

THE WELLNESS WATCH



Coordinated School Health Team
Whole Health, Whole School, Whole Community

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What is Technology addiction?

Technology addiction is the frequent and obsessive technology-related behavior increasingly practiced despite negative consequences. While we need technology to function in this day and age, a severe overreliance on technology can be socially devastating. Tech dependence has a variety of consequences on teens especially. Such as, mild annoyance when away from technology to feelings of isolation, extreme anxiety, and depression.

What makes Technology Addicting?

Technology fills our natural human need for stimulation and interaction. Technology can become a quick and easy way to fill basic needs, and as such, can become addictive. It also impacts the pleasure systems of the brain in ways similar to substances.

What are the risks of teen technology use?

Technology can give students a false sense of relational security as they communicate with unseen people around the world. With technology speeds lowering, it encourages an unhealthy desire for instant gratification. Sleep disorders can develop as teens stay up all night to play with technology, and as a result, academic, athletic, and social performance can suffer. Also the extreme use of technology can disrupt normal patterns of mood and socialization in teens.



<https://www.healthline.com/health/addiction/gaming-and-technology>

Technology Addiction



Types of Tech Addiction

- Video games
- Adult films/content
- Social media
- Online gambling
- Texting
- Online auctions

How is Tech Addiction Diagnosed?

There are many assessment tools a person can use to see they're at risk for addiction. These tests will ask you to rate your behaviors on a scale to measure your level of addiction. The higher the score, the greater the level of addiction. With the questions, a certain situation needs to be present. For example, you lied to a family member, therapist, or others about use.

Protecting Teens from Tech Addiction

Preventing teen addiction to technology means finding a balance within student's lives. Balance activity and productivity with health stress management like meditation. Also nurture pro-social identity development in the real world. It is easier to create an online façade, but far more rewarding for teens to cultivate true purposes and genuine identities within their families, schools, and communities.

How is it treated?

Psychological: Reality therapy encourages a patient to improve their life through behavior changes. The patient and their therapist will work to learn how to manage time and find alternative activities. There is also counseling which is a great addition to other therapies. It helps with coping with the stress of recovery and developing healthier habits

Medical: A doctor might prescribe selective serotonin-reuptake inhibitors. Studies show that SSRIs can help decrease total internet usage and cravings for video game play. Some SSRIs are citalopram, bupropion and methylphenidate.



<https://www.hazeldenbettyford.org/articles/fcd/teen-technology-addiction>

Symptoms of Technology Addiction

- Compulsive checking of text messages
- Frequent changing of Facebook status and uploading of 'selfies'
- a feeling of euphoria while on the web
- social withdrawal
- loss of interest in activities that don't involve a computer/phone/gadget etc.
- feelings of restlessness when unable to go online

