

Understanding Cyberaddiction

WHAT IS CYBERADDICTION?

- Excessive, compulsive use of computer and/or internet such as social media, video games, online shopping, and more, to the point that it interferes daily living
- Often associated with wish fulfillment (e.g. status, power, control, respect) and/or escape from reality
- Neurologically related

ADVERSE EFFECTS

- Increased risk of mental health disorders
- Isolation & disconnection from society
- Decreased executive functioning & attention
- Impaired daily living functions

RISK FACTORS

- Lack of social support
- Other addiction / psychiatric disorders
- Stressful life events
- Peer influence (e.g. fear of missing out)

TIPS & STRATEGIES

- Be aware of the early signs & seek help
- Go on “digital diet” by setting time limits & boundary
- Choose “nutritional” contents instead of mindless surfing
- Engage in “digital detox” from time to time
- Discover new hobbies/interests



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