)?

Do you continue to use the Internet and/or other forms of digital technology in excess, regardless of its harmful effects (e.g., relationship problems, failing classes, missing work, poor hygiene, weight gain or loss, etc.)?

6. Have you been repeatedly unsuccessful in limiting the amount of time you spend on the Internet and/or digitally-based products?

Have you been repeatedly unsuccessful in limiting the amount of time you spend on the Internet and/or digitally-based products?

7. As a result of your Internet use, are you spending little or no time in social, recreational or other activities that you used to enjoy?

As a result of your Internet use, are you spending little or no time in social, recreational or other activities that you used to enjoy?

Items

8. Do you have difficulty controlling use (e.g. time and content) of your Internet and/or digital technology use?

Do you have difficulty controlling use (e.g. time and content) of your Internet and/or digital technology use?

9. Do you find that your Internet use is a way to escape problems or gain relief from negative feelings?

Do you find that your Internet use is a way to escape problems or gain relief from negative feelings?

10. Do you deny or minimize your Internet use to parents, teachers, schoolmates, friends, or professionals (this includes time, content, money expenditures, etc.)?

Do you deny or minimize your Internet use to parents, teachers, schoolmates, friends, or professionals (this includes time, content, money expenditures, etc.)?

11. Are you finding that everyday life and social functioning is impaired (e.g., relationships, education or employment) as a result of your Internet or technology use?

Are you finding that everyday life and social functioning is impaired (e.g., relationships, education or employment) as a result of your Internet or technology use?

Items

12. Are you experiencing chronic exhaustion due to lack of sleep, weight gain from lack of exercise, poor general health from poor nutrition, or other physical health problem due to excessive Internet use or video gaming?

Are you experiencing chronic exhaustion due to lack of sleep, weight gain from lack of exercise, poor general health from poor nutrition, or other physical health problem due to excessive Internet use or video gaming?

13. Have you ever stolen, cheated, or lied in order to fulfill your online desires (e.g., parents credit card to buy something for a game)?

Have you ever stolen, cheated, or lied in order to fulfill your online desires (e.g., parents credit card to buy something for a game)?

14. Have you ever become violent or abusive when someone tried to limit your access to the Internet or video game?

Have you ever become violent or abusive when someone tried to limit your access to the Internet or video game?

Open Items

1. Do you think you may have a problem with excessive use of the Internet and/or any other technology-based product(s)?

2. How would you define the term "Excessive Use" when it comes to your own internet and technology interactions?

3. Do you have any comments or questions you would like to share?

Running program:

- **Stay 45 days in a safe natural family setting designed to feel like "home" -**



DIGITAL

« Google Books - Regierung schreitet ein

USA: Hilfe für Computersüchtige

"Wir machen auf kalten Entzug"

21.09.2009, 12:24

Zicklein statt Zocken: Für Jugendliche, die sich in der Cyberwelt verloren haben, gibt es nun das erste Therapiezentrum - ganz ohne Technologie.

Die Verlockung zur Flucht aus der Wirklichkeit ist groß. Computerspiele und die weite Welt des Internet öffnen Phantasiereiche, in die Jugendliche tief eintauchen können. Gefährlich wird es, wenn sie keinen Rückweg in die reale Welt mehr finden.

In den USA hat vor kurzem das erste Therapiezentrum eröffnet, das sich ausschließlich um computersüchtige Jugendliche kümmert. "Bei uns gibt es keinerlei Technologie, wir machen auf kalten Entzug", sagt Psychotherapeutin Hilarie Casn. "Virtuelle Spiele sind hier verboten, denn für Süchtige sind sie eine Droge."



Kontrastprogramm zu den virtuellen Wunderwelten auf dem Bildschirm: Die Arbeit mit Tieren soll computersüchtigen Jugendlichen bei der Rückkehr in den realen Alltag helfen. (Foto: sueddeutsche.de)

- » [Natural Activities](#)
- » [Offsite Adventures](#)
- » [Retreat Center Residents](#)
- » [Map to Heavensfield](#)

» **ONLINE NOW**

We have 16 guests online

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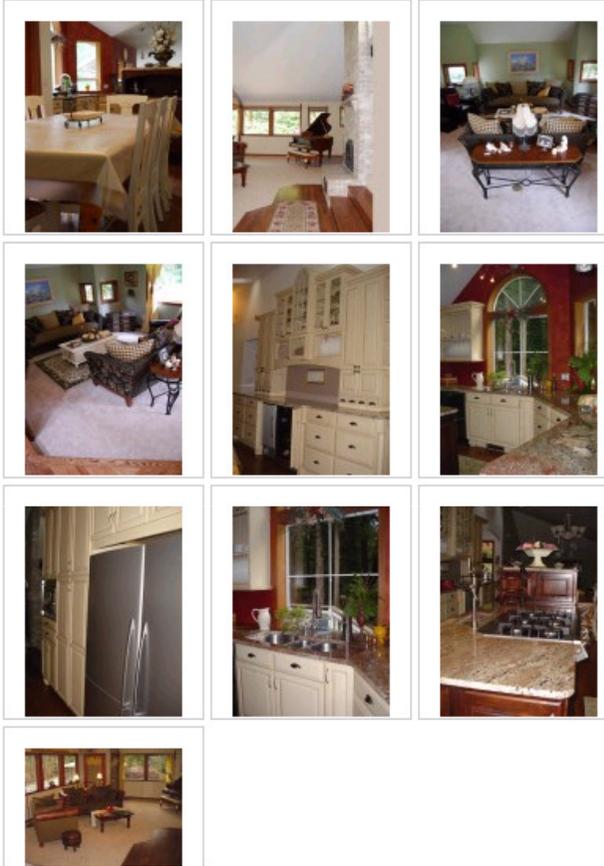
Are you Internet Addicted?

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Click on image to see larger view



Our next 45-day program is starting soon

**RESERVE YOUR SPOT
(425) 417-1715**

Daily Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
7:00 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up					
7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast					
8:00 AM	Prepare the Day	Prepare the Day	Prepare the Day	Prepare the Day	Prepare the Day	Prepare the Day					
8:30 AM	Get Fit	Chores	Get Fit	Chores	Get Fit	Chores					
9:00 AM	Chores	Addiction Recovery	Chores	Group W/Dr. Cash	Chores Cleaning Day	Recreational Therapy Lunch	Do-it Breakfast				
9:30 AM							Discovery Quest	Discovery Quest	Discovery Quest	Discovery Quest	
10:00 AM	Follow-Through		Follow-Through		Follow-Through		Follow-Through	Follow-Through			
10:30 AM	Lunch	Lunch	Lunch		Lunch		Lunch				
11:00 AM	Life Quest	Work Therapy	Life Quest	Individual Therapy	Work Therapy		Follow-Through				
11:30 AM							Vocational Skills	Back to Nature	Individual Therapy	Career Development	Personal Time/Follow Through/Mastery Videos
12:00 PM	Vocational Skills		Exercise Center	Exercise Center	Exercise Center		Exercise Center	Exercise Center			
12:30 PM									Exercise Center	Exercise Center	Exercise Center
1:00 PM		Eve Chores	Weekly Shopping/Planning	Eve Chores	Eve Chores	Eve Chores	Eve Chores				
1:30 PM	Dinnertime	Dinnertime	Dinnertime	Dinnertime	Dinnertime	Dinnertime					
2:00 PM							Reflection Hour	ITAA Meeting	Free Time	Reflection Hour	Free Time
2:30 PM	Mindfulness Training	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness					
3:00 PM							Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
3:30 PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time					
4:00 PM							Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
4:30 PM											
5:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out					
5:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out					
6:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out					
6:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out					
7:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out					
7:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out					
8:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out					
8:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out					
9:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out					
9:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out					
10:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out					
11:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out					



Youtube

CNN

Projekt OLGA

Kalender für Online-Meetings und Face-to-Face

Foren und weiterführende Links

Suchmaske für Psychotherapeuten

Anleitung für regionale Gruppen

Social Networks





- Home
- Gamers
- Family
- Community
- Chat Room
- Meetings
- Donate
- Professionals
- World News
- Media

Mission Statement: On-Line Gamers Anonymous is a fellowship of people sharing their experience, strengths and hope to help each other recover and heal from the problems caused by excessive game playing.

About OLGA & OLG-Anon

Welcome! On-Line Gamers Anonymous is a self-help fellowship. We share our experience, strengths and hope to assist in recovery from the problems caused by excessive game playing, whether it be computer, video, console, or on-line. Our community includes recovering gamers, family members, loved ones, friends, and concerned others.

We know how powerful, cunning, baffling and destructive excessive game playing can be. It can be devastating to the real-world lives of gamers and to those close to them.

OLGA/OLG-Anon provides a resource for open discussion, support, education and referrals. We advocate and provide a 12-Step Program of recovery. For those who are interested in a formalized meeting approach, we provide both a traditional 12-step program and a modified program for atheists and agnostics. **We strengthen ourselves by helping one another.**

"Excessive game playing can be a symptom of serious underlying mental/emotional problems. This board is not intended as a crusade against any particular game, but to alert people that excessive playing should be evaluated in context with any other symptoms a person may be displaying. Then, if there is still concern about the individual's state of mind, we recommend that he or she seek a professional evaluation." (Used by permission from Leucol)

Participating in OLGA/OLG-Anon is a healing journey for all of us. We respect the need for privacy and ask all who choose to participate agree to this: **Who you see here, what you hear here, when you leave here, let it stay here.**

Thank you for your courtesy.

We Offer Support

Our community is open to all who seek support. We are not an activist group, nor do we sponsor such organizations. Our message forums are available to all, regardless of bias or

About OLGA / OLG-Anon

- o For Immediate Support
- o Becoming a Member
- o Forum Rules and Participation
- o Is O.L.G.A. for you?
- o Recommended Reading Materials
- o 12 Steps
- o 12 Principles for Atheists & Agnostics
- o 12 Traditions
- o Withdrawal Symptoms
- o Our News
- o Addictive Games
- o Dedication
- o Donate

User login

Username: *

Password: *

Log in

- o Create new account
- o Request new password

Who's Online

There are currently 2 users and 2 guests online.

Online users

- o okicajun
- o inhn of the rnses

12 Steps: On-Line Gamers Anonymous

1. We admitted we were powerless over gaming, and that our lives have become unmanageable.

Principles - Honesty and Acceptance

2. Came to believe that a Power greater than ourselves could restore us to sanity.

Principle - Hope

3. Made a decision to turn our will and our lives over to the care of God as we understood God.

Principle - Faith

4. Made a searching and fearless moral inventory of ourselves.

Principles - Action and Courage

5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Principle - Integrity

6. Were entirely ready to have God remove all these defects of character.

Principle - Willingness

12 Steps: On-Line Gamers Anonymous

7. Humbly asked God to remove our shortcomings.

Principle - Humility

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

Principle - Brotherly love

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

Principle - Justice

10. Continued to take personal inventory and when we were wrong promptly admitted it.

Principle - Perseverance

11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of Gods will for us and the power to carry that out.

Principle - Spirituality

12. Having had a spiritual awakening as the result of these steps, we carried this message to others who game excessively and practiced these principles in all our affairs.

Principle - Service