

Wilfried Schumann

Addicted to the world wide net – treatment of students internet abuse

Students belong to the groups with a high risk to develop internet-addictive behaviour: the personal computer is their daily instrument, they have huge blocks of unstructured time and if they neglect their duties, it takes a long time, until they get sanctions.

There are many cases of cybersex- and cyberporn addiction but just as well there are several other forms of internet abuse as addictions to chat rooms, instant messaging, eBay and online gambling. Recently we discover a remarkable increase of addictions related to so called Massive-Multiplayer-Online-Roleplaying-Games as e.g. "world of warcraft", that have an enormous addictive potency.

Only a few students, who ask for counselling, define themselves as internet addicted. But there are more and more cases, in which the intake interviews show, that internet addicted behaviour is the underlying reason for reported problems in social relationships or for trouble with effective studying and difficulties with exams.

Actual ideas about the genesis of internet addiction and methods for the treatment of such cases will be presented in the workshop. Not at least we should discuss about contributions of psychological counselling services for preventive interventions within the student population.

Participants

- will improve their diagnostic ability to detect addictive behavior
- will get informations about treatment strategies
- will create ideas about preventive approaches and PR-activities to get in touch with students with addictive use of the internet.