

Screen Time: Impact and management

Ashwini Tadpatrikar

Ph.D. Scholar & Research fellow

Department of Clinical Psychology & SHUT Clinic (India's First Tech De-addiction
Clinic)

NIMHANS, Bengaluru, Karnataka

NEWS

India opens clinic to help people “addicted” to mobile phones and video games

Cheryl Travasso

Mumbai

India’s first centre for dealing with “technology addiction,” the SHUT (Service for Healthy Use of Technology) clinic, opened on 1 April at the National Institute of Mental Health and Neuroscience’s centre for wellbeing in Bangalore.¹

Opening at weekends, the clinic has so far catered mainly to adolescents aged 14 to 18, who are usually brought in by concerned parents worried about their excessive use of mobile phones or video games.

In an unpublished study funded by the Indian Council of Medical Research that surveyed over 2700 Bangalore residents aged 18 to 65, 3.5% of those interviewed admitted to being “addicted” to social networking sites, 1.3% to the internet, and 4.1% their mobile phones. The study noted physical or psychological distress in 3% of those “addicted” to social networking sites, 4.2% of those “addicted” to the internet, and 6.8% of those “addicted” to their mobile phones.

People attending the clinic are first screened to assess how severe their problem is. The clinic assesses participants by using “the four C’s”: craving (having a desire to use technology); control (being unable to control this behaviour); compulsion (using technology despite not needing to); and consequences (experiencing the consequences of their behaviour). They are then educated using various approaches such as motivation,

participant and comparing the benefits of technology with the consequences of its excessive use. The interviewers do not argue but instead listen and express empathy with participants to help them make a decision to completely avoid or to regulate their use of technology.

Psychological interventions that the clinic uses include cognitive and behavioural therapy, exercises to aid relaxation, role play, and other leisure activities, in addition to counselling for caregivers.

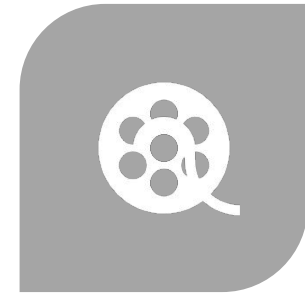
The BMJ spoke to Manoj Kumar Sharma, associate professor at the National Institute of Mental Health and Neuroscience’s department of clinical psychology, who helped to conceptualise the clinic. Sharma said that he had received inquiries from various states in India and was eager to launch a study to document the extent of technology addiction across the country. Besides clinics, he said he was also eager for the problem to be addressed in schools and colleges and for parents to know what constitutes unhealthy use of technology by their children.

1 National Institute of Mental Health and Neuroscience Centre for Well-Being. SHUT Clinic (Service for Healthy Use of Technology). www.nimhans.kar.nic.in/news/shutclinic.pdf.

What is Screen Time



AMOUNT OF TIME SPENT LOOKING AT
SCREEN



SERVES MANY PURPOSES FOR USERS
LIKE ENTERTAINMENT, DISTRACTION,
IN EDUCATIONAL SETTINGS



CAN BE FAVOURABLE AT TIMES BUT
ENCOURAGES SEDENTARY LIFESTYLE
AND OTHER HARMFUL HABITS

Our dwindling attention span.....



THE AVERAGE ATTENTION
SPAN OF A HUMAN IN
2000



THE AVERAGE ATTENTION
SPAN OF A HUMAN
NOW

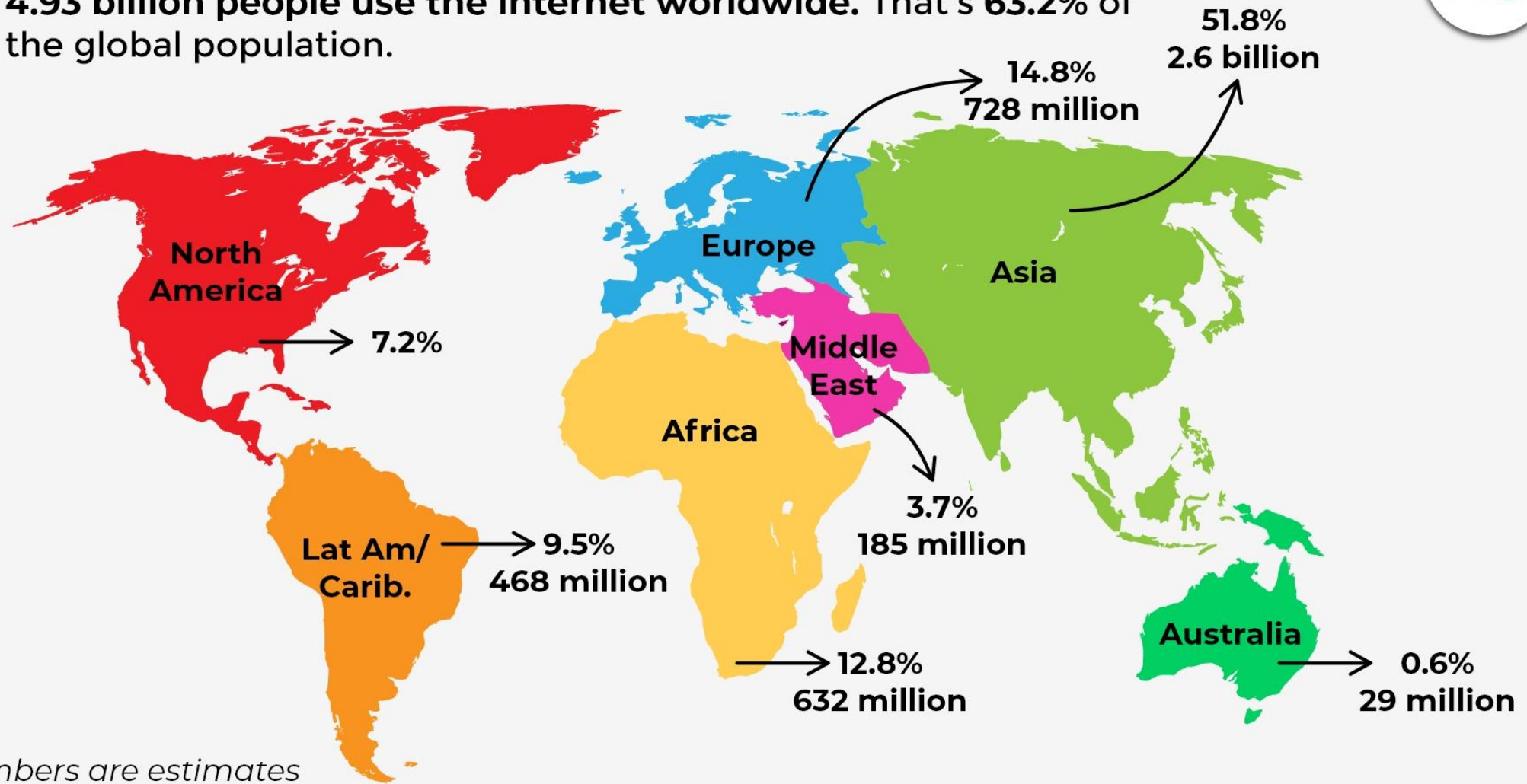
AND...



THE AVERAGE ATTENTION
SPAN OF A
GOLDFISH

Total Internet Users Worldwide Statistic

4.93 billion people use the internet worldwide. That's 63.2% of the global population.

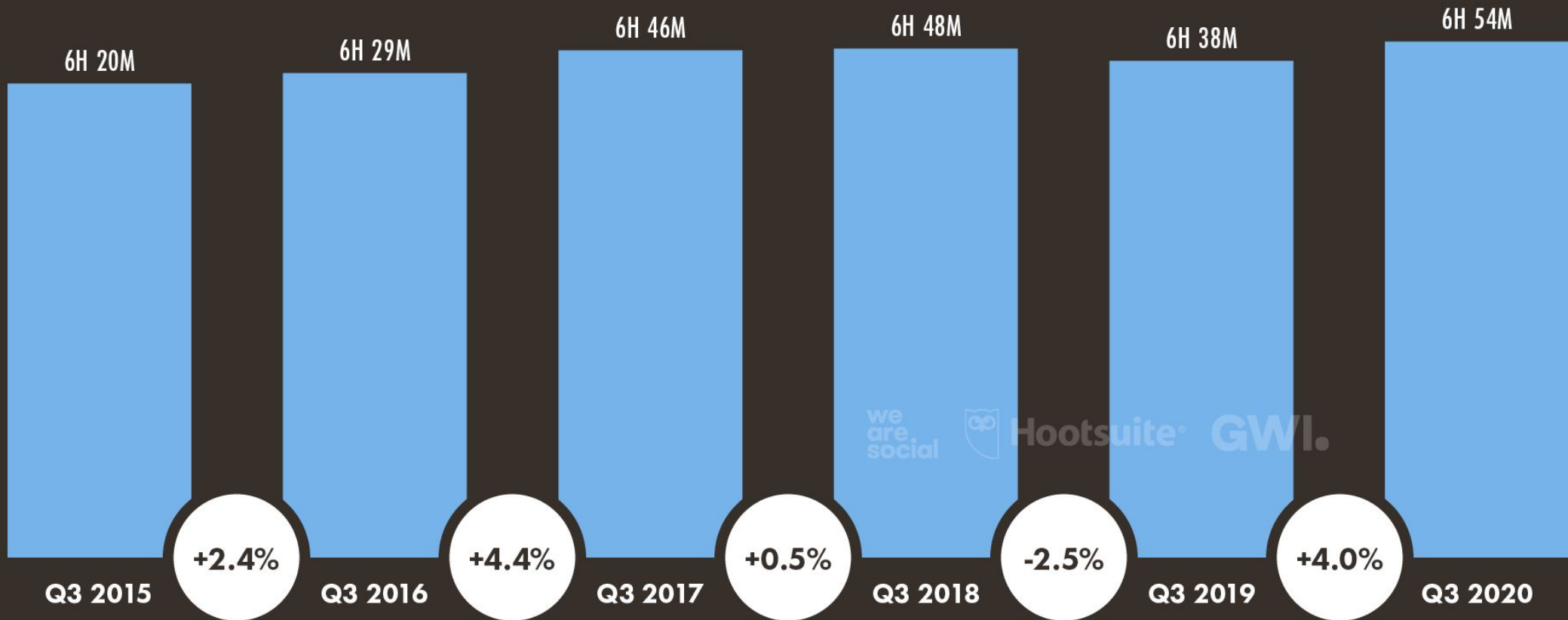


**numbers are estimates*

JAN
2021

EVOLUTION OF DAILY TIME SPENT USING THE INTERNET

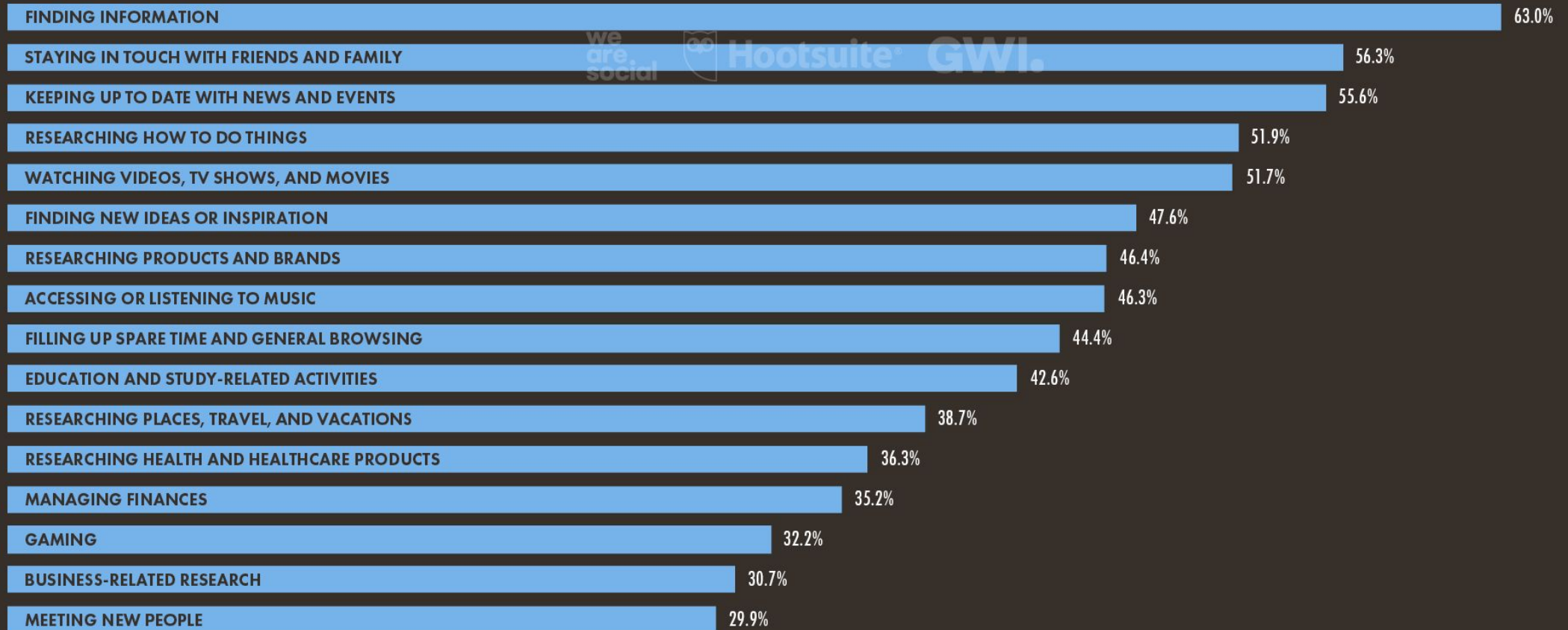
EVOLUTION IN THE AVERAGE AMOUNT OF TIME PER DAY THAT INTERNET USERS AGED 16 TO 64 SPEND USING THE INTERNET VIA ANY DEVICE



JAN
2021

REASONS FOR USING THE INTERNET

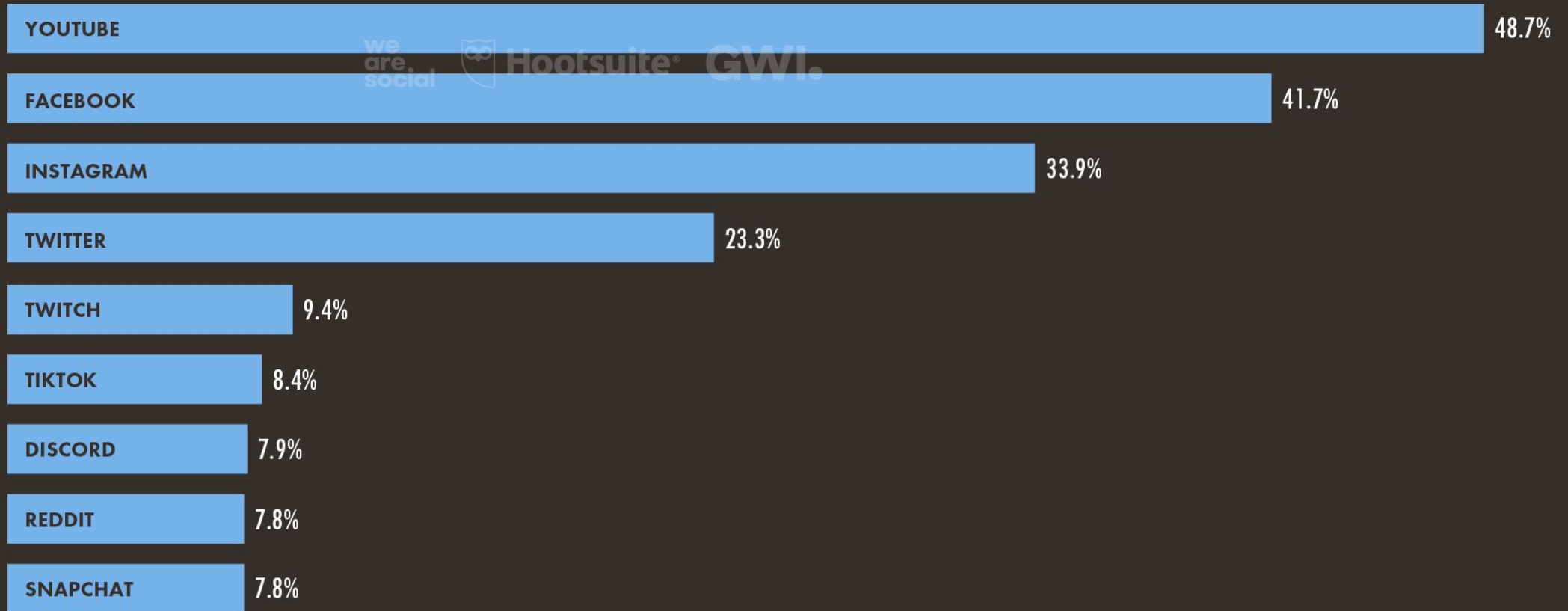
PRIMARY REASONS WHY GLOBAL INTERNET USERS AGED 16 TO 64 USE THE INTERNET



JUL
2021

VIDEO GAMERS: SOCIAL MEDIA PREFERENCES

PERCENTAGE OF VIDEO GAMERS AGED 16 TO 64 WHO USE EACH PLATFORM FOR INFORMATION AND CONTENT (SELECTED MARKETS ONLY)



Mechanics behind the screen....



N FILM
/the social dilemma

**Horror Flick Of
The Smartphone Age**

★★★★☆

Reviewer: Subhash K Jha

IWM BUZZ .com
NEWS | EVENTS | ORIGINALS

University of Maryland Study

- Smartphone addiction is real, so is anxiety and depression
- Media an extension of themselves
- Not habit but essential of construction of social image
- Digital fasting removed the curtain on their hidden loneliness
- ‘We no longer search for news, the news finds us.’
- Don’t know how to fill empty time without media
- ‘its all about escape from reality’
- ‘140 characters of news is all I need
- *However, many were able to revert back to their offline hobbies once the withdrawal symptoms were over.*

2020)

(The world unplugged,

Signs of Excessive /additive use of screen

- Continuous desire to access technology/gaming
- Loss of control for use of technology/gaming
- Continuous use despite knowledge of harm i.e sleep disturbance, decreased interest in academic, decreased social interaction, behavioral issues when technology is not available etc

Reasons for excessive use

- Accessibility, Acknowledgement and Affiliation
- Digital Leisure Activity
- Entertainment, Excitement/Euphoria
- Coping-psychological distress, mood states, boredom & loneliness

Psychological aspect of internet use

- ▶ Negative views of self and world contribute to internet addiction

“I am worthless offline, but important online”

“I am a failure in the real world”

Associated with overall negative evaluations of the world

Example, *“The world does not care so I might as well immerse myself ONLINE”*

Thought process associated with...

▶ Blaming

- ▶ *“I need the internet to deal with problems in my life”*
- ▶ *“My parents/spouse/school drives me to the internet”*

▶ Excusing

- ▶ *“Its been a long day and the internet helps me to relax”*
- ▶ *“Its ok to use the internet at night since I was studying/working during the day*

Potential effects of Increased Screen time



Weight gain



Disturbed sleep



Inadequate Communication & Social skills



Exposure to potentially harmful information

Potential effects of Increased Screen time



Neck & Back strain



Eye Health



Concentration



Despite these harmful effects, complete screen use cut off is not advisable due to other benefits

low self-esteem due to internet addiction

Impulsivity and hostility/aggression

Lack of social coping ability

Social phobia

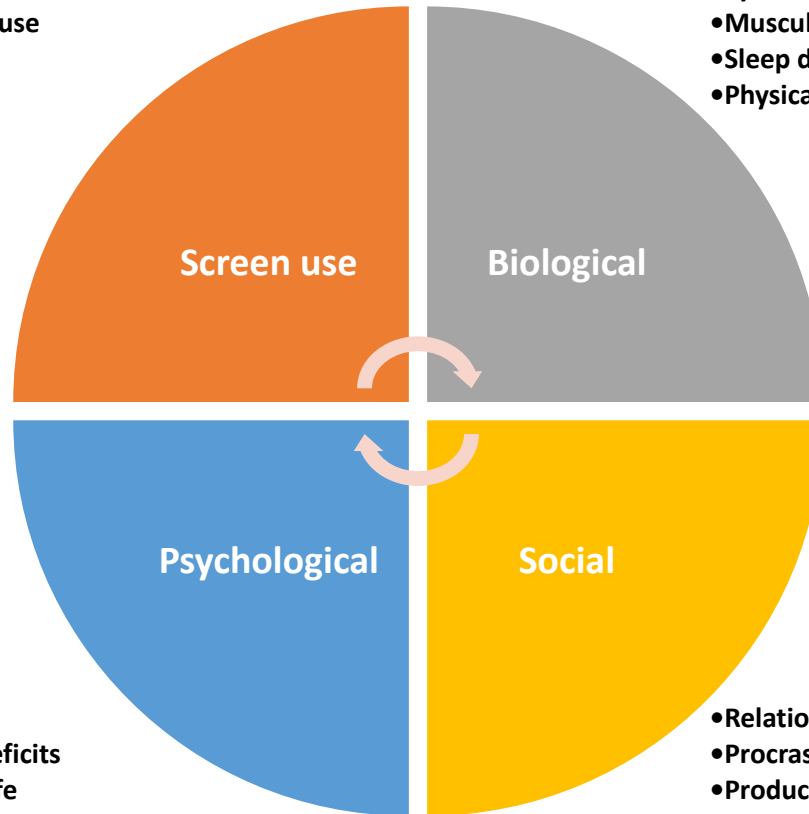
Manifestation of Excessive use

- Nomophobia
- Phantom vibration syndrome
- Zero inbox syndrome
- Selfitis
- Digital amnesia
- Cyberloafing

Domains of Digital hygiene

- Devices used
- Duration of use

- Eye strain
- Musculoskeletal pain
- Sleep disturbance
- Physical activity

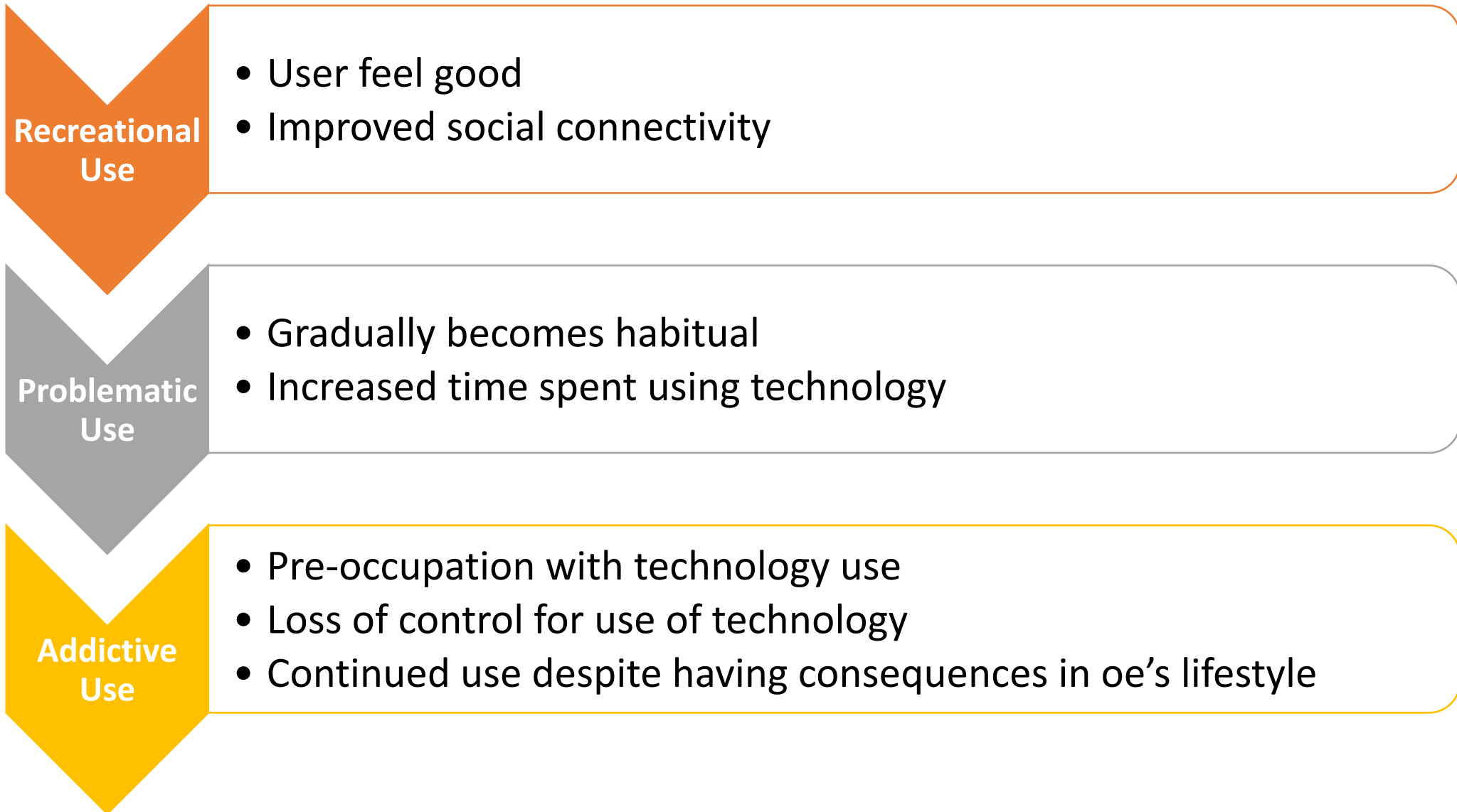


- Mood
- Cognitive deficits
- Quality of life

- Relationships
- Procrastination
- Productivity

Digital Hygiene?

Step 1: Assess yourself for excessive use of gaming and technology



Assessment of screen time

It is important to remember 5 C's

- Craving- continuous desire to use technology
- Control-loss of control once you initiate the use (sometime person loses the control or technology enable the person to lose control).
- Coping-Use technology to relax
- Compulsion-have to use.
- Consequences-Health (eye strain/sleep disturbance); academic/ work related; personal relationship

In case of children, it is the 'Consequences' of screen time which is most relevant

What can I do?

Step 2: Assist yourself for healthy use of technology:

Physical:

- Take frequent break, definitely after 30 minutes of screen use (do blinking of eye 10 times, move head forward and backward 5 times each, move wrist clockwise and anticlockwise (5 times each).
- 60 minutes of physical activities everyday recommended for from 6 to 17 years age group. If possible indoor setting will be good.
- To avoid binge watching, take break of 10 to 15 minutes after each episode.



What can I do?

Step 2: Assist yourself for healthy use of technology:

Psychological:

Breathing exercise-5 cycles of inhalation and exhalation of slow breath . Build up leisure activities to work on boredom and loneliness



Social/Family:

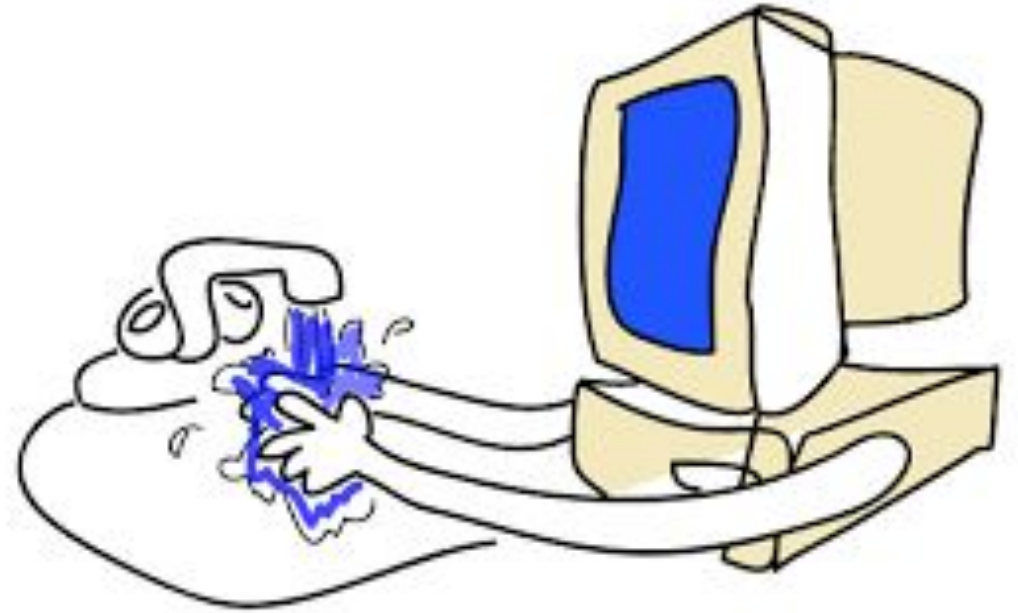
Schedule digital fasting to enhance quality interaction with family or involve yourself in family activities.



What can I do?

Step 2: Assist yourself for healthy use of technology:

1. Frequent break,
2. Schedule three meals a day,
3. Break after 45 minutes of headphone use
4. Bring indoor physical activities,
5. Take care of self hygiene and
6. 30 to 45 minutes before sleep time ,no online activities



Step 2: Assist others for healthy use of technology

SHUT clinic-Digital detox app:

<https://play.google.com/store/apps/details?id=com.shutclinic.shutclinic>

Download information materials

at: <https://www.dropbox.com/sh/h6w9j0i9e3mg604/AABZVjBopfuRn5EZe6ZOIBdwa?dl=0>

Involve family into treatment

Key Messages for Parents/Teachers

1. Communication.
2. Care.
3. Cyber educate
4. Consult.



Key messages for College

- Relevance
- Risk
- Repetition

Conclusions

- We need to evolve and develop the models of service delivery for this health condition.
- *Mild use of internet facilitate cognitive function*
(Sharma et al 2019)

Should we try INTERNET FASTING

As of now, we are on a learning curve.

Take Away

1. **Recognize** :Signs of digital addiction
2. **Repetitions**: Advise Digital Fasting/Digital hygiene/
Promote hobbies and alternative pleasurable activities in
daily schedule/**minimize Digital Leisure activities**
3. **Refer** if treatment seeker does not show change.

Contact: SHUT clinic,
NIMHANS Centre for Well Being,
NIMHANS, Bengaluru

E-mail: shutclinic@gmail.com; nimhanswellbeing@gmail.com.

“There are only two industries that call their customers ‘users’:
illegal drugs and software.”

Edward Tufte

Gaming Addiction

Effects of Gaming Addiction

Physical Effects

- Aches and Pains
- Eye and Muscle Strain
- Difficulty in sleeping

Psychological Effects

- Irritability and restless when not playing
- increased aggression
- poor academic performance

Social Effects

- Reduced offline activities and friends
- Conflicts with parents over playing

Cognitive Effects

- Difficulty in concentration
- Difficulty in remembering things

Tips on management of gaming addiction for parents and children

- Choose suitable games which are still fun
- Parents should talk with children about the content of the game to understand the difference between make believe and reality
- Fellow recommendations on possible risks
- Take frequent breaks while playing
- Ensure enough offline play time activities or any other extra-curricular activities other than online playing
- Set time limits of playing
- Spend quality time as family which might lead to increased offline communications
- Have open direct communication with children



Gaming Addiction



SHUT Clinic (Services for Healthy use of technology)

NIMHANS CENTRE FOR WELL BEING,
1/b, 9th Main, 1st Phase, 1st Stage,
BTM Layout, Bangalore - 560076
Ph.: 080 26685948/ 9480829670
Email : shutclinic@gmail.com
nimhans.wellbeing@gmail.com

Acknowledgement:
Department of Health Research (DHR) &
Indian Council of Medical Research (ICMR), Delhi

Cell Phone Overuse & Addiction



- Excessive use of texting language leads to change in the language even in writing such as - eg, *dat, c, wat, u, der,* and so on.
- Feeling of loneliness or emptiness when there are no calls or messages even for a short while

Social effects:

- Excessive use leads to poor family interaction.
- Use of mobile phone while driving/road may lead to accidents.



How can you better manage your Cell Phone use?

- Use the cell phone only when necessary
- Keep your talk brief on the phone and don't extend your calls for hours.
- Avoid using your phone while spending valuable time with your family or friends.
- Set and follow certain rules for your family members and yourself such as—No mobile use while eating, praying, and other such important activities.
- Set a budget for cell phone bills, don't cross the limit.
- If you are texting too often, try to avail special packages for SMS.
- **Include hobbies and alternative pleasurable activities in your daily schedule.**
- If you are not able to control your cell phone use, it might indicate an addiction and a Counsellor / Therapist/ Mental health professional may be able to help you.



Cell phone Overuse & Addiction



NIMHANS CENTRE FOR WELL BEING
1/B, 9th main, 1st phase, 1st stage,
BTM Layout, Bangalore— 560076
Ph— 080 26685948/ 9480829670
Email— nimhans.wellbeing@gmail.com

ARE YOU TOO ATTACHED TO YOUR CELL PHONE?



DO YOU...



replace personal contact with phone contact?

feel a compulsive need to check your cell phone?



check your cell phone even in very inappropriate situations and places?

feel anxious and uneasy without your cell phone?



YOU ARE NOT ALONE

4.1%

of Bangaloreans are also addicted to their phones
(*5% males, 3% females)



track your cell phone usage for a few days



turn off your phone when its not in use



make the time for face to face interactions

GET SMARTER THAN YOUR PHONE



45% ARE INDIAN MOBILE USERS

930 MILLION PEOPLE

BANGALORE - 5% MALE 3% FEMALE

SO, WHAT IS NOMOPHOBIA

Otherwise called as No Mobile Phobia.

Do you identify with any of these qualities?

- Obsessively making sure you have your mobile.
- Frequently check your phone for messages.
- Usage of phone in an inappropriate place.
- Taking out your phone at the family dinner.
- Replace Face-To-Face Interactions
- Inability to leave their cell phone behind.
- Feeling anxious when you don't have your mobile.



FACTS YOU SHOULD KNOW ...

Cellphones use, receive and transmit radio frequency signals which are quite similar to the radiation emitted from microwaves which studies have proven to be bad for your health.



DO YOU USE YOUR PHONE WHILE YOU DRIVE?

DO YOU SLEEP WITH YOUR CELLPHONE?

DO YOU EXPERIENCE PAIN IN YOUR FINGERS?

DO YOU CONSTANTLY TOP UP YOUR BATTERY?

ARE YOU TEXTING ZOMBIE?

YOUR BATHROOM COMPANION?

YOU FEEL THROUGHOUT THE DAY THAT YOUR PHONE IS RINGING?

PERSISTENTLY CHECK FOR MESSAGES?

YOU CANNOT SWITCH OFF YOUR MOBILE?

HOW TO MONITOR YOURSELF

- TURN IT OFF IN THE NIGHT
- STOP RANDOM CHECKS
- INTERACT FACE TO FACE

THERE IS HELP IF YOU KNOW SOMEONE WHO IS ADDICTED ...

CONTACT: behaviouraladdictionmimhans@gmail.com

Department of Clinical Psychology,
Center for Addiction Medicine,
Department of Epidemiology and
Department of Biostatistics,
2016 Stree of Art, Design and Technology

MAYBE YOU SHOULD <LOG OUT>

Symptoms of Internet Addiction Disorder

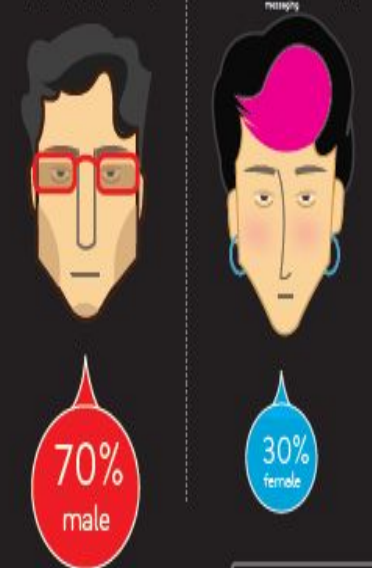
- Deteriorating Social Relations
- Lying about usage patterns.
- What it does to you
- Withdrawal symptoms like Anger and Depression
- Eye Strain
- Physical Fatigue
- Disturbance in critical brain functions

Internet Usage in Bangalore

13% of the population is addicted to the internet

2% of the male population is addicted to the internet

0.6% of the female population is addicted to the internet



Surveys of Adults revealed

13.7% found it difficult to stay offline for several days.

12.3% felt the need to cut back on internet usage.

8.7% attempted to hide their internet usage from friends, family, co workers.

5.9% felt their relationships suffered due to internet usage

Clinical psychology, Center for Addiction Medicine, Department of Epidemiology and Department of Biostatistics

There is help if you know someone who's addicted

behaviouraladdiction@gmail.com



WANNA BET- YOU CAN QUIT

LUDOMANIA
Ludomania is the habit of compulsive gambling. As an Impulse Control Disorder, which makes it difficult to control the urge to gamble.



SIGNS

you might be an addict to gambling

- Change in attitude
- Loss of control
- Craving
- Problems in social relationships
- Single Preoccupation
- Financial Ruin

GAMBLER'S FALLACY is the erroneous belief that a 'win' in a game of pure chance is 'due' after a string of losses

5% of all people who gamble, become addicted to it.

1.2% have gambling addiction in the age group of 18-65 Years (ICMR Study 2013)

18-65 Years

of people in India have visited at least one gambling site online

41% of this come from top cities - Bangalore, Chennai, Delhi and Mumbai

There is help if you know someone who is addicted. Contact: behaviouraladdictionmimhans@gmail.com



2013