HELPING HANDS

141 eap

Internet Addiction

(excerpts from Internet Addiction: A Brief Summary of Research and Practice, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3480687/)

There is ongoing debate about how best to classify the behavior which is characterized by many hours spent in non-work technology-related computer/Internet/video game activities. It is accompanied by changes in mood, preoccupation with the Internet and digital media, the inability to control the amount of time spent interfacing with digital technology, the need for more time or a new game to achieve a desired mood, withdrawal symptoms when not engaged, and a continuation of the behavior despite family conflict, a diminishing social life and adverse work or academic consequences. Some researchers and mental health practitioners see excessive Internet use as a symptom of another disorder such as anxiety or depression rather than a separate entity. Internet addiction could be considered an Impulse control disorder (not otherwise specified). Yet there is a growing consensus that this constellation of symptoms is an addiction. The American Society of Addiction Medicine (ASAM) recently released a new definition of addiction as a chronic brain disorder, officially proposing for the first time that addiction is not limited to substance use. *All addictions, whether chemical or behavioral,* share certain characteristics including prominence, compulsive use (loss of control), mood modification and the alleviation of distress, tolerance and withdrawal, and the continuation despite negative consequences.

The following diagnostic criteria are required for a diagnosis of Internet addiction:
(1) Is preoccupied with the Internet (thinks about previous online activity or anticipate next online session);
(2) Needs to use the Internet with increased amounts of time in order to achieve satisfaction;
(3) Has made unsuccessful efforts to control, cut back, or stop Internet use;
(4) Is restless, moody, depressed, or irritable when attempting to cut down or stop Internet use;
(5) Has stayed online longer than originally intended. Additionally, at least one of the following must be present:
(6) Has jeopardized or risked the loss of a significant relationship, job, educational or career opportunity because of the Internet;
(7) Has lied to family members, therapist, or others to conceal the extent of involvement with the Internet;
(8) Uses the Internet as a way of escaping from problems or of relieving feelings of helplessness, guilt, anxiety, depression.

Is There a Cure for Online Addiction?

(excerpts from psycguides.com)

If you believe that you or someone close to you may be suffering from an Internet addiction, it is important that you know there is help available. While total abstinence is advocated in the treatment of many addictions, there is now a general consensus that completely abstaining from Internet usage should not be the ultimate goal of treatment. Instead, it is preferable to abstain from applications that have proven to be problematic for the user and work toward achieving an Internet usage level that strikes a healthy balance.

Therapies for Online Addicts

Cognitive behavioral treatment for Internet addictions explores the patient's specific usage patterns and then introduce new schedules in order to interrupt previously established patterns. External stoppers, including activities that require the addict to actually exit the Internet, may also be used. Many treatment programs also assist the patient in establishing goals regarding the amount of time they use the Internet.

Support groups are helpful in the treatment of Internet addiction by compensating for the lack of social support that the patient initially sought to get through Internet and computer usage. If relational problems exist within the patient's family, the individual may also benefit from engaging in family therapy or marriage therapy.

More therapeutic methods are being studied for the treatment of Internet addiction. These include in-patient and out patient treatment, other psychological modalities, and medication. For more information call your **Employee Assistance Program representative** listed in the placard below.

IAM Peer Employee Assistance Program

The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

IAM EAP Airline Chairmen

United Airlines
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IAM EAP Calendar

William W. Winpisinger Education/Technology Center

EAP I
September 30-October 5

EAP II
April 15-20

EAP III
June 24-29

EAP IV
September 16-21