



# Make waves

COMMUNITY EDUCATION DAY

## Internet Use Disorder and My Child



**BREAK  
THE SILENCE.**

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Assistant Professor  
Department of Psychiatry  
University of Cincinnati – College of Medicine

Lindner Center  
of HOPE

UCC Health

# Learning Objectives

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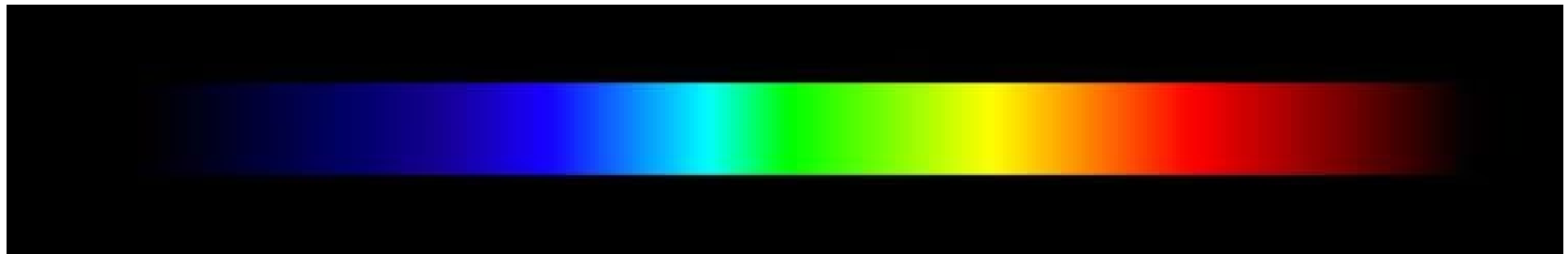
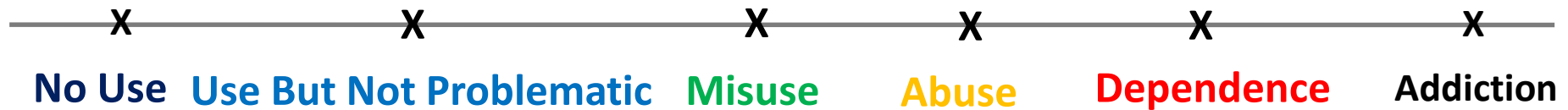
- Participants will understand the basic principles related to Internet Use Disorder, as well as the role of the addictive brain in this process.
- Participants will understand the key issues associated with children exhibiting problematic Internet use.
- Participants will learn the psychological, behavioral and physical signs of Internet Use Disorder.

# The Spectrum of Substance Use

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# The Spectrum of Substance Use

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# What is an addiction?

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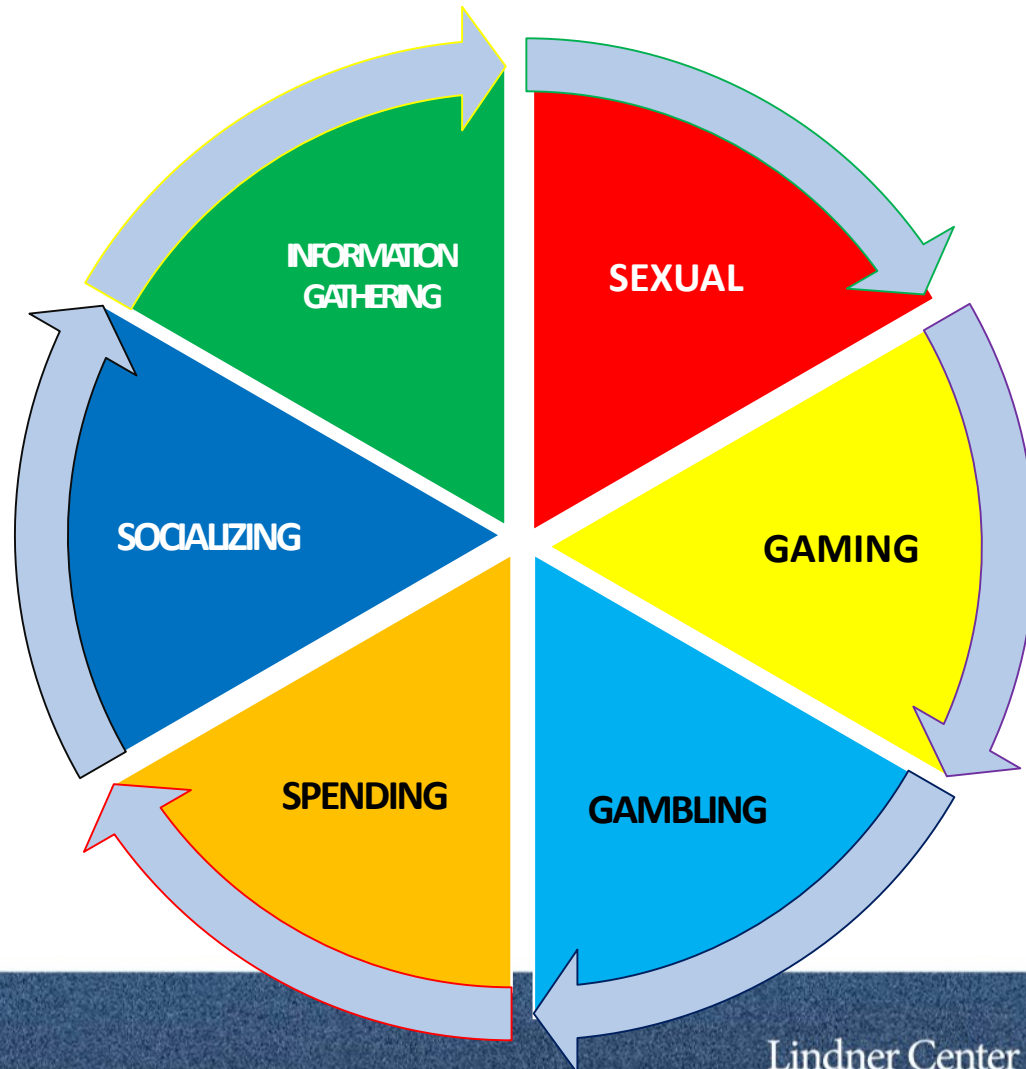
*Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry.*

*Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.*

ASAM

# Behavioral Addictions

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# What is an addiction?

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## *Addicere*

- To be a slave to.
- To be bound to.

**ASL**



***As common as  
being left-handed***





Easton

7lbs 15 oz



# What is an addiction?

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## *The Three **C's** and a **T***

- Loss of **C**ontrol
- **C**ompulsion
- **C**ontinued use despite (-) consequences
- **T**hinking (obsession)

**What can cause an addiction to a substance or behavior?**

**How is addiction related to Mental Illness?**

# CUBIS

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- **C**hemical Imbalance

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- Chemical Imbalance
- **U**nresolved Issue(s)

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- Chemical Imbalance
- Unresolved Issue(s)
- **B**elief (which is distorted)

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- Chemical Imbalance
- Unresolved Issue(s)
- Belief (which is distorted)
- Inability to Cope



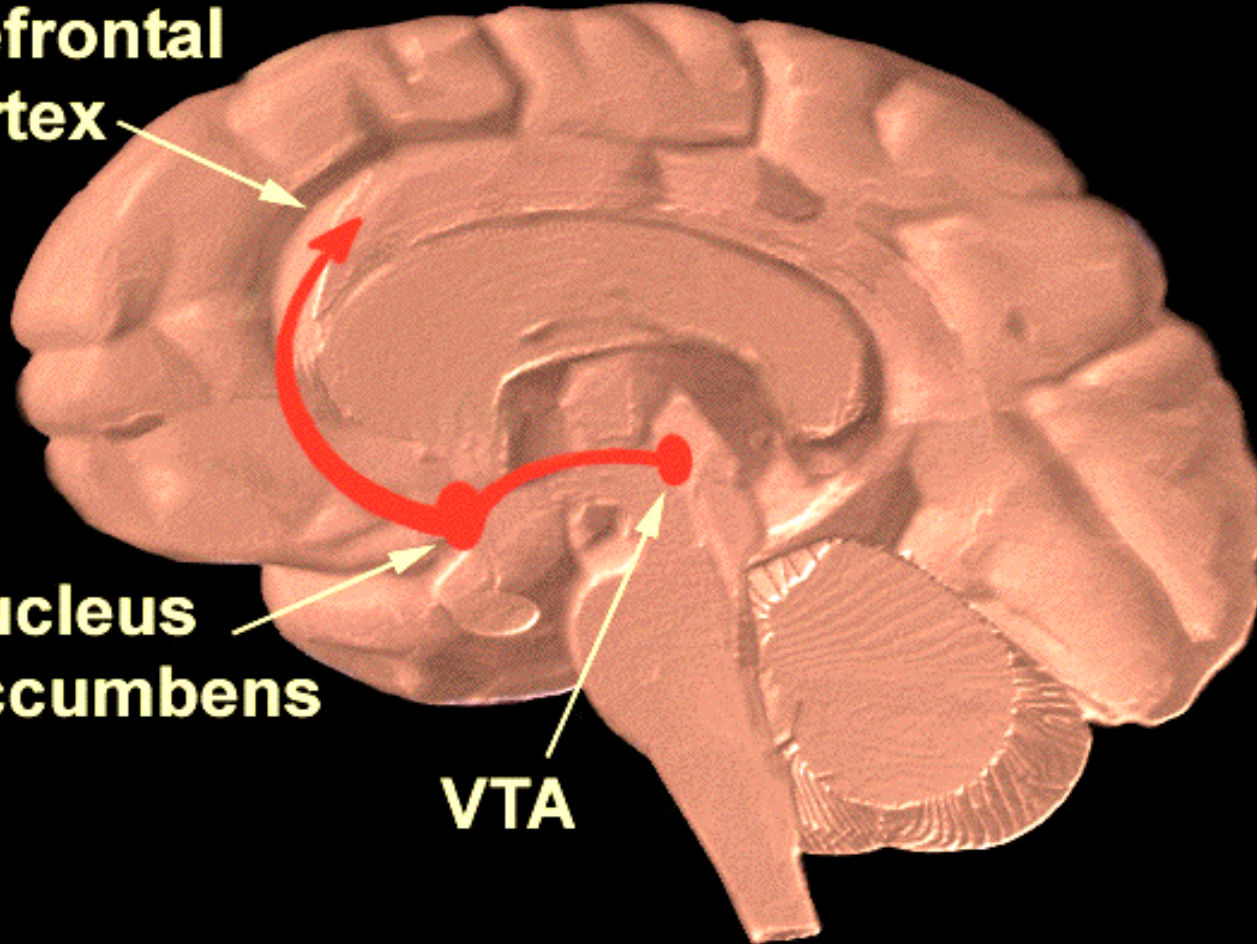
# CUBIS

- Chemical Imbalance
- Unresolved Issue(s)
- Belief (which is distorted)
- Inability to Cope
- **S**timulus-Response Relationship

**prefrontal  
cortex**

**nucleus  
accumbens**

**VTA**

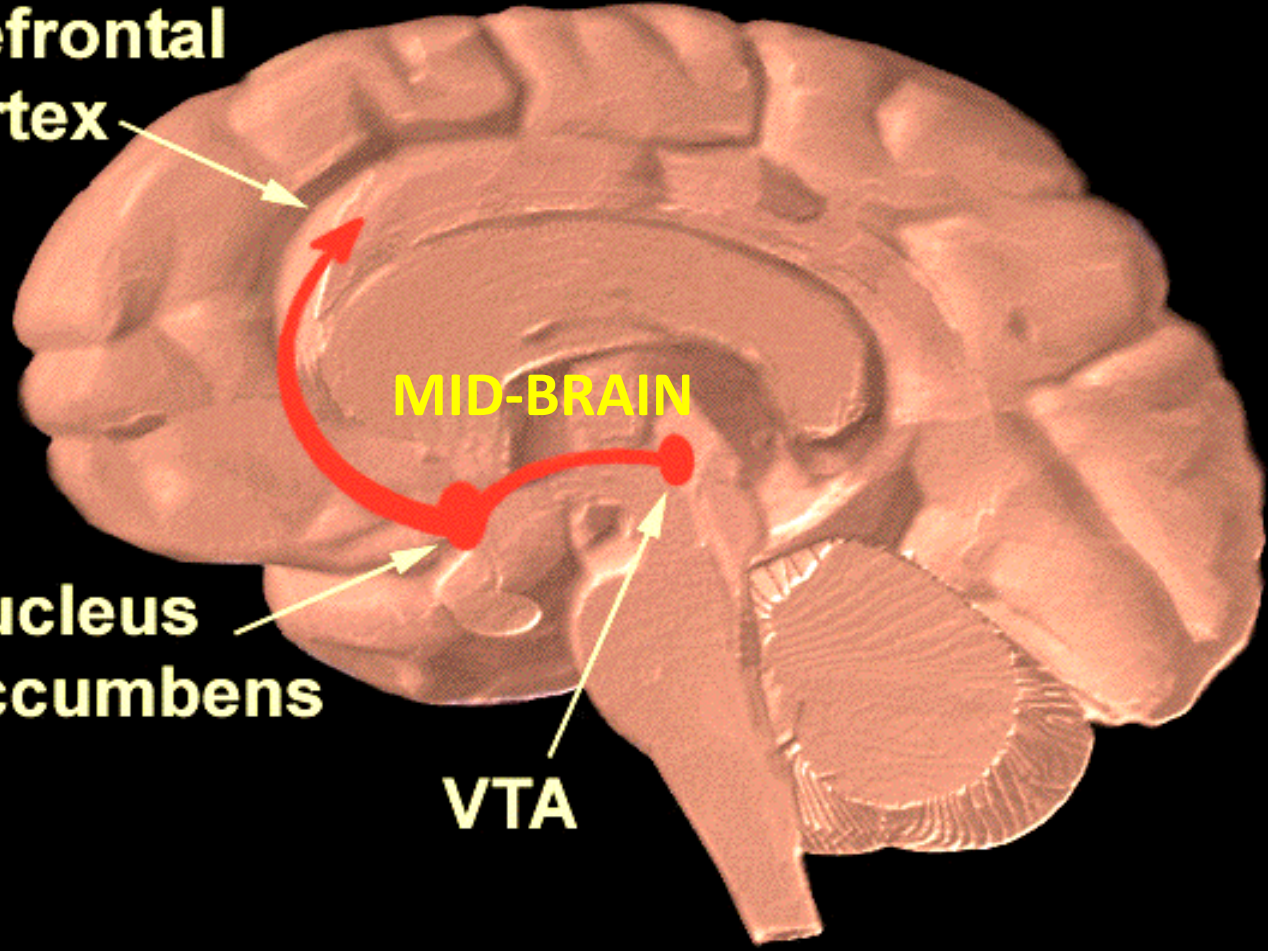


**prefrontal  
cortex**

**nucleus  
accumbens**

**MID-BRAIN**

**VTA**



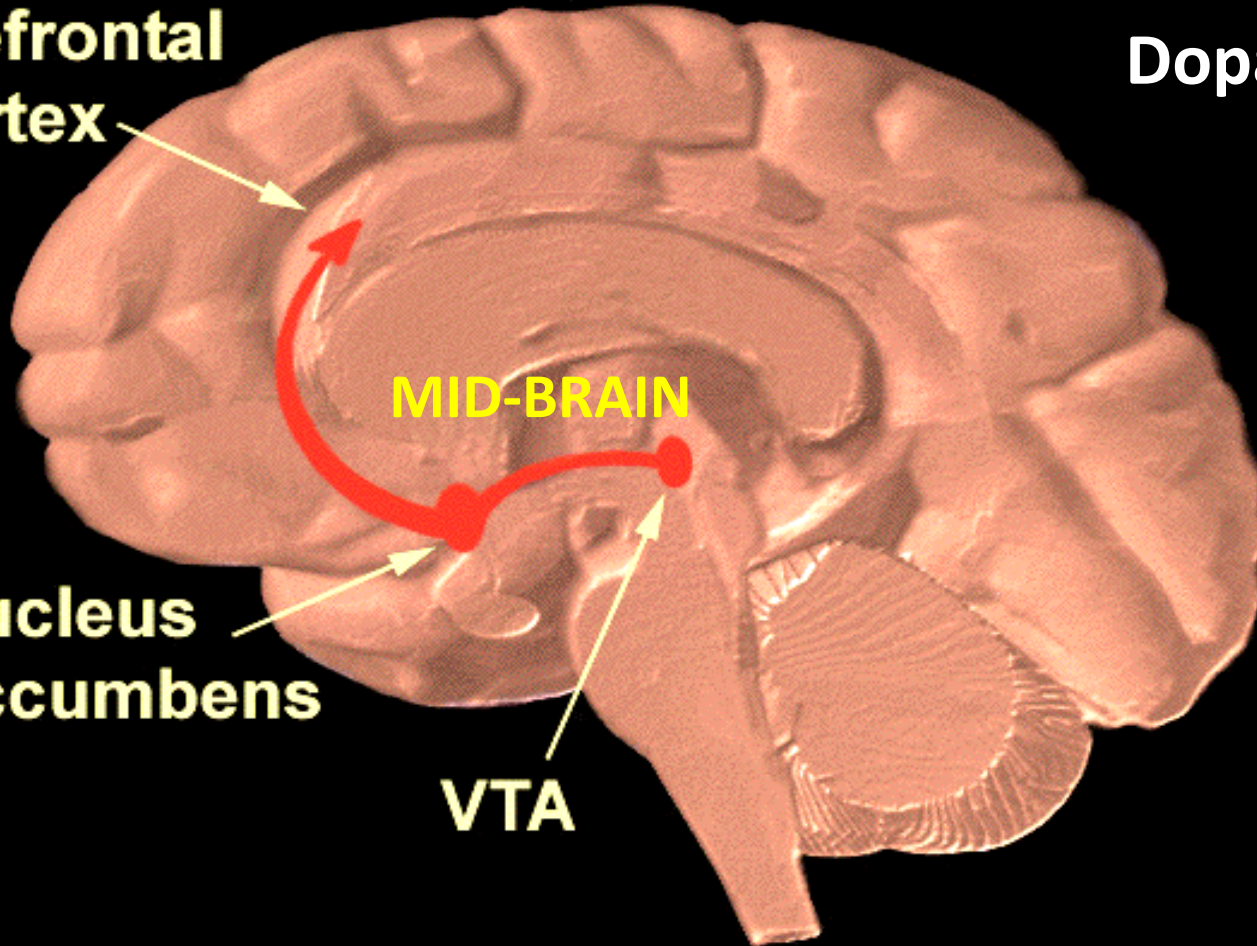
**prefrontal  
cortex**

**Dopamine**

**nucleus  
accumbens**

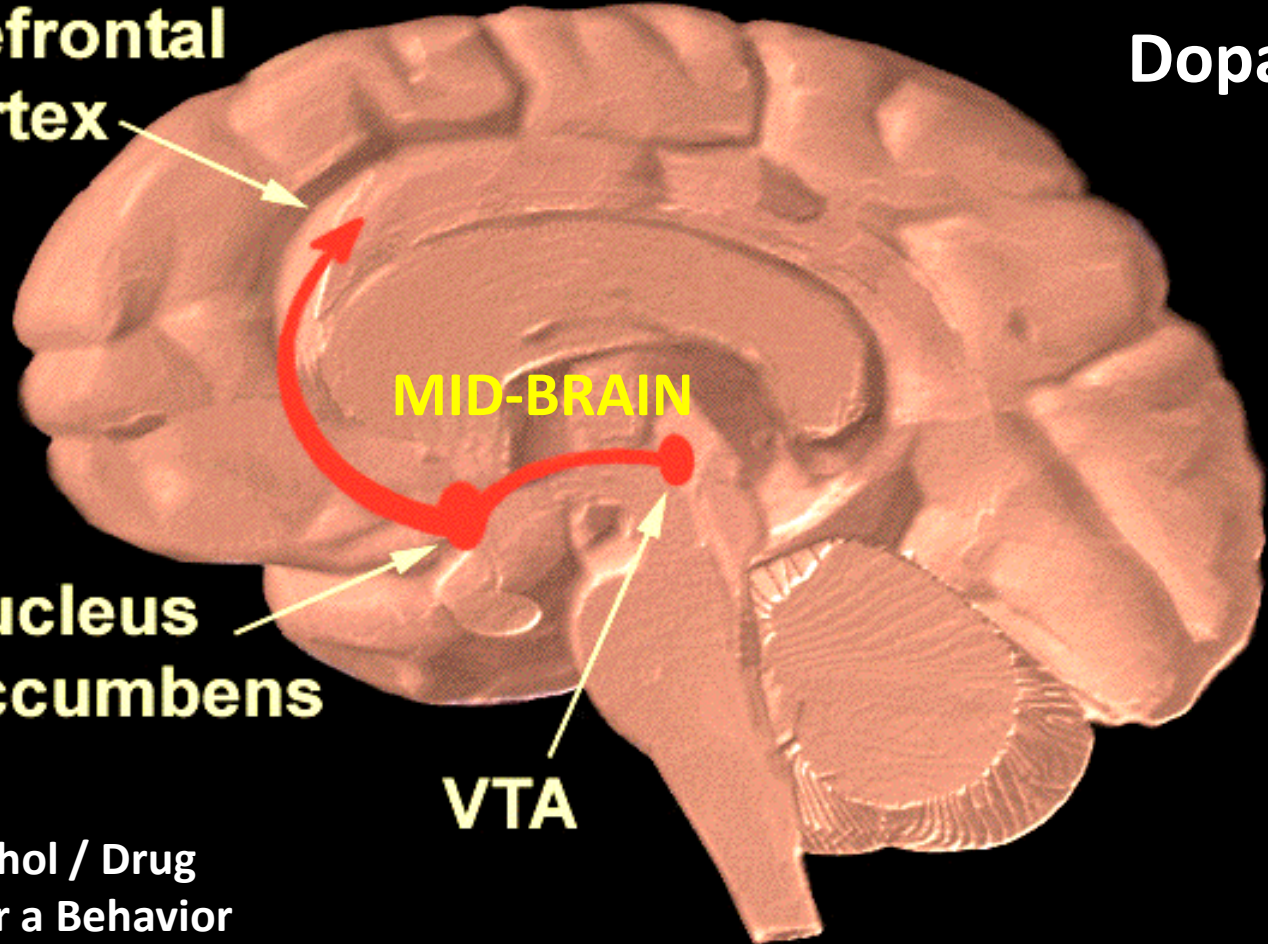
**MID-BRAIN**

**VTA**



**prefrontal  
cortex**

**Dopamine**



**MID-BRAIN**

**nucleus  
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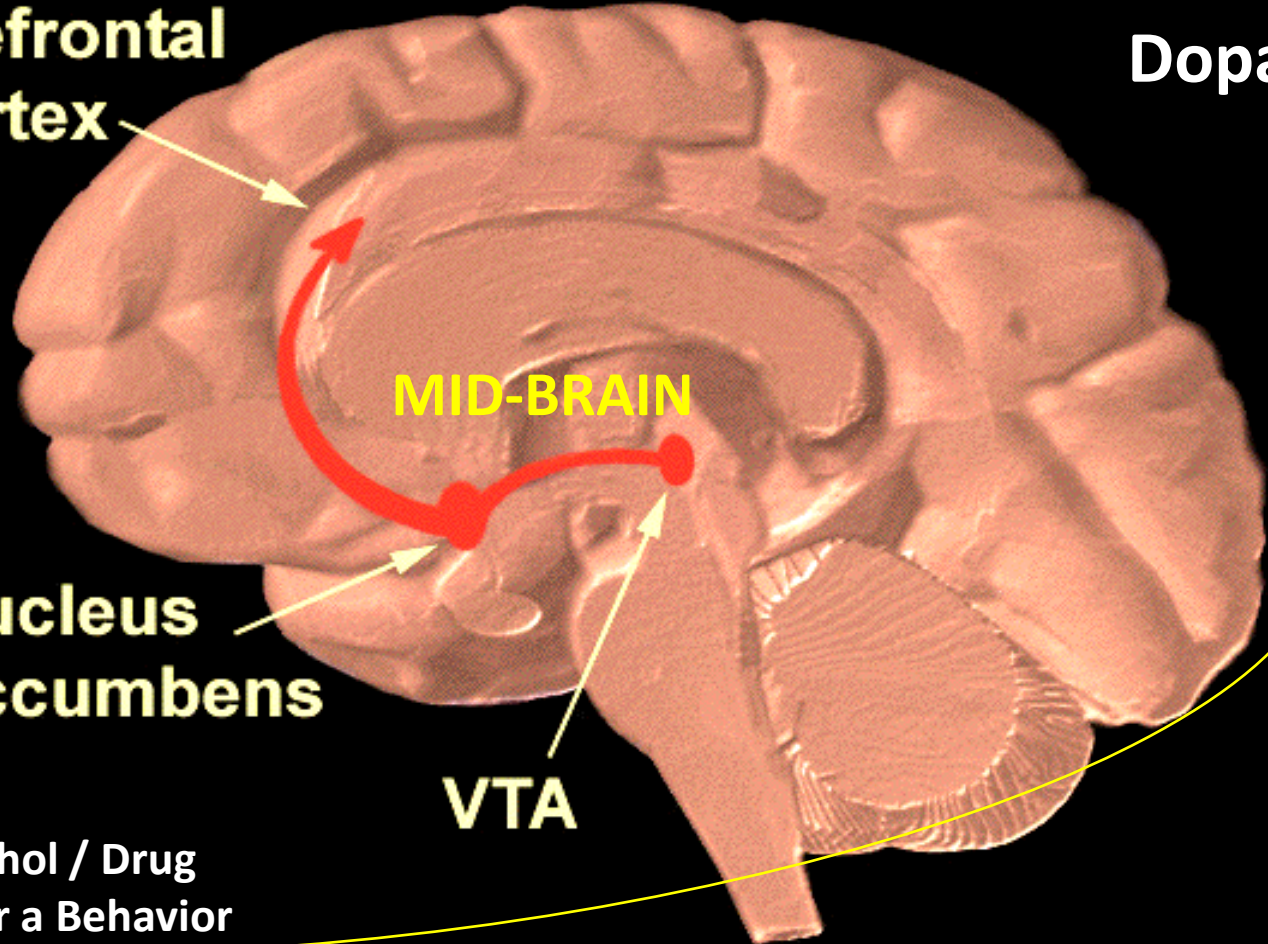
**VTA**

**Alcohol / Drug  
and/or a Behavior**



**prefrontal cortex**

**Dopamine**



**MID-BRAIN**

**nucleus accumbens**

**VTA**

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**prefrontal cortex**

**Dopamine**



**MID-BRAIN**

**nucleus accumbens**

**VTA**

**Alcohol / Drug  
and/or a Behavior**



**prefrontal cortex**

**Hypofrontality**

**Dopamine**

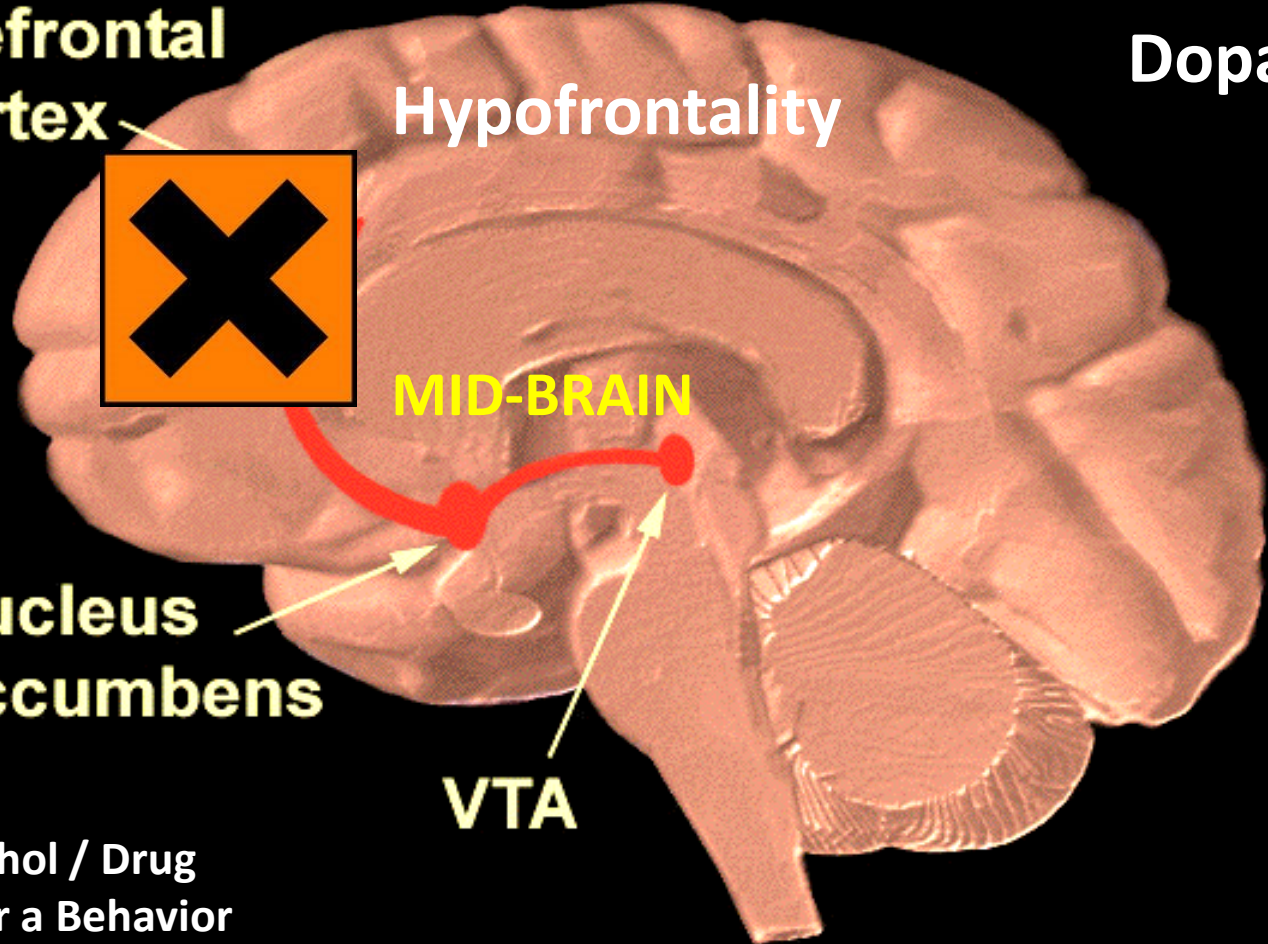


**MID-BRAIN**

**nucleus accumbens**

**VTA**

**Alcohol / Drug  
and/or a Behavior**





**Glutamate**

**Dopamine**

**prefrontal cortex**

**Hypofrontality**



**MID-BRAIN**

**nucleus accumbens**

**VTA**

**Alcohol / Drug  
and/or a Behavior**



# Glutamate

# Dopamine

prefrontal cortex



1. Don't forget this !
2. Go out and get it !

MID-BRAIN

nucleus accumbens

VTA

Alcohol / Drug  
and/or a Behavior



**Glutamate**

**Dopamine**

**prefrontal cortex**

**Hypofrontality**



**MID-BRAIN**

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**Glutamate**

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**VTA**

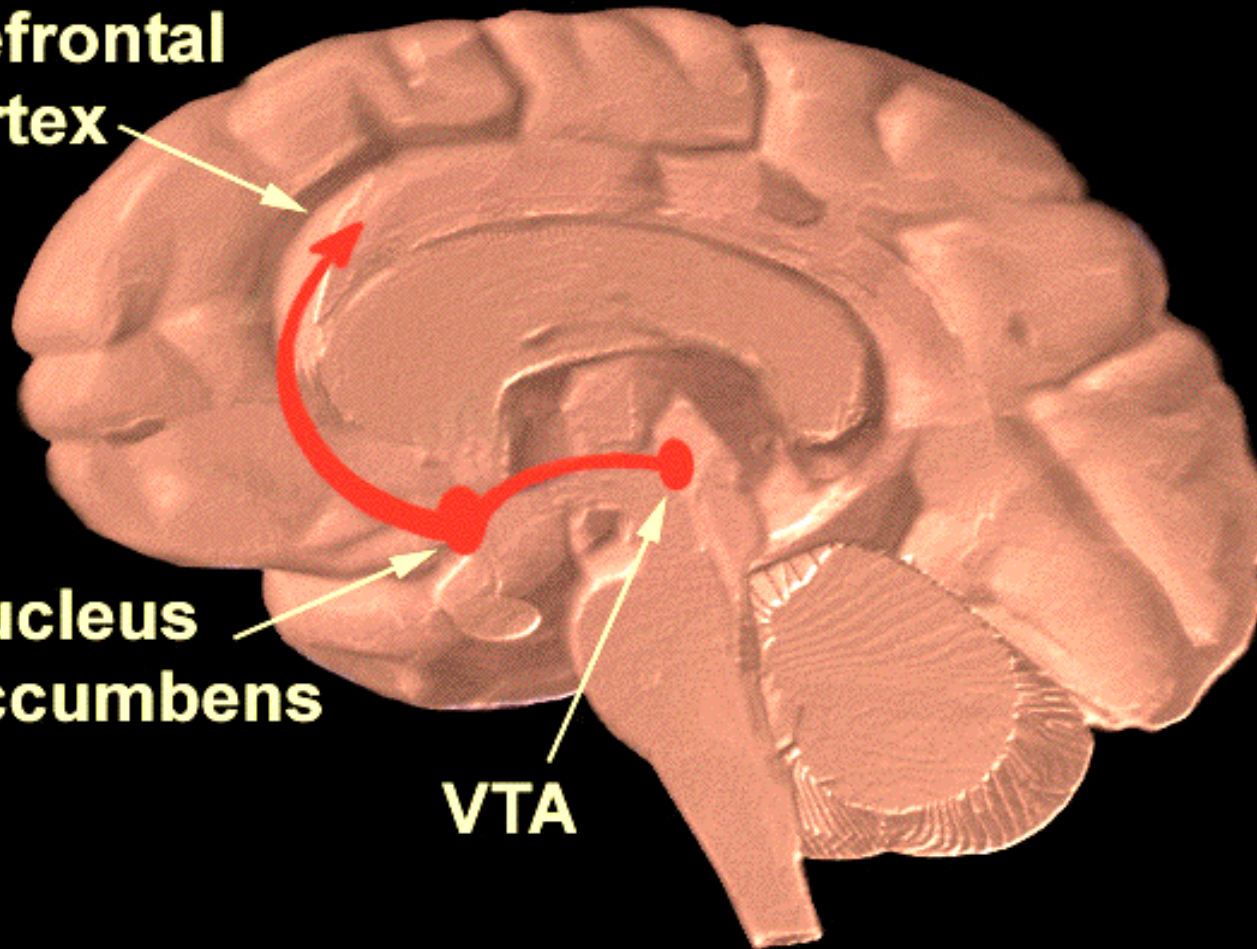
Alcohol / Drug  
and/or a Behavior = **SURVIVAL**



**prefrontal  
cortex**

**nucleus  
accumbens**

**VTA**





**THE  
GOOD THE  
BAD AND THE  
UGLY**

**...of the  
INTERNET**

# INTERNET: THE GOOD

- Access to information
- Communication Platform
- Social Networking
- Free Exchange of Ideas
- Increased Efficiency
- Marketing

# INTERNET: **THE BAD**

Social  
Isolation

Loss of  
Parental  
Influence

Less  
Communication  
with Family

Increased  
Vulnerability

Reliance on  
False  
Information



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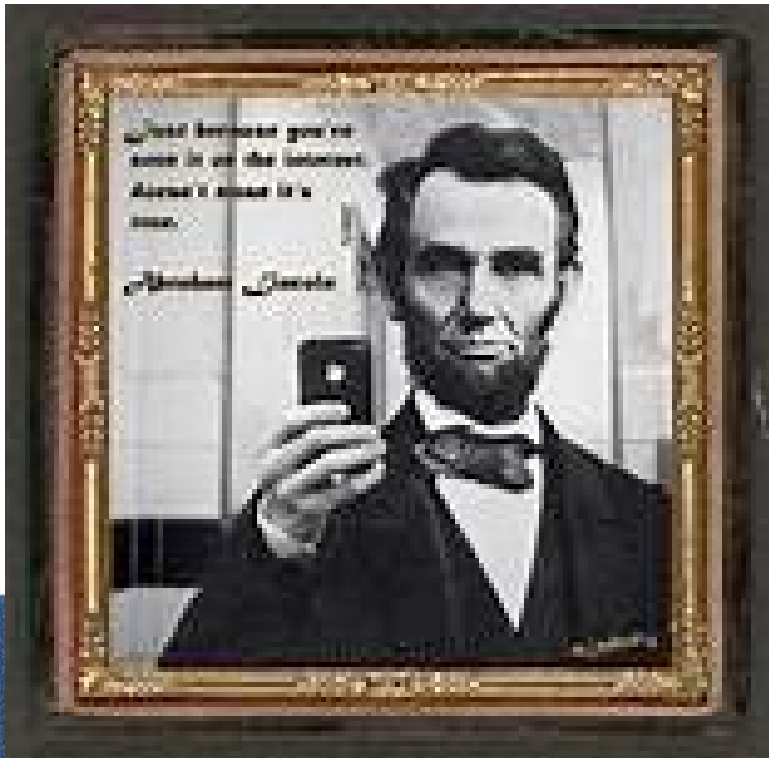
*“Do not trust everything that you see or read on the Internet.”*

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*Abraham Lincoln*

16<sup>th</sup> POTUS

*circa 1864*



# INTERNET: THE UGLY

Preoccupation

Loss of  
Control

Impact on Mood  
when not Online

Distracted

Dishonest

Loss of Boundaries or  
Inhibitions

Creation of  
'virtual' intimacy

Loss of significant  
relationship

Criminal

# Internet Addiction criteria

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- Preoccupation
- Time
- Unsuccessful efforts to control
- Withdrawal
- Staying online longer than originally intended
- Jeopardizing or risking loss
- Lying or concealing involvement
- Escape and/or Relief
- Physical complaints
- Not better accounted for by a Manic Episode

# A Global Problem

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- In the United States, children ages 8 to 18 spend an average of 44.5 hours per week in front of a screen.
- Nearly 23% of youth report that they feel “addicted to video games.”
- Too much screen time has been linked to obesity, sleep problems, depression.
- In South Korea, it is estimated that 160,000 children between the ages of 5 and 9 are addicted to the Internet.
- Japan health ministry reports that 6% of juniors and 9% of seniors high school students are in a state of “internet dependency.”

# Forms of Problematic Internet or Digital Device Use

- Hyper-surfing
- Hyper-texting
- Hyper-social media
- Sexting
- Pornography
- Gaming
- Shopping/Spending
- Gambling
- Information

# Pornography

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- 64 % of young people between the ages of 13 to 24 actively seek out pornography weekly or more often.
- 1 out of 10 visitors to pornography websites are age 10 years or younger.
- Detrimental effects on the brain – since 2011 there has been 30 peer reviewed studies which have revealed that pornography has negative and detrimental effects to the brain.

# Pornography

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- Pornography addiction has shown to cause shrinkage of certain areas of the brain.
- A meta-analysis of 46 studies report that the effects of exposure to pornographic material are clear and consistent and that pornography use puts people at increased risk in committing sexual offenses and accepting rape myths.

# Pornography

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- A survey of over 4500 adolescents ages 14 to 17 found that viewing internet pornography is significantly associated with the increase probability of sexting among boys.
- Increase in child on child sexual abuse.
  - 65% of sexually abused children are abused by minors.
- Internet pornography is shown to normalize the notion that women are sex objects among both adolescent boys and girls. This leads to sexual exploitation and sex trafficking. This could also lead to sexual harassment at schools, on the job, and in the community.





# Gaming

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- Massively Multiplayer Online Role Playing Games
- Real Time Strategy (RTS)
- First Person Shooter (FPS)
- Action
- Sports
- Fighter
- Racing
- Music
- Casual / Puzzle
- Platformer

# Internet Gaming

- Variety of themes
  - violence, fantasy, sports
- Quests
- Domination
- Alliances



# Top 5 Warning Signs of Gaming Addiction

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- 1. Disrupted regular life pattern.** If a person plays games all night long and sleeps in the daytime, that can be a warning he or she should seek professional help.
- 2. If the potential gaming or Internet addict loses his or her job, or stops going to school in order to be online or to play a digital game.**
- 3. Need for a bigger fix.** Does the gamer have to play for longer and longer periods in order to get the same level of enjoyment from the game?
- 4. Withdrawal.** Some Internet and gaming addicts become irritable or anxious when they disconnect, or when they are forced to do so.
- 5. Cravings.** Some Internet and gaming addicts experience cravings, or the need to play the game or be online when they are away from the digital world.

**prefrontal cortex**

**nucleus accumbens**

**VTA**

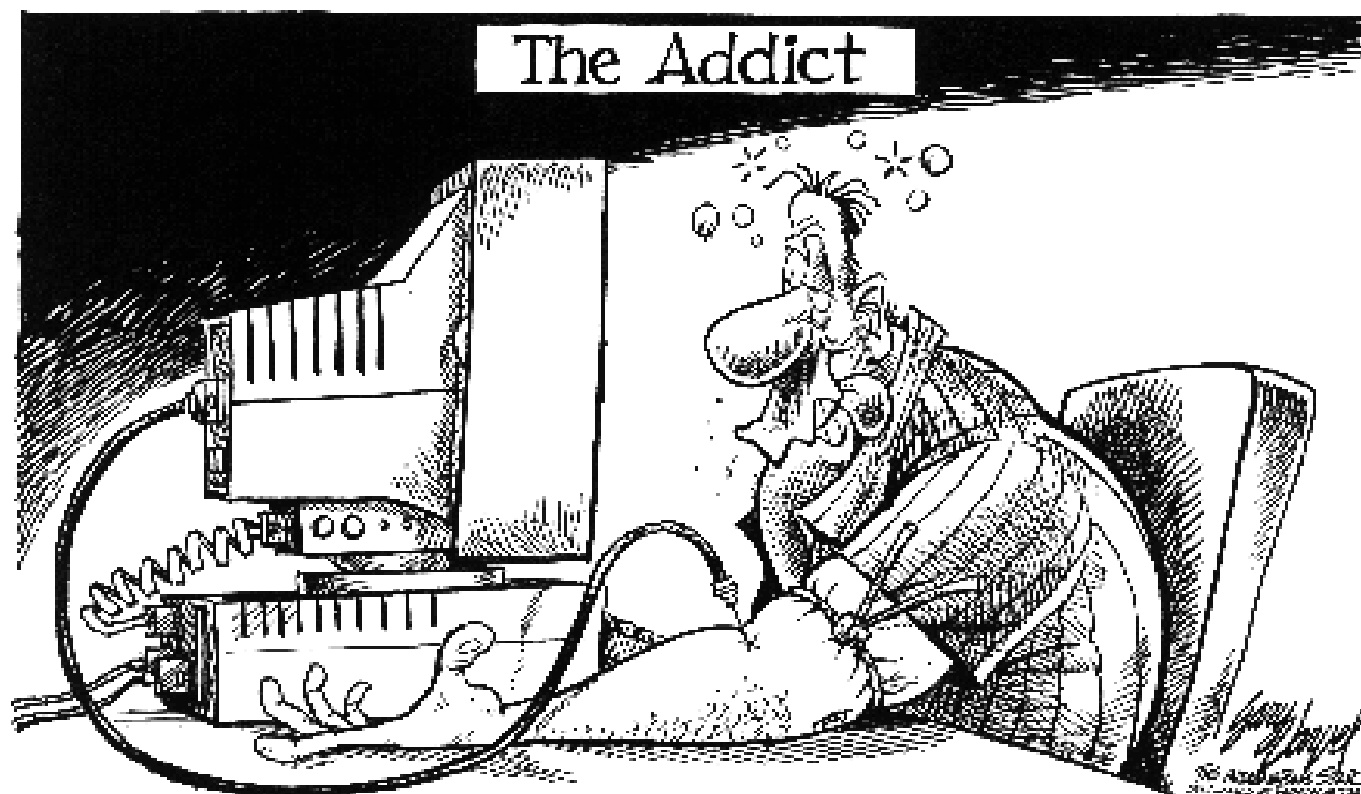
**X**

**Ventral Striatum**



# The Power of the Internet

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# The Power of the Internet

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- Accessibility
- Affordability
- Anonymity
- Adventurous
- Acceptance
- Intensity
- Disinhibition
- Stimulating
- Hypnotic
- Escape
- World of Fantasy
- Isolation

# What parents can do...

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- Do not use digital devices as a babysitter.
- Educate your child on responsible computing.
- Look at how addiction has impacted your family.
- Identify underlying risk factors in your child.
- Encourage your child to do other things.
- Learn the warning signs of addiction.
- Intervene when you see problems.



# Digital Nutrition

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VEGETABLES

VS.

SUGARS

# House Rules

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- Remove the television, tablet or digital device from your child's room.
- Do not allow TV watching or tablet use during meals or homework.
- Suggest other activities, such as a family board game, puzzle, or going for a walk.
- Keep a record of how much time is spent in front of a screen. Try to spend the same amount of time being active.
- Find activities to get your family moving.
- Have a one week challenge of not watching any screen.

# Rules for Every Age

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- 0-2 years Rules: Never/Nowhere
- 3-5 years Rules: One Hour a Day
- 5-12 years Rules: Supervised Use
- 13-18 years Rules: Responsible Use

# Who are the kids that become addicted to video games?

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- Starting gaming at an early age (six or younger).
- Being above average in intelligence.
- Kids having large periods of unstructured time.
- Computers or video game consoles in their rooms.
- Children with few real world friends or who struggle socially.
- Middle or upper-middle class families.
- Children with attention or concentration difficulties
- Males.

# Signs of Video Game Addiction in a Child

## Psychological Signs

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- Decreased interest in school, homework, and academic achievement.
- **Becoming visibly angry when not allowed to play.**
- Becoming depressed or anxious when access to the game is limited.
- **Thinking about the game when involved in other activities.**
- Dreaming about the game
- **Loss of interest in activities he/she previously enjoyed.**
- Arguing about the negative impact of excessive play and downplaying how serious the problem is.

# Signs of Video Game Addiction in a Child

## Psychological Signs continued...

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- Distorted perception of time.
- Feelings of excessive responsibility to a guild, clan, or online team.
- Great difficulty abstaining from video games for an extended period of time.
- Feelings of guilt or regret after long sessions of gaming.

# Signs of Video Game Addiction in a Child

## Physical Signs

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- Sleep difficulties or dramatic changes in sleep schedules.
- Decreased attention to personal hygiene.
- Poor or irregular eating habits.
- Headaches, dry eyes, and sore fingers.
- Decreased levels of physical health.

# Signs of Video Game Addiction in a Child

## Behavioral Signs

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- Decreased academic performance.
- **Less effort into homework and studying.**
- Neglecting other important responsibilities in order to keep gaming.
- **More and more time playing the game.**
- Attempt to play at the first available opportunity.
- **An inability to quit despite a desire to do so.**
- Reading about the game, discussing the game with fellow players; watching videos of gaming.
- **Spending a large portion of allowance or income from a job on accessories, expansion packs, computer upgrades.**
- Frequent gaming binges.

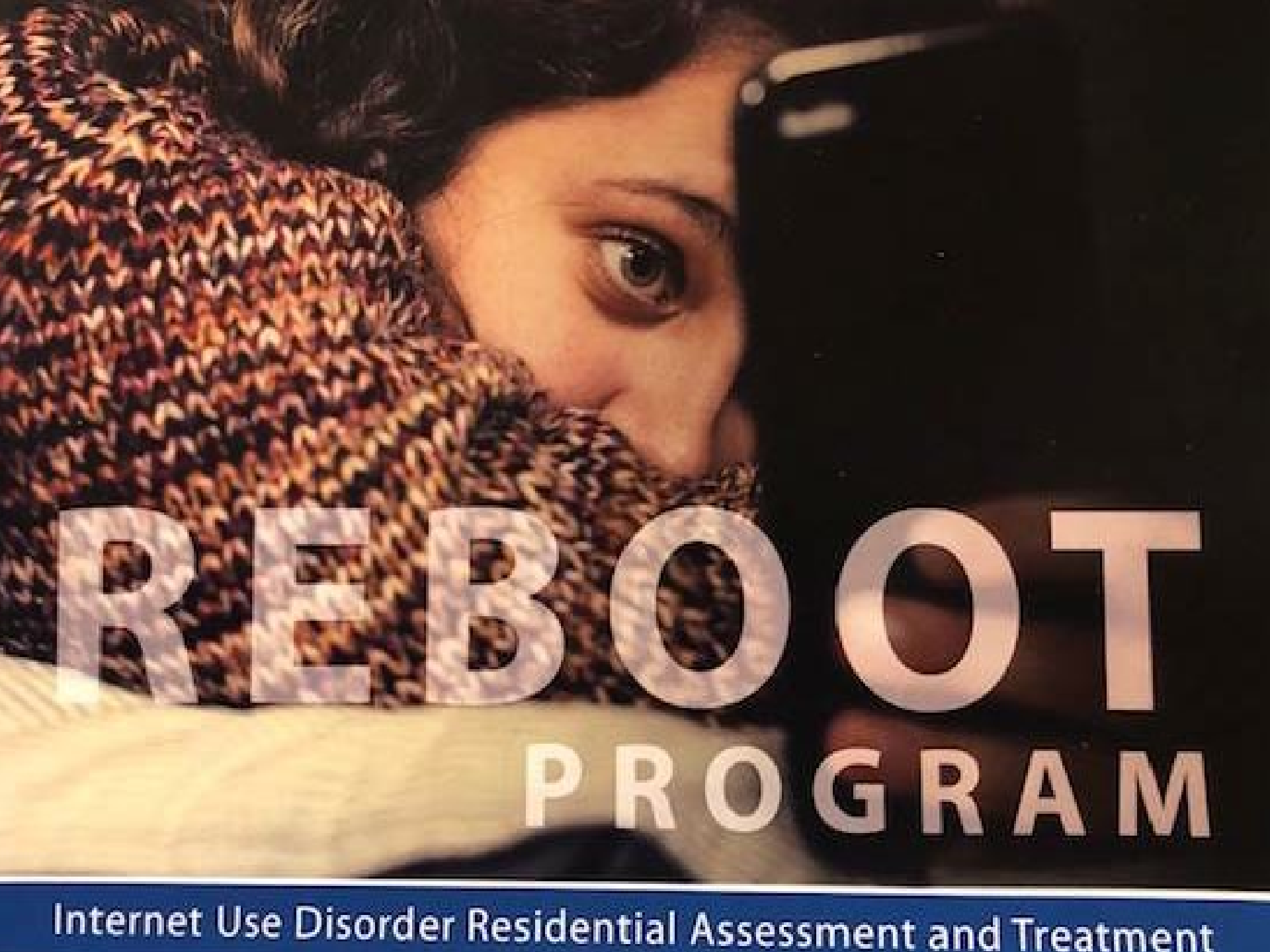


# Signs of Video Game Addiction in a Child

## Relational Signs

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- May resort to lying when it becomes apparent that the game may be disallowed or restricted.
- Would rather play video games than play (child) or go out socially (teen) with friends.
- Decrease in parental time is primarily replaced with gaming and online only friends.
- Others whom you trust and respect began to notice problems.
- Blame others (especially parents) for their excessive play.



# REBOOT PROGRAM

Internet Use Disorder Residential Assessment and Treatment





XXX









Al

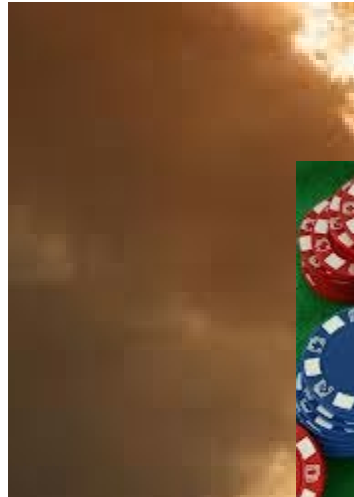


substances

















# Connection



**Thank You!**

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