

PROJECT 1



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Process
Book



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Research

INTRODUCTION

WHAT IS INTERNET ADDICTIONS

General information on internet addiction, causes/effects, and symptoms

<https://www.psychom.net/iadcriteria.html>

What is internet addiction?

Internet addiction disorder is a form of addiction that affects the pleasure centre of the brain

While the people who have the disorder use the internet, the dopamine of pleasure is released into the brain

Biological predispositions to the disorder may be a contributing factor to the disorder

People who have the disorder may have levels of dopamine and serotonin deficiency compared to the general population

This chemical deficiency would require you to engage in more behaviors to receive the same pleasurable response compared to individuals who do not have internet addiction disorders

Predispositions of internet addiction are related to anxiety and depression

Users who are suffering from anxiety or depression may turn to the internet to cope

People who have social awkwardness also have a higher chance of suffering from internet addiction (since the internet does not require interpersonal interaction while being emotionally rewarding)

Internet Addiction Disorder, also called Compulsive Internet Use is a serious problem that many people face.

The problem is especially prevalent in European and American societies affecting anywhere between 8%-38% of the general population.

There is such a large variation in these statistics since there are no general guidelines or rules to dictate what internet addiction is and is not.

Various scientists approach their research in different ways which will give different results.

Another reason why there is such a large variation in the research is because many scientists don't believe that internet addiction is an actual addiction, they believe that people are just lazy and lack self control.

OTHER FACTS

The most common areas of internet addiction are gaming, social networking, email, blogging, online shopping, and inappropriate Internet pornography use.

Just because you like the internet or use it a lot does not mean that you have internet addiction, it is when the internet is interfering with your daily life.

Some studies have suggested that internet addiction can actually change your brain's structure, specifically white and grey matter in the prefrontal brain. This part of the brain is in connection with remembering details, planning, attention span and prioritization.

Internet addiction is caused by receiving many layers of rewards all at once. For example, if you go on Instagram you can hear about a new party coming up that you're now excited about, you can see the things your friends are doing (such as an accomplishment or somewhere they're travelling), maybe you've gained some new followers and gotten new likes on your photos. These are all rewarding feelings that you achieve when you go on Instagram. These rewarding feelings trigger a release of dopamine which is your brain's feel good chemical. With all things, eventually you build a tolerance to the internet which means that you need to spend more time on it to produce the same good feeling.

These rewarding feelings trigger a release of dopamine which is your brain's feel good chemical. With all things, eventually you build a tolerance to the internet which means that you need to spend more time on it to produce the same good feeling.

Challenge when it comes to getting internet addiction

Breaking an internet addiction is especially challenging because we live in such a technology based world.

You can do tons of things on the internet, from communicating with friends, staying up to date, research, entertainment such as games and movies, access to music, online shopping, online gambling, the list goes on.

Most people have a cell phone, and most people have it with them almost all the time, giving them access to the internet anytime, any place.

When people are trying to break an addiction it is recommended that they stay away from it.

For example a recovering alcoholic is advised to remove alcohol from the home and avoid social drinking events, this is done to avoid temptation. But with internet addiction, temptation is everywhere all the time.

CAUSES/EFFECTS & SYMPTOMS

Symptoms

Internet addiction symptoms presents themselves in both physical and emotional manifestations that include

Emotional Symptoms

Depression

Dishonesty

Feelings of guilt

Anxiety

Feelings of euphoria when using the computer

Inability to prioritize/keep schedules / Avoidance of work / Procrastination

Isolation / Loneliness

No sense of time

Defensiveness

Agitation

Mood swings

Boredom with routine tasks

Physical Symptoms

Backache

Carpal Tunnel syndrome

Headaches

Insomnia

Poor Nutrition

Poor personal Hygiene

Neck Pain

Dry eyes / Vision problems

Weight gain or loss

Other facts:

Internet addiction also affects personal relationships, work life, finances, and/or school life. People who suffer from this disorder would isolate themselves. They may be distrustful with dishonesty by hiding or denying the amount of time they spend online.

Internet addiction disorder and excessive internet use are used interchangeably, however using such terminology is false. In this day and age, it is very easy to use the internet excessively, for example, frequent online shopping, using social media for long periods of time, or watching a long chain of youtube videos. With technology all around us, it is easier than ever to gain access to the internet and it's no wonder why many people would confuse Internet Addiction Disorder to excessive internet usage. It is determined that there are three main categories within the internet that one must be involved in, for it to be ruled out as Internet Addiction Disorder. The user must be, addicted to gaming, social networking or inappropriate internet usage such as pornography. The user can be addicted to all three at once, but most commonly the user is addicted to a single area and stays on the internet for that reason for an excessively long time where it jeopardizes their life in some way or form.

Once the doctor has categorized the user into one of the categories (gaming, social networking e.g facebook messenger or inappropriate internet usage), if a person feels the excessive use of the internet has taken a negative toll on their life it should be flagged as concerning because the Internet should be used as an aid for people, whether it be for resources or entertainment if it causes negative side effects such as other health problems such as anxiety, depression or even physical symptoms such as chronic back pain and eye problems, it should be considered a red flag.

Modern Technology and how it impacts Internet Addiction Disorders
User Interfaces - How it impacts IAD

Inconvenient Truth for Tech - 44 min talk presentation (May 2019)

Summary: technology is downgrading humanity and increasing our reliance on technology

<https://humanetech.com/problem/>

<https://vimeo.com/332532972>

Users who frequently use the internet are prone to internet addiction due to how the internet is designed and operated, especially the methods of grabbing user's attentions are amplified from user-interface designs.

Technology continues to evolve while more services are implementing cloud-based platforms where users are relying and becoming more dependent on the internet for fulfilling basic needs

The evolution of technology downgrades mankind as our reliance on technology continues to rise with the advancements in consumer technology

The changes in technology and the effects of human minds are reversing the human instinct; while the internet reduces our productivity, self-esteem, mindfulness, governance, attention spans, relationships, civility, critical thinking, and mental health.

User Interfaces are continuously designed to capture our attention while keeping users online.

Internet users are becoming reliant on technology which can potentially lead to internet addiction

Internet users develop a strong reliance on the internet due to its fulfilment of our basic desires (such as our fixation for attention and the ability to accomplish mundane jobs for us).

Cloud-based services such as Uber Eats and Siri are designed to accomplish basic everyday tasks that society has grown to dislike doing. These progressions to the internet are taking advantage of our weaknesses and downgrading our identity by increasing our dependence on the internet, thus increasing the chances of developing internet addiction disorder

Artificial social systems such as Instagram and Facebook are created to help us connect to others and broadcast our lives to everyone, yet it plays a role in Internet addiction by giving people dopamine rewards to the brain when it comes to receiving likes on a photo, and attention from posts.

The internet is not designed for the well being of humans. It is designed with the prospect of prolonging the time spent on the internet, grabbing our attention in the process

In this capitalist-driven economy, monetizing everything becomes a priority, including the amount of time spent on the internet

User interfaces

The methods of grabbing user's attentions are amplified from user-interface designs

Examples include

Custom feeds generated by user activity, auto-playing videos, and suggested recommended content

These methods are purely designed to prolong user activity on websites to generate money

This causes the increasing rate of internet addiction disorders from users who are exposed to the well designed interface designs

Conclusion

Internet addiction disorder is heavily affected by the evolution of technology and the direction it is heading towards.

Artificial social systems, overwhelming AI, and an extracted attention economy is downgrading humans and upgrading machines.

These radical changes are increasing our reliance on the internet and our obsession with social media, thus increasing the chances of internet addiction disorder

Interesting facts:

“An interface is humane if it is responsive to human needs and considerate of human fragilities “ Jef Raskin, father of Macintosh + Aza

We self interrupt every 40 secs during the time spent on the internet

We spend ¼ of our lives in artificial social systems

Assessments / Techniques for people who might have IAD

Internet Addiction - A review of current assessment techniques and potential assessment questions – US National Library of Medicine Publication (Feb 8 2005)

<https://www.ncbi.nlm.nih.gov/pubmed/15738688>

KW Beard's 2005 article proposed that there are four main criteria that must be fulfilled for the patient to have IAD and at least from the four secondary criteria.

Firstly: The patient must be constantly thinking about using the internet (known as internet preoccupation)

They do not only use the internet at any time they get, but when they are not using the internet, they will be thinking about it

There is a difference between using the internet for leisure, during your free time, or for professional practices

One who cannot spend their day without thinking about the internet and has become dependent on it that they cannot process anything else, is a considered sign for Internet addiction disorder

Secondly: The patient must be able to gain satisfaction with increased internet use. The patient will gain a sense of personal satisfaction the longer they use the internet

Thirdly: They have failed their attempts at cutting back on the internet.

The user has acknowledged they use the internet excessively and unsafely and have tried to cut back

Their attempts are unsuccessful and they are unable to quit

Lastly: The user stays on the internet longer than their intended time

Unable to stop using / They go beyond their intended time when using the internet

All the four conditions must be met for the patient to be correctly diagnosed with internet addiction disorder

The patient must at least meet one of the following for the doctor to diagnose them with IAD

IAD: Jeopardized a relationship or opportunity due to internet usage, lied to people who conceals their excessive internet usage habits, or uses the internet to escape and relieve pain

Research / Statistics Facts on IAD

Addictions and Problematic internet use - Canadian Mental Health Association (Ontario)

<https://ontario.cmha.ca/documents/addictions-and-problematic-internet-use/>

<https://ontario.cmha.ca/wp-content/uploads/2019/05/Social-Media-Report-Part-1.pdf>

According to a recent study by the Government of Ontario, conducted by CAMH, 86% of students in Ontario visit social media sites daily and about 16% spend five or more hours a day on social media.

Studies found for some people, high usage of the internet resulted in compulsive behaviors and showed the same symptoms of those addicted to drugs when they were taken away from the internet.

Risk factors that can result in internet addiction include: “Age, Peer pressure, relationships, pre-existing relationship problems, low self-esteem, Anxiety, and Depression. According to researchers, excessive internet usage, especially for young people is problematic.

Ontario became the first province to implement a media literacy program. Part of the curriculum guides safe SNS messaging. Students in younger grades such as grade 4 and under would learn about respectful communication and safe internet use strategies. Students from grade 4 to Middle School would learn about the benefits and risks of Social Media as well as how to deal with online bullying.

Symptoms of IAD can be compared to addictive behaviors seen in Kleptomania (stealing addiction), Sex Addiction or Pyromania (An obsessive desire to set things on fire)

Research also suggests that there are similar brain responses between compulsive Internet use and addiction to substances.

An example of this was during an experiment using an MRI Scan. “By using MRI scans and monitoring activity in the nucleus accumbens (the reward centre of the brain), researchers examined how social media use affected the brain.

They found that the reward centre of the brain was often more activated after receiving positive social media feedback, such as when their peers provided ‘likes’ on Facebook posts.” Researcher, Dal Meshi, notes that “[a]s human beings, we evolved to care about our reputation.

IAD FACTS (teens/children)

An Overview of Internet Addiction

<https://www.verywellmind.com/internet-addiction-4157289>

Internet addiction is very concerning for children and teenagers since they lack the knowledge to manage their own internet usage and don't know all of the potential harms.

Most kids have access to computers, and it is becoming increasingly popular for kids to get cellphones as young as the age of 8 years old.

Kids are becoming increasingly disconnected from the world around them because they are being exposed to the internet for such lengthy periods of time.

This is very bad for the development of healthy social relationships, and can lead to victimization and isolation.

(Risk Factors)

Internet Addiction: Risk Factors and Complications: Everyday Health

<https://www.everydayhealth.com/internet-addiction/guide/>.

People who have other addictions (such as drug addiction, gambling addiction) have a higher risk of developing internet addiction. Many experts believe that internet addiction can have the same negative consequences as substance abuse and gambling addiction.

A 2012 article in Current Psychiatry Reviews, for instance, noted that Internet addiction "ruins lives by causing neurological complications, psychological disturbances, and social problems."

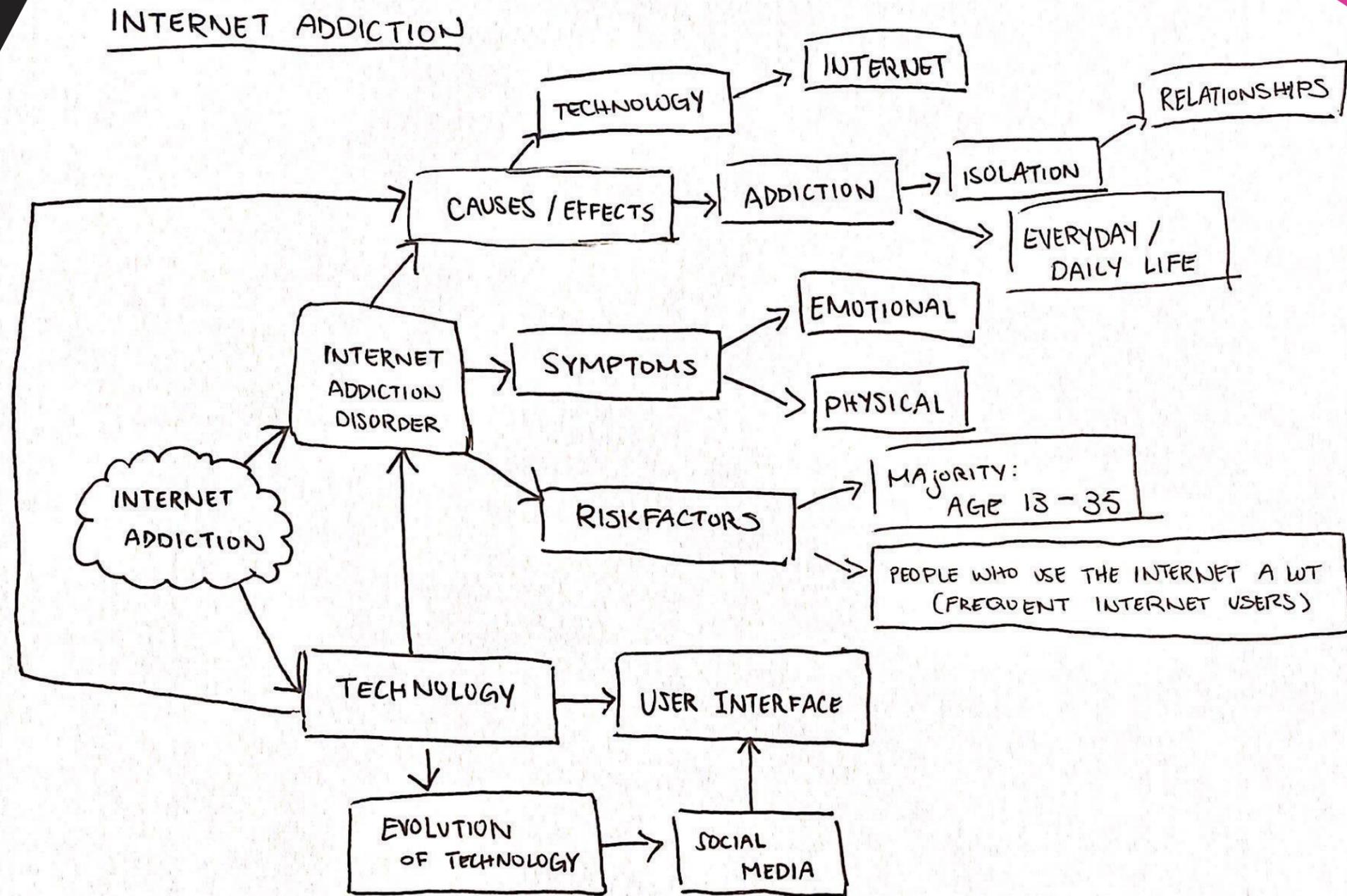
Some studies predict that the disorder may affect more than 18% of college-aged internet users according to Internet Addiction: A Handbook and Guide to Evaluation and Treatment.

Anyone can develop an internet addiction but the majority of people who have an addiction are males between the ages of 13 and 35.

Other studies indicate that internet addiction is active in Asian countries. South Korea could have more than 650,000 people ages 10-19 who have internet addiction according to a 2013 report from Reuters.

China has developed military style, very strict rehabilitation centres to force addicts away from the internet. The country also has thousands of licensed camp instructors who are licensed to treat internet addiction according to a 2012 report in China Daily.

Flow Chart



Planning Phase

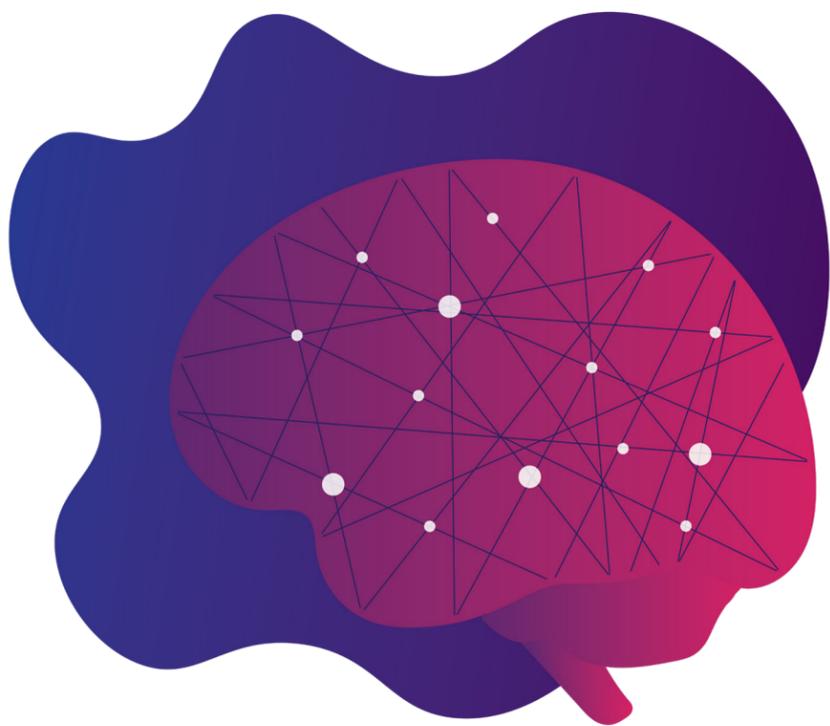
- INTRODUCTION (2 pages)
 - ↳ What is internet addiction?
 - ↳ facts / statistics [QUICK FACT] (brain)
- HOW IT WORKS (1 page)
- SYMPTOMS (1-2 pages)
- EFFECTS (1 or 2)
- ASSESSMENTS / TECHNIQUES (1-2) (case 1?)
 - RISK FACTORS (1)
- CAUSES? → TECHNOLOGY! (2-4)
- STATISTICS / CHARTS (2)
 - maybe → (cases) (prob not...)
- QUICK FACT → you spend 1/4 of your life in tech (1)
 - ↓
 - Is that how you are going to live your life? (1)
 - or
 - Are you going to let technology control your life? *

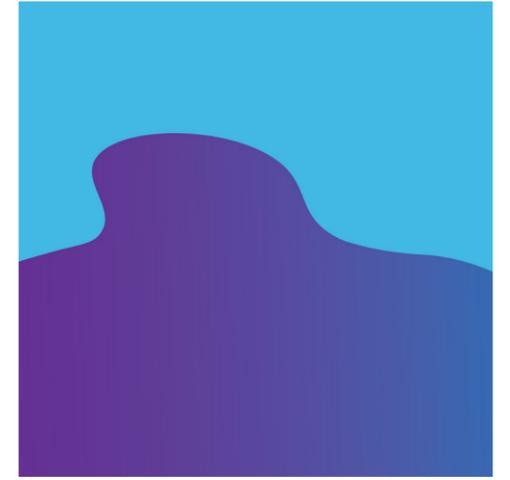
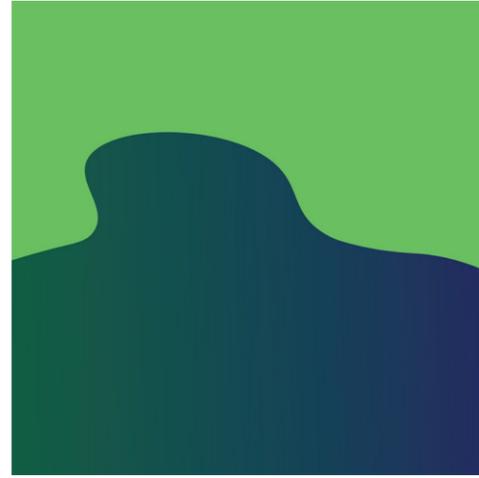
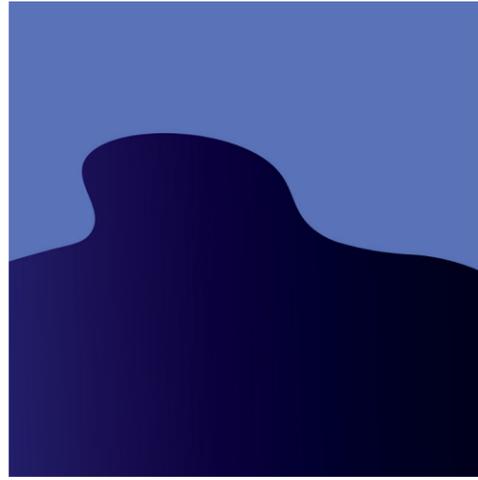
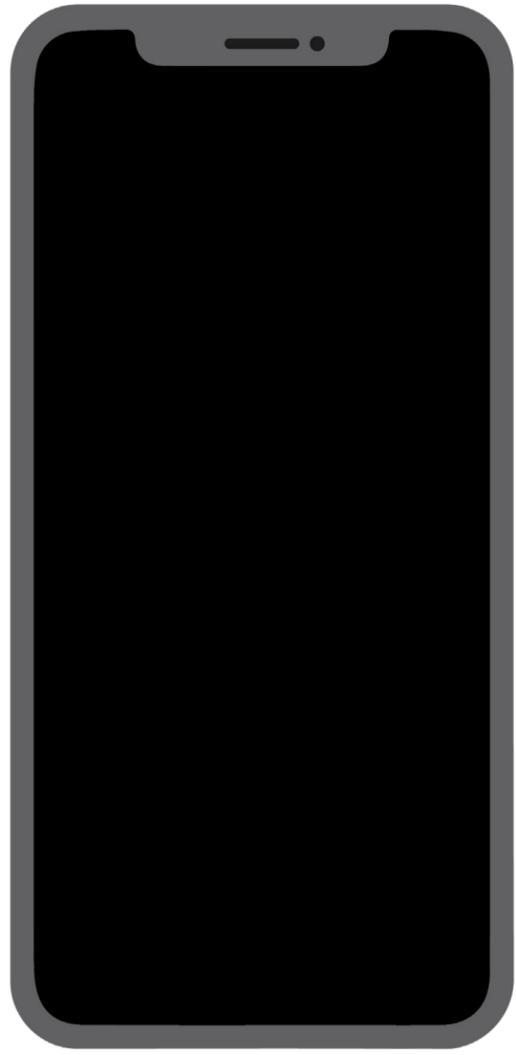


Illustrations

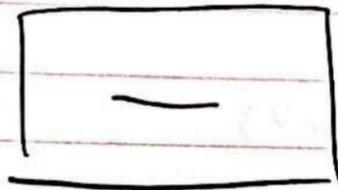




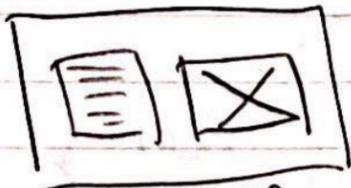




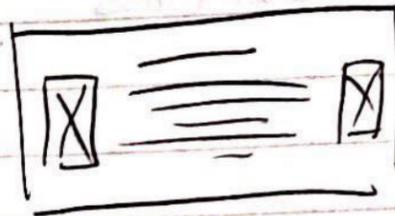
Low-Fidelity



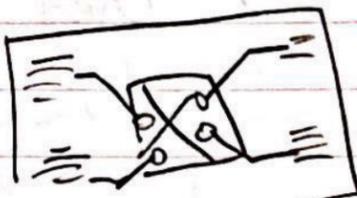
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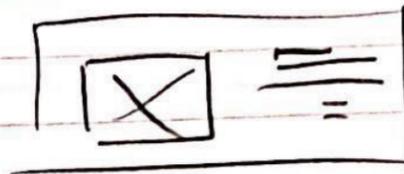
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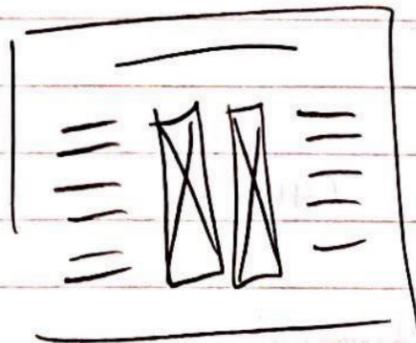
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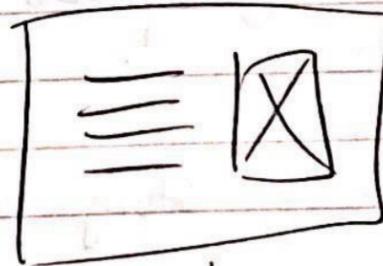
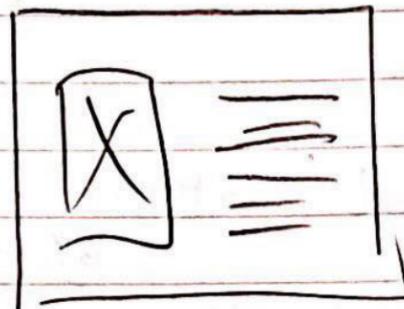
BRAIN / FACTS



HOW IT WORKS

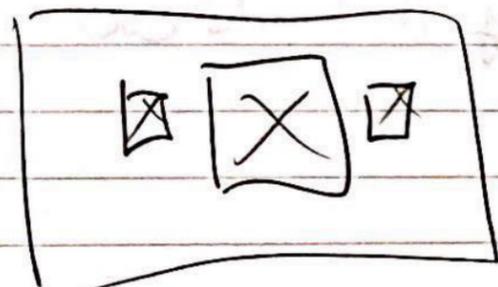


SYMPTOMS

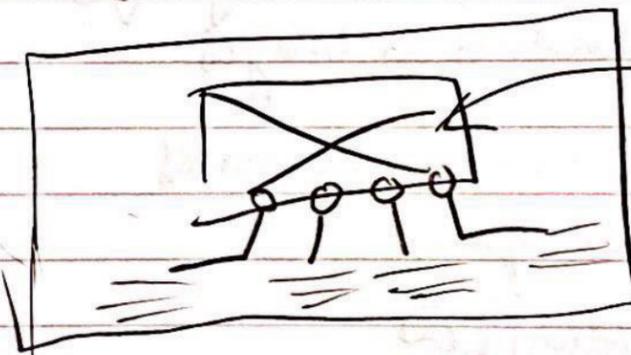


EFFECTS

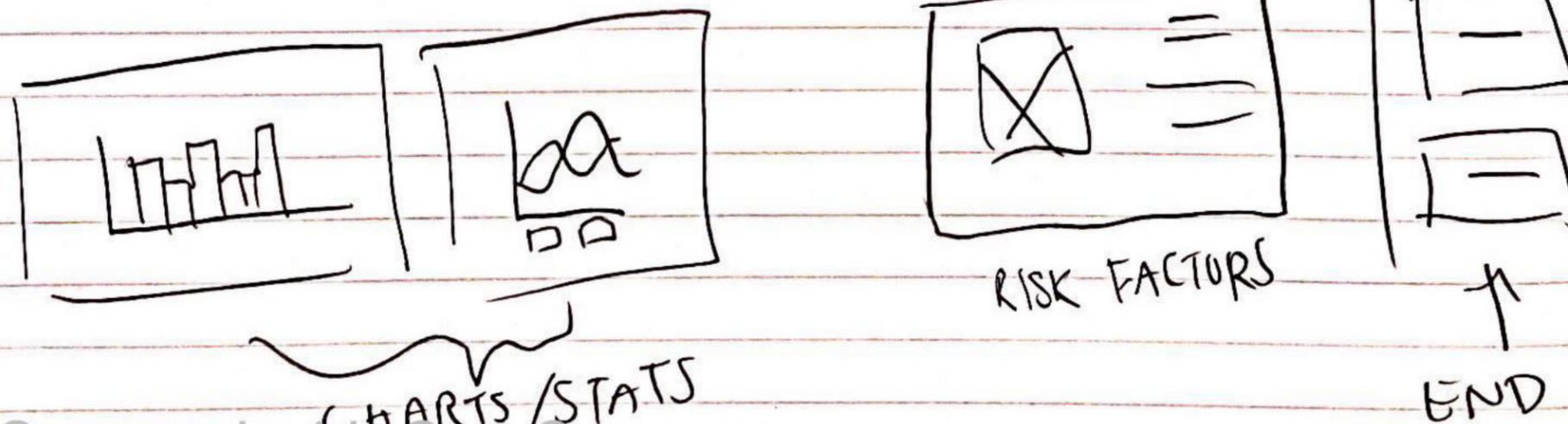
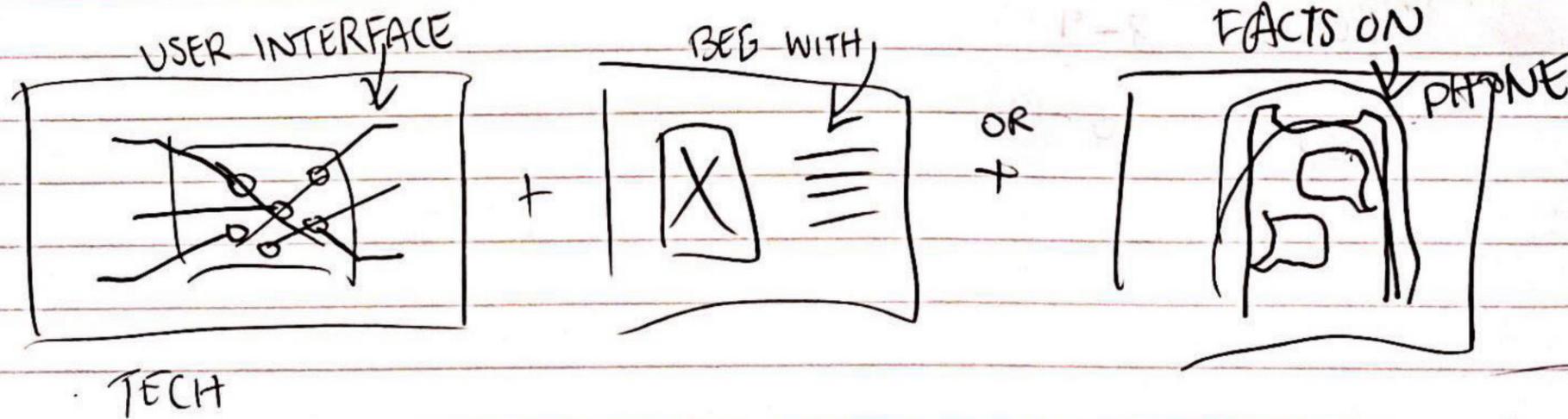
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ASSESS /
TEQ

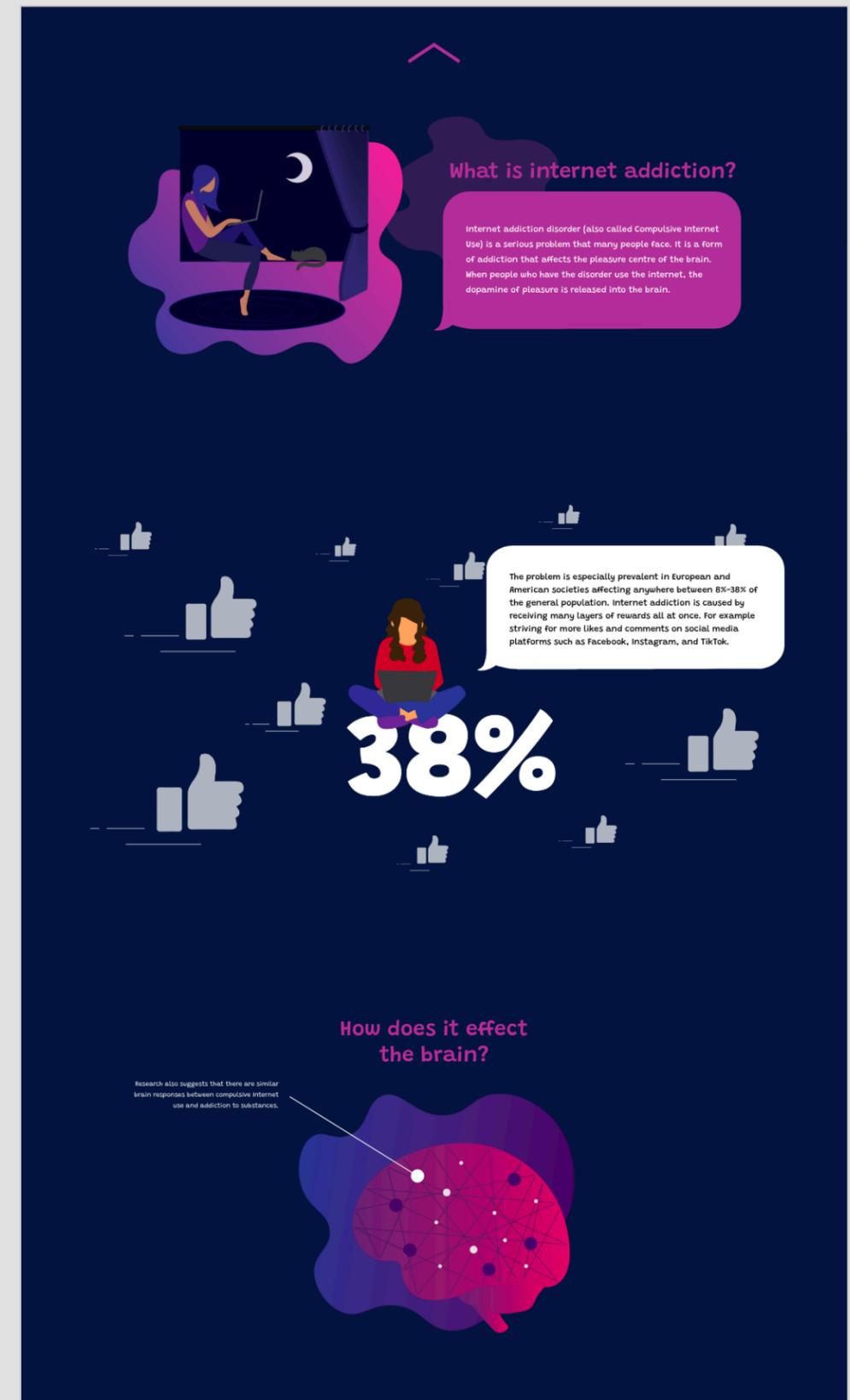
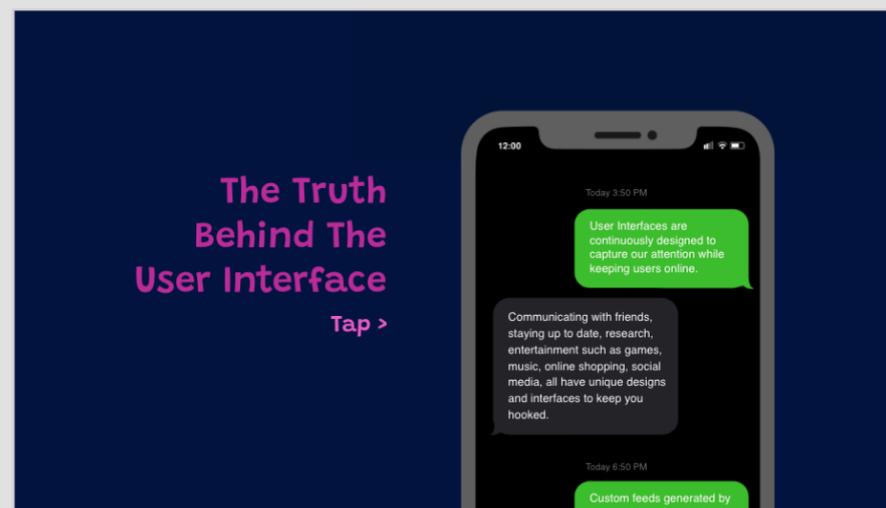


Monsters
under
the bed?



Mid-Fidelity

High-Fidelity



Are you going to let technology control your life?

Are You At Risk?

RISK FACTORS

Risks?

Risk factors that can result in internet addiction include: Age, poor parents, relationship, pre-existing relationship problems, low self-esteem, anxiety, and depression. According to researchers, excessive internet usage, especially for young people is problematic.

Internet addiction is very concerning for children and teenagers since they lack the knowledge to manage their own internet usage and don't know all of the potential harms. Most kids have access to computers, and it is becoming increasingly popular for kids to get captured at young as the age of 8 years old. Kids are also becoming increasingly disconnected from the world around them because they are being addicted to the internet for such lengthy periods of time. This is very bad for the development of healthy social relationships, and can lead to victimization and isolation.

Anyone can develop an internet addiction but the majority of people who have an addiction are males between the ages of 13 and 35, while some studies predict that the disorder may affect more than 10% of college-aged internet users.

We spend 1/4 of our lives in artificial social systems...



What Is The Main Cause For Internet Addiction?

The most common areas of internet addiction are gaming, social networking, email, blogging, online shopping, and inappropriate internet pornography use. Breaking an internet addiction is especially challenging because we live in such a technology based world. With technology all around us, it is easier than ever to gain access to the internet and it is no wonder why many people would confuse Internet Addiction Disorder to excessive internet usage. Internet addiction disorder is heavily affected by the evolution of technology and the direction it is heading towards.



The Effects of Technology



Artificial social systems such as Instagram and Facebook are created to help us connect to others and emotional can drive the dopamine, get it plays a role in internet addiction by giving people dopamine rewards to the brain when it comes to receiving likes on a photo, and attention from posts.



The changes in technology and the effects of human minds are reversing the human instinct, while the internet reduces our productivity, self-esteem, mindfulness, governance, attention spans, relationships, civility, critical thinking, and mental health.



Internet users develop a strong reliance on the internet due to its fulfillment of our basic desires (such as our freedom for attention and the ability to accomplish numerous jobs for us). Overhead services such as their tasks and Siri are designed to accomplish basic everyday tasks that society has grown to dislike doing.



Users who frequently use the internet are prone to internet addiction due to how the internet is designed and operates, especially the methods of grabbing user's attention are amplified from user interface designs.

The Secret Behind The User Interface

The internet is not designed for the well being of humans. It is designed with the prospect of prolonging the time spent on the internet, grabbing our attention in the process. In this capitalist-driven economy, monetizing everything becomes a priority, including the amount of time spent on the internet.



Click



Internet Addiction SYMPTOMS

Emotional Symptoms

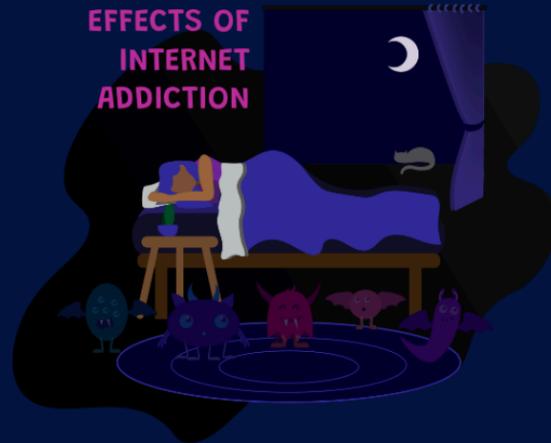
Depression
Dishonesty
Feelings of guilt
Anxiety
Feelings of euphoria when using the computer
Inability to prioritize/keep schedules / Avoidance of work / Procrastination
Isolation / Loneliness
No sense of time
Defensiveness
Agitation
Mood swings
Boredom with routine tasks



Physical Symptoms

Backache
Carpal Tunnel syndrome
Headaches
Insomnia
Poor Nutrition
Poor personal Hygiene
Neck Pain
Dry eyes / Vision problems
Weight gain or loss

EFFECTS OF INTERNET ADDICTION



ARE YOU ADDICTED TO THE INTERNET?

Click



Web 1920 – 3



Assessments / Techniques For People Who Might Have Internet Addiction Disorder

Lastly

The user goes beyond their intended time when using the internet. All the four conditions must be met for the patient to be correctly diagnosed with internet addiction disorder. The patient must at least meet one of the following for the doctor to diagnose them with IAD: they experienced a relationship or opportunity due to internet usage, had to people who condemn their excessive internet usage habits, or uses the internet to escape and relieve pain.

Firstly

The patient must be constantly thinking about using the internet. They do not only use the internet at any time they get, but when they are not using the internet, they still be thinking about it. One who cannot spend their day without thinking about the internet and has become dependent on it that they cannot process anything else, is a considered sign for internet addiction disorder.

Secondly

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Web 1920 – 5

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The patient must be able to gain satisfaction with increased internet use. The patient will gain a sense of purpose satisfaction the longer they use the internet.

Thirdly

The user gains beyond their intended time when using the internet. All the four conditions must be met for the patient to be correctly diagnosed with internet addiction disorder. The patient must at least meet one of the following for the doctor to diagnose them with IAD: they experienced a relationship or opportunity due to internet usage, had to people who condemn their excessive internet usage habits, or uses the internet to escape and relieve pain.

Web 1920 – 6

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Thirdly

They have failed their attempts at cutting back on the internet. The user has acknowledged they use the internet excessively and unhealthily and have tried to cut back. Their attempts are unsuccessful and they are unable to quit.

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Web 1920 – 7

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