

CIET-NCERT Webinar

Understanding Digital Hygiene

Dr Manoj Sharma

Professor of Clinical Psychology &

Coordinator at 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In an unpublished study funded by the Indian Council of Medical Research that surveyed over 2700 Bangalore residents aged 18 to 65, 3.5% of those interviewed admitted to being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/node/shutclinic.pdf.



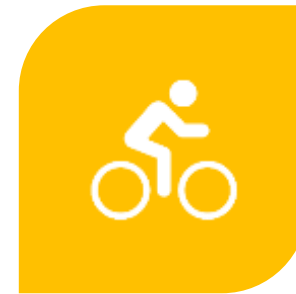
What is Screen Time



AMOUNT OF TIME SPENT LOOKING AT
SCREEN



SERVES MANY PURPOSE FOR CHILDREN
LIKE ENTERTAINMENT, DISTRACTION,
IN EDUCATIONAL SETTINGS



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



Significance of screen time usage for children

- Increased access to screen devices over the years
- In this pandemic situation, screen use is a necessity for education
- Due to many uses, difficulty to control screen time

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
- Social brain hypothesis

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

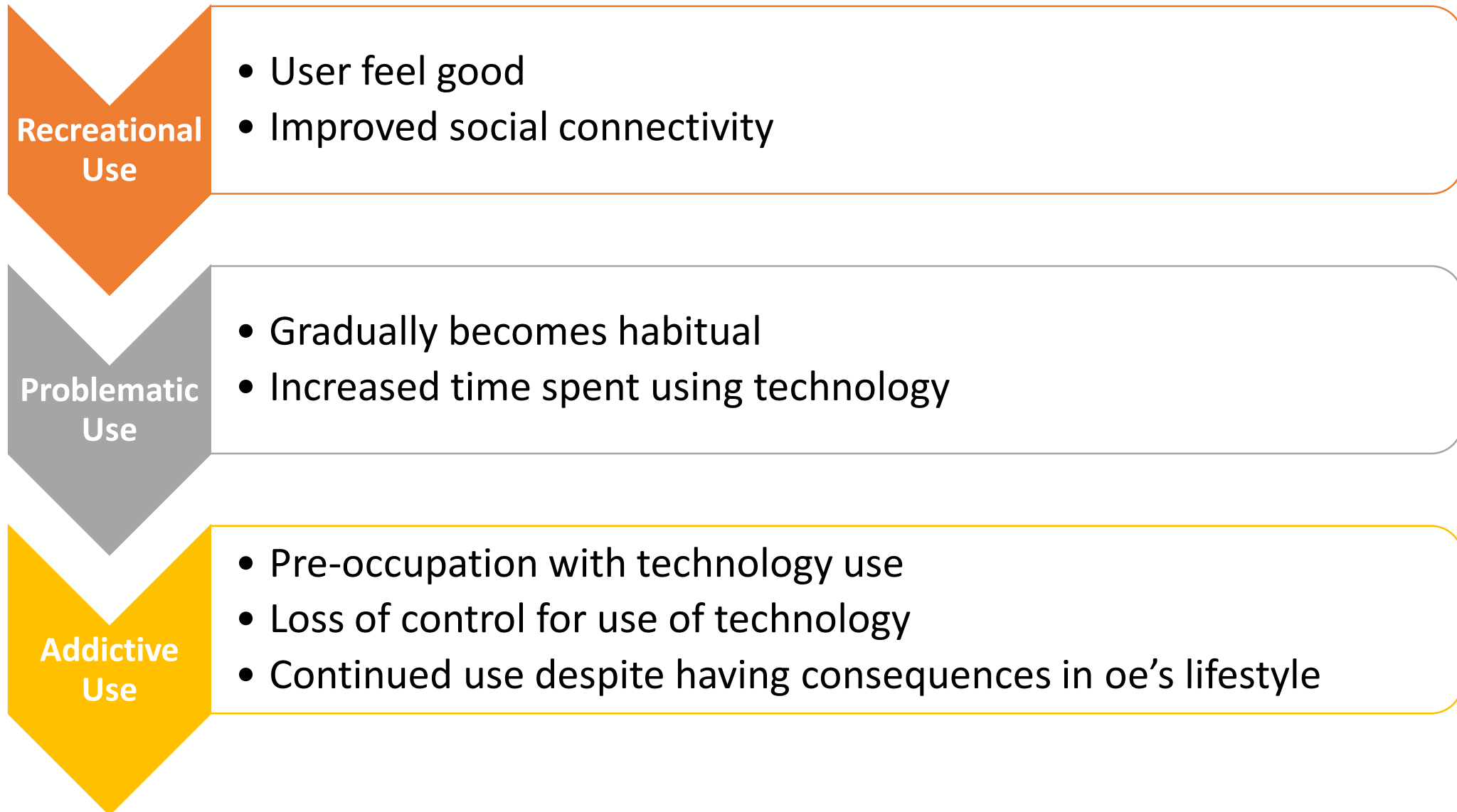
Social phobia

Manifestation of Excessive use

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

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

Technology screening instruments

- Internet Addiction test(Young 1997)
- Internet Gaming Questionnaire(Pontes,2001)
- Bergen Social Media Addiction test(Bergen 2002)
- Smartphone Addiction test(Kwon 2006)
- Pornography addiction screening test

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:

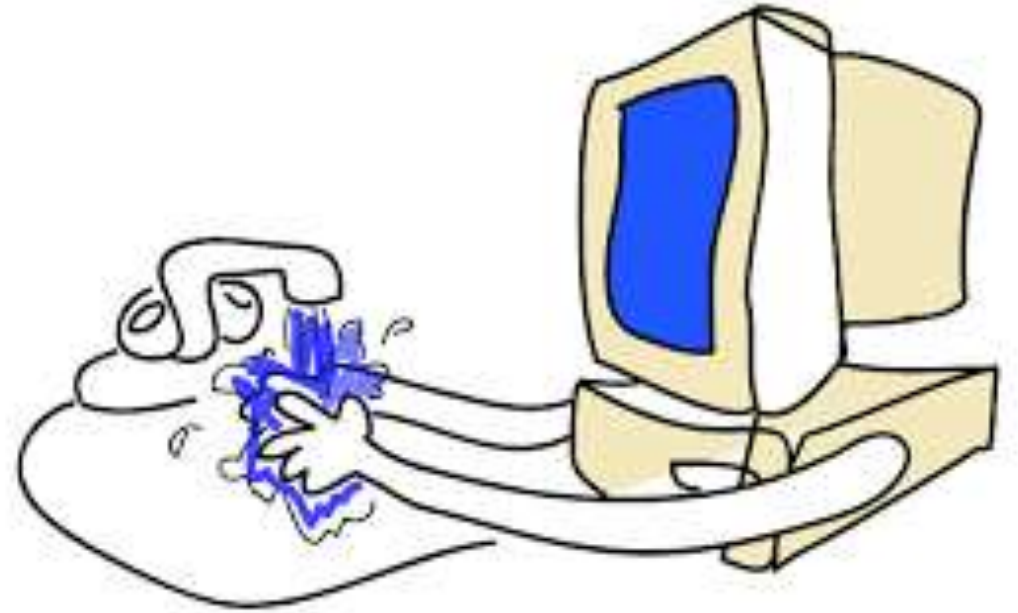
Schedule digital fasting to enhance quality interaction with family or involve yourself in family activities.



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

Guidelines For Healthy And Productive Screen Use (According to American Association of Pediatrics)

Monitoring

Monitoring the content of screen use by children

Balancing

Balancing Online & Off-line Time

Ensuring

Ensuring adequate sleep & exercise

Modelling

Modelling appropriate Screen Use behaviour for your child

Key Messages for Parents/Teachers

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



Key messages for School

- 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

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

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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.

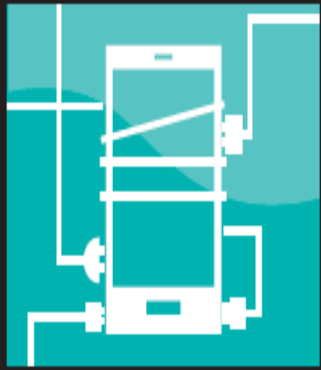


Cell phone Overuse & Addiction



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

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

Dept. of Clinical Psychology, Center for Addiction Medicine, Dept. of Epidemiology, Dept. of Biostatistics, Design courtesy : Srishti School of Art, Design and Technology

GET SMARTER THAN YOUR PHONE



SO WHAT IS NOMOPHOBIA

Disorder 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
- Regular face-to-face interactions
- Inability to leave their cell phone behind
- Feeling anxious when you don't have your mobile



THE HIGHWAY TO HELL

TEXTING AND DRIVING

The Consequences

Accidents occur when people use their cellphones while driving.

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.



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: behavioraladdictionmihans@gmail.com

Behavioral Addictive Disorder
Department of Clinical Psychology
Center for Addiction Medicine
Department of Epidemiology
Department of Biostatistics
100 200 10000 100000

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

Types of Addiction (Gender Wise)

gaming, pornography, gambling, social networking, instant messaging, shopping

70% male
30% female

Worldwide Internet Usage

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.

There is help if you know someone who's addicted
behavioraladdiction@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.

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 people who gamble, become addicted to it

15% of people in India have visited at least one gambling site online

41% of the internet users in Bangalore, Chennai, Delhi and Mumbai

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

18-65 Years

There is help if you know someone who is addicted to gambling
Contact : behavioraladdictionmihans@gmail.com

Department of Clinical Psychology
Center for Addiction Medicine
Department of Epidemiology & Biostatistics

2013