

Addiction App

David N. Greenfield

Irresistible Adam Alter, 2018-03-06 “Irresistible is a fascinating and much needed exploration of one of the most troubling phenomena of modern times.” —Malcolm Gladwell, author of New York Times bestsellers *David and Goliath* and *Outliers* “One of the most mesmerizing and important books I’ve read in quite some time. Alter brilliantly illuminates the new obsessions that are controlling our lives and offers the tools we need to rescue our businesses, our families, and our sanity.” —Adam Grant, New York Times bestselling author of *Originals* and *Give and Take* Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. In this revolutionary book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today's products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become almost impossible to resist. By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each other, spend and save our money, and set boundaries between work and play—and how we can mitigate their most damaging effects on our well-being, and the health and

happiness of our children. Adam Alter's previous book, *Drunk Tank Pink: And Other Unexpected Forces that Shape How We Think, Feel, and Behave* is available in paperback from Penguin.

Internet and Technology Addiction: Breakthroughs in Research and Practice Management Association, Information Resources, 2019-06-07 Addiction is a powerful and destructive condition impacting large portions of the population around the world, and because of ubiquitous technology, social networking and internet addiction have become a concern in recent years. With all ages affected by the *☑* fear of missing out, *☑* which forces them to stay continually connected in order to stay up-to-date on what others are doing, new research is needed to prevent and treat anxieties caused by internet use. *Internet and Technology Addiction: Breakthroughs in Research and Practice* is an authoritative resource for the latest research on the social and psychological implications of internet and social networking addiction, in addition to ways to manage and treat this unique form of addiction. Highlighting a range of pertinent topics such as digital addiction, social isolation, and technology servitude, this publication is an ideal reference source for psychologists, cyberpsychologists, cybersociologists, counselors, therapists, public administrators, academicians, and researchers interested in psychology and technology use.

Addictions Counseling Today Kevin G. Alderson, 2019-11-14 Focusing on the new DSM-V classifications for addiction with an emphasis on CACREP, neuroscience, and treatment, this provocative, contemporary text is an essential reference for both students and practitioners wanting to gain a deeper understanding of those with addiction.

Internet and Smartphone Use-Related Addiction Health Problems

Olatz Lopez-Fernandez,2021-08-31 This Special Issue presents some of the main emerging research on technological topics of health and education approaches to Internet use-related problems, before and during the beginning of coronavirus disease 2019 (COVID-19). The objective is to provide an overview to facilitate a comprehensive and practical approach to these new trends to promote research, interventions, education, and prevention. It contains 40 papers, four reviews and thirty-five empirical papers and an editorial introducing everything in a rapid review format. Overall, the empirical ones are of a relational type, associating specific behavioral addictive problems with individual factors, and a few with contextual factors, generally in adult populations. Many have adapted scales to measure these problems, and a few cover experiments and mixed methods studies. The reviews tend to be about the concepts and measures of these problems, intervention options, and prevention. In summary, it seems that these are a global culture trend impacting health and educational domains. Internet use-related addiction problems have emerged in almost all societies, and strategies to cope with them are under development to offer solutions to these contemporary challenges, especially during the pandemic situation that has highlighted the global health problems that we have, and how to holistically tackle them.

Internet Addiction Christian Montag,Martin Reuter,2017-03-27 The second edition of this successful book provides further and in-depth insight into theoretical models dealing with Internet addiction, as well as includes new therapeutical approaches. The editors also broach the emerging topic of smartphone addiction. This book combines a scholarly introduction with state-of-the-art research in the characterization of Internet addiction. It is intended for a broad

audience including scientists, students and practitioners. The first part of the book contains an introduction to Internet addiction and their pathogenesis. The second part of the book is dedicated to an in-depth review of neuroscientific findings which cover studies using a variety of biological techniques including brain imaging and molecular genetics. The third part of the book focuses on therapeutic interventions for Internet addiction. The fourth part of the present book is an extension to the first edition and deals with a new emerging potential disorder related to Internet addiction – smartphone addiction. Moreover, in this second edition of the book new content has been added. Among others, the reader will find an overview of theoretical models dealing with Internet addiction, results from twin studies in the context of Internet addiction and additional insights into therapeutic approaches to Internet addiction.

Unwinding Anxiety Judson Brewer, 2021-03-09 New York Times and Wall Street Journal bestseller A step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits We are living through one of the most anxious periods any of us can remember. Whether facing issues as public as a pandemic or as personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it's also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can't think our way out of or

use willpower to overcome. Dr. Brewer teaches us to map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches, and leaders in government and business, Dr. Brewer has created a clear, solution-oriented program that anyone can use to feel better - no matter how anxious they feel.

Twenty-Four Hours a Day Anonymous, Hazelden, 1992-02-01

Twenty Four Hours a Day Softcover (24 Hours)

Internet Addiction Kathryn Vercillo, 2020-02-24 The internet has transformed the world we live in, but it also poses new risks to our psychological well-being. This book provides an introduction to the issue of internet addiction, an increasingly common problem. All day, every day, we are connected to the internet, putting most people at some level of risk for internet addiction. Problematic internet use can take many forms, including overuse of social media and addictions to online shopping, gaming, or pornography. Such behaviors can cause anxiety, depression, sleep deprivation, loneliness, and physical health problems. People can lose their jobs and families, and in a few extreme cases, internet addiction has directly led to the death of the addicted individual or a child in their care. *Internet Addiction* is the latest volume in Greenwood's *Health and Medical Issues Today* series. Part I explores what internet addiction is, the many forms it can take, and the serious consequences it can have. Part II examines a number of controversies and issues, such as balancing the internet's benefits against its addictive nature. Part III provides a variety of useful materials, including case studies, a timeline of critical events, and a

directory of resources.

Overcoming Internet Addiction For Dummies David N.

Greenfield,2021-09-08 A guidebook to beating internet addiction and screen overuse and for living a fuller life There's no escaping it—we live in a digital world. We work, play, socialize, and learn online, and the Internet provides many amazing opportunities. Unfortunately, because of our basic biology, we're all susceptible to overuse and addiction to screens. Video games, social media, porn, and even scrolling online, taps into that pleasurable dopamine reward system. So, when is it time to log off or put the phone down and get help? *Overcoming Internet Addiction For Dummies* gives you the information, resources, and the self-assessment tools you need to discover how much is too much, along with practical suggestions on what to do about it. Learn how to take back control of your time and attention—or help your kids or loved ones get control of theirs. This comprehensive, user-friendly overview of Internet addiction is full of helpful and proven methods to help foster a healthy, balanced, and sustainable life with screens. Discover the basic biology of addiction, including why children and teens are especially susceptible. Become aware of the cognitive, psychological, and physical effects excess Internet and screen use. Learn how social media, video gaming, and Internet pornography could be getting in the way of real-time living. Find out why smartphones are not smart for you to use all the time. Understand the science of how and why you can become addicted to your screens so you can unplug more easily and use your time for what matters most. Empower yourself and your children to build a positive relationship with the Internet and digital technology. This book can help you and your loved ones plug back into life and show you where you can find information, resources, support, and

treatment. Overcoming Internet Addiction is about taking back control of your time and attention and learning to manage your screen use, so it doesn't manage you.

Digital Social Work Lauri Goldkind, Lea Wolf, Paul P.

Freddolino, 2018-11 In a digitally powered society, social workers, are challenged to embrace new interventions and enhance existing strategies in order to effectively promote social justice. The cases in this volume present engaging examples of technology tools in use across micro, mezzo and macro practice, illuminating the knowledge, skills, and values required of those who practice social work 2.0-- Provided by publisher.

The Addiction-Prone Personality Gordon E. Barnes, Robert P.

Murray, David Patton, Peter M. Bentler, Robert E. Anderson, 2006-04-11 The production of this book represents a culmination for me of some 25 years of interest in the field of personality and substance use and abuse. In choosing the field of substance use and abuse for the focus of our research, all of the investigators collaborating in this research have been sustained by the awareness that the work we are doing has an important purpose. Substance abuse continues to have enormous impacts on individuals and families, and prevention and treatment approaches developed to date have not always been as successful as we would hope to see. New advances in our fundamental understanding of the causal mechanisms involved in the development of addiction may be necessary to advance our success in developing new forms of prevention and treatment for alcohol and drug abuse. The work in this book builds on the work of numerous previous investigators who have been drawn to investigate this topic. As you will notice in the extensive reference list, there have been hundreds of articles published on this topic. Although each of these references has added a

small piece to our understanding of the relationship between personality and alcohol abuse, the majority of these studies have been done on clinical samples and often involved no control groups or poorly matched control groups. Several important previous longitudinal investigations have been conducted, but these investigations have usually not included general population samples or comprehensive personality test batteries.

Improving Usability, Safety and Patient Outcomes with Health Information Technology F. Lau, J.A. Bartle-Clar, G. Bliss, 2019-03-26

Information technology is revolutionizing healthcare, and the uptake of health information technologies is rising, but scientific research and industrial and governmental support will be needed if these technologies are to be implemented effectively to build capacity at regional, national and global levels. This book, *Improving Usability, Safety and Patient Outcomes with Health Information Technology*, presents papers from the Information Technology and Communications in Health conference, ITCH 2019, held in Victoria, Canada from 14 to 17 February 2019. The conference takes a multi-perspective view of what is needed to move technology forward to sustained and widespread use by transitioning research findings and approaches into practice. Topics range from improvements in usability and training and the need for new and improved designs for information systems, user interfaces and interoperable solutions, to governmental policy, mandates, initiatives and the need for regulation. The knowledge and insights gained from the ITCH 2019 conference will surely stimulate fruitful discussions and collaboration to bridge research and practice and improve usability, safety and patient outcomes, and the book will be of interest to all those associated with the development, implementation and delivery of health IT

solutions.

Substance Abuse and Addiction Treatment Todd F.

Lewis,2013-03-08 Substance Abuse and Addiction Treatment shows how to help clients struggling with addiction by looking through the lens of counseling theory. After tackling basic concepts of substance abuse and dependence counseling, it looks at different counseling theories and how each supports the client with substance abuse issues. Offering more how-to's than most books, the author provides concrete descriptions of counseling theory in action, so readers know how to intervene during a real counseling session. A consistent case study is used throughout the entire book to illustrate different treatment approaches and techniques. 0133411117 / 9780133411119 Substance Abuse and Addiction Treatment: Practical Application of Counseling Theory Plus NEW MyCounselingLab with Pearson eText -- Access Card Package consists of 013254265X / 9780132542654 Substance Abuse and Addiction Treatment: Practical Application of Counseling Theory 0133390721 / 9780133390728 NEW MyCounselingLab with Pearson eText -- Standalone Access Card -- for Substance Abuse and Addiction Treatment: Practical Application of Counseling Theory

Understanding mobile app addiction and promoting physical activities Xiang Ding,2016

Human connection as a treatment for addiction Andrea D. Clements,Human-Friedrich Unterrainer,Christopher C. H. Cook,2023-01-30

Thirty Days to Hope & Freedom from Sexual Addiction Milton S. Magness,2011 A concise thirty-day guide to healing from sexual addiction

Computers and Games for Mental Health and Well-Being Yasser Khazaal,Jérôme Favrod,Anna Sort,François Borgeat,Stéphane

Bouchard,2018-07-12 Recent years have seen important developments in the computer and game industry, including the emergence of the concept of serious games. It is hypothesized that tools such as games, virtual reality, or applications for smartphones may foster learning, enhance motivation, promote behavioral change, support psychotherapy, favor empowerment, and improve some cognitive functions. Computers and games may create supports for training or help people with cognitive, emotional, or behavioral change. Games take various formats, from board games to informatics to games with interactive rules of play. Similarly, computer tools may vary widely in format, from self-help or assisted computerized training to virtual reality or applications for smartphones. Some tools that may be helpful for mental health were specifically designed for that goal, whereas others were not. Gamification of computer-related products and games with a numeric format tend to reduce the gap between games and computers tools and increase the conceptual synergy in such fields. Games and computer design share an opportunity for creativity and innovation to help create, specifically design, and assess preventive or therapeutic tools. Computers and games share a design conception that allows innovative approaches to overcome barriers of the real world by creating their own rules. Yet, despite the potential interest in such tools to improve treatment of mental disorders and to help prevent them, the field remains understudied and information is under-disseminated in clinical practice. Some studies have shown, however, that there is potential interest and acceptability of tools that support various vehicles, rationales, objectives, and formats. These tools include traditional games (e.g., chess games), popular electronic games, board games, computer-based interventions specifically designed for psychotherapy or cognitive training, virtual reality, apps for

smartphones, and so forth. Computers and games may offer a true opportunity to develop, assess, and disseminate new prevention and treatment tools for mental health and well-being. Currently, there is a strong need for state-of-the-art information to answer questions such as the following: Why develop such tools for mental health and well-being? What are the potential additions to traditional treatments? What are the best strategies or formats to improve the possible impact of these tools? Are such tools useful as a first treatment step? What is the potential of a hybrid model of care that combines traditional approaches with games and/or computers as tools? What games and applications have already been designed and studied? What is the evidence from previous studies? How can such tools be successfully designed for mental health and well-being? What is rewarding or attractive for patients in using such treatments? What are the worldwide developments in the field? Are some protocols under development? What are the barriers and challenges related to such developments? How can these tools be assessed, and how can the way that they work, and for whom, be measured? Are the potential benefits of such products specific, or can these additions be attributed to nonspecific factors? What are the users' views on such tools? What are the possible links between such tools and social networks? Is there a gap between evidence-based results and market development? Are there any quality challenges? What future developments and studies are needed in the field?

Adolescent Addiction Cecilia A. Essau, Paul Delfabbro, 2020-05
Adolescent Addiction: Epidemiology, Assessment, and Treatment, Second Edition, offers researchers and clinicians a single-volume resource on the nature, extent and treatment of addictive problems in adolescents. Chapters cover the foundations of addictive problems,

including developmental, social and neurobiological factors, common addictions among adolescents, including e-cigarettes, shopping, smartphones, social networking and exercise addiction, and challenges and recommendations for future research in adolescent addiction. Chapters in the second half of the book cover clinical characteristics, screening and clinical assessment methods, epidemiology, comorbidity, course and outcome, protective and risk factors, and more. Presents a breadth of coverage on addiction problems Presents a simple and accessible organization, making it easy to examine specific addictive problems - their nature, extent and prevention/intervention Includes a concise summary of key clinical points in each chapter to help readers put findings into practice

Big Data in Engineering Applications Sanjiban Sekhar Roy,Pijush Samui,Ravinesh Deo,Stavros Ntalampiras,2018-05-02 This book presents the current trends, technologies, and challenges in Big Data in the diversified field of engineering and sciences. It covers the applications of Big Data ranging from conventional fields of mechanical engineering, civil engineering to electronics, electrical, and computer science to areas in pharmaceutical and biological sciences. This book consists of contributions from various authors from all sectors of academia and industries, demonstrating the imperative application of Big Data for the decision-making process in sectors where the volume, variety, and velocity of information keep increasing. The book is a useful reference for graduate students, researchers and scientists interested in exploring the potential of Big Data in the application of engineering areas.

Digital Therapeutics for Mental Health and Addiction Nicholas C. Jacobson,Tobias Kowatsch,Lisa A. Marsch,2022-09-27 Digital Therapeutics for Mental Health and Addiction: The State of the

Science and Vision for the Future presents the foundations of digital therapeutics with a broad audience in mind, ranging from bioengineers and computer scientists to those in psychology, psychiatry and social work. Sections cover cutting-edge advancements in the field, offering advice on how to successfully implement digital therapeutics. Readers will find sections on evidence for direct-to-consumer standalone digital therapeutics, the efficacy of integrating digital treatments within traditional healthcare settings, and recent innovations currently transforming the field of digital therapeutics towards experiences which are more personalized, adaptable and engaging. This book gives a view on current limitations of the technology, ideas for problem-solving the challenges of designing this technology, and a perspective on future research directions. For all readers, the content on cultural, legal and ethical dimensions of digital mental health will be useful. Gives a comprehensive overview of the field of digital therapeutics and research on their efficacy, effectiveness, scalability and cost-effectiveness Introduces novel directions in which digital therapeutics are currently being extended, including personalized interventions delivered in real-time Reviews important considerations surrounding digital therapeutics, including how they can be monetized and scaled, ethical issues, cultural adaptations, privacy and security concerns, and potential pitfalls

Embark on a breathtaking journey through nature and adventure with *Crafted by* is mesmerizing ebook, *Witness the Wonders in Addiction App* . This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure

begin!

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