

# Finding your way on the Internet

Internet addiction for dummies



高雄市政府衛生局



## Do you suffer from Internet addiction?

Let us test you and see~

## Internet use habit self-screening scale

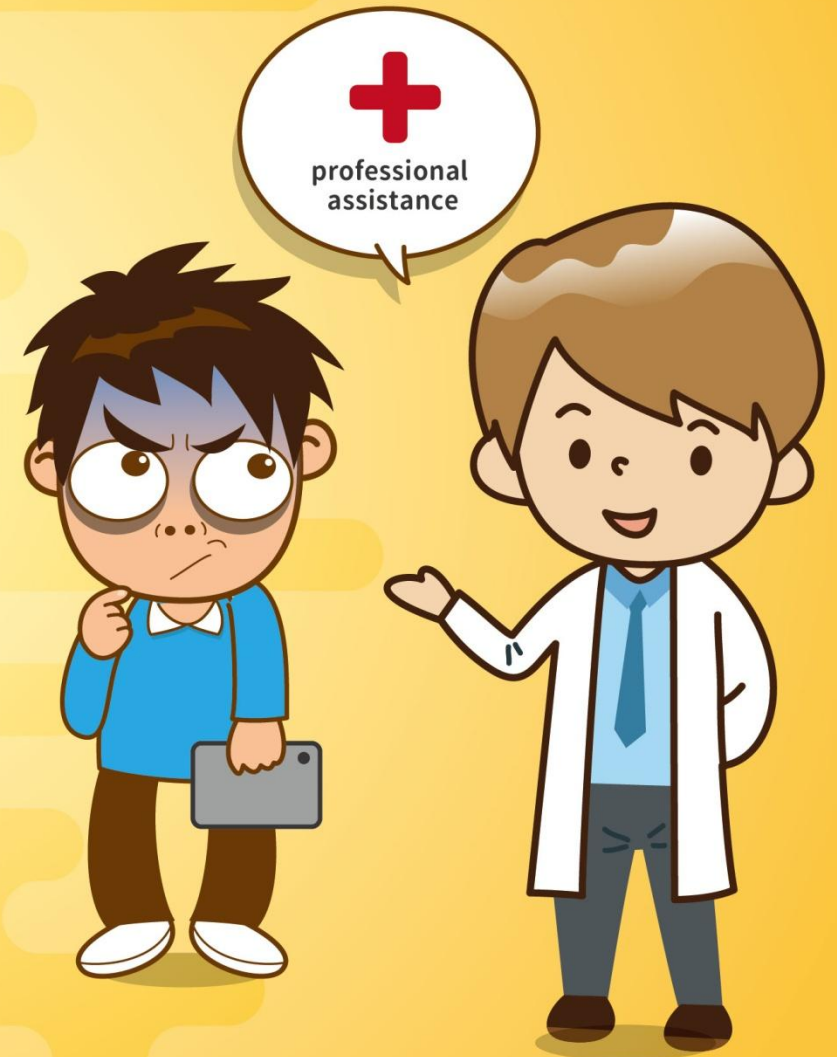
Below are some descriptions of habits regarding Internet use. Please evaluate your own actual status within the last six months. The scores range from 1 to 4. The higher the score, the more the described scenario matches your actual current status.

No.	Question	Actual status			
		Strongly disagree	Disagree	Agree	Strongly agree
1	When I want to go on the Internet and I cannot, I feel agitated.				
2	Found myself spending more and more time on the Internet for leisure.				
3	I habitually sleep less so I can spend more time on the Internet.				
4	The Internet has already had some negative impact on my schoolwork.				

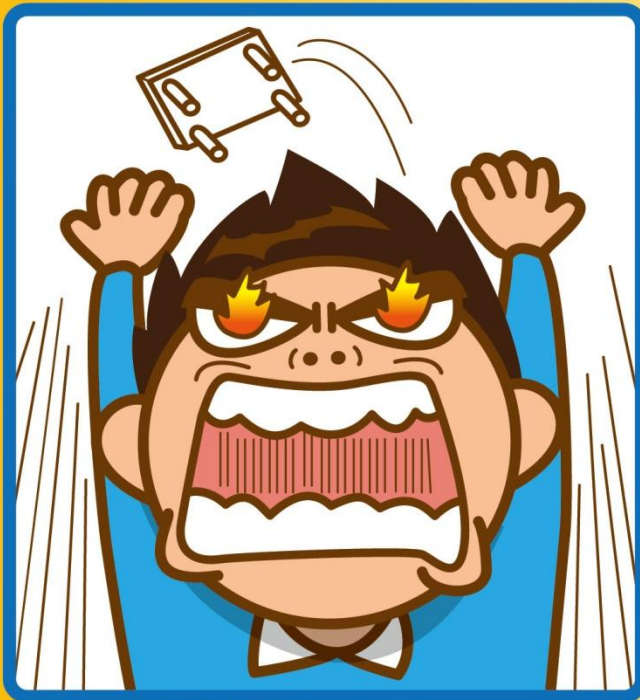


## How many points did you receive?

If you received more than 11, you may have Internet addiction. We recommend that you seek professional assistance from the Department of Health or medical centers to understand your Internet use status and evaluate related psychological symptoms.



## What is Internet addiction?



**Loss of control**



**Games directing your life**



**Causing a negative impact**

Exhibiting the above three items for more than 12 months

## The impact of Internet addiction on interpersonal relationship:



Excessive use of the Internet/mobile phone takes up most of everyday life and reduces time spent with family and friends. As a result, you easily overlook the feelings of others and mutually affect each other's relationship.



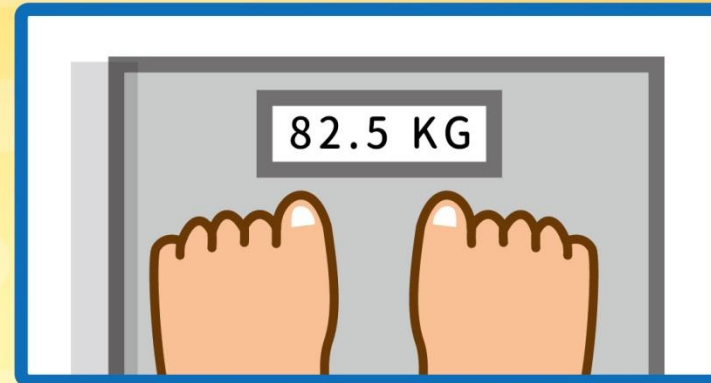
## The impact of Internet addiction on work/school:

Staying up late to stay on the Internet can result in lack of energy and concentration in the day time, which can affect school, work, and everyday life.

## Impact of Internet addiction on the body:



**Affecting sleep**



**body weight  
(resulting in obesity)**



**vision (nearsightedness  
and damage from blue light)**



**neck/shoulder  
elbow discomfort**

## Internet addiction factors

### ▶ Internet factors

anonymously finding a sense of belonging in a virtual group, relieving negative emotions and immediately forgetting stress.

### ▶ Psychological factors

loneliness, obstacles in life, and school pressure.

### ▶ School factors

heavy school work pressure, influence from peers, failed learning experience.

### ▶ Family factors

tense family relationships.





## What should families with members addicted to the Internet do?

Remember the four principles of “smart Internet Use”: “**sincerely**”, “**really**”, “**use**” and “**care**” to protect the psychological health of family members.

### Sincerely

Sincerely establish “healthy Internet use” rules with family

### Really

When you are really sleepy, you should go to sleep.

### Use

Use positive communication techniques and devote time to your children.

### Care

Regularly care about the Internet use of family members.



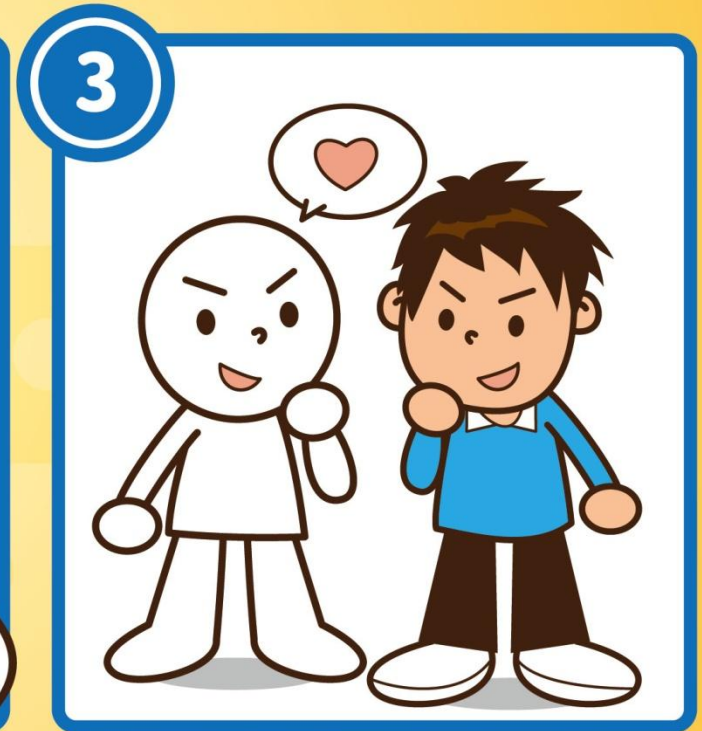
## What are Internet addiction preventive methods?



Encourage the cultivation of different hobbies, such as playing ball and dancing.



Long-term accompaniment to increase interaction between parents and children



First express “care” and hold back being “worried”: stand with the addicted person on the same side.

## To change Internet addiction, you can do the following:

- 1) Moderate norms and constraints important to others
- 2) Clarify life objectives. Avoid using the Internet to escape real-life stresses.
- 3) Establish time limits to avoid affecting sleep.
- 4) Provide voluntary replacement activities (such as playing ball).
- 5) Establish time limits to avoid affecting sleep.

## Kaohsiung City Internet addiction therapy service resource list.



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**Kaohsiung City Government  
Department of Health**