

# Multifaceted Approach to Digital Addiction and Its Treatment

Part of the Advances in Psychology, Mental Health, and Behavioral Studies Book Series

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## Description:

With the internet, smartphones, and video games easily available to increasing portions of society, researchers are becoming concerned with the potential side effects and consequences of their prevalence in people's daily lives. Many individuals are losing control of their internet use, using it and other devices excessively to the point that they negatively affect their wellbeing as these individuals withdraw from social life and use their devices to escape from the pressure of the real world. As such, it is imperative to seek new methods and strategies for identifying and treating individuals with digital addictions.

**Multifaceted Approach to Digital Addiction and Its Treatment** is an essential research publication that explores the definition and different types of digital addiction, including internet addiction, smartphone addiction, and online gaming addition, and examines overall treatment approaches while covering sample cases by practitioners working with digital addiction. This book highlights topics such as neuroscience, pharmacology, and psychodynamics. It is ideal for psychologists, therapists, psychiatrists, counselors, health professionals, students, educators, researchers, and practitioners.



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## Topics Covered:

- Cognition
- Family Therapy
- Gaming Disorder
- Neuroscience
- Pharmacology
- Policy
- Psychodynamics
- Psychosocial
- Social Network
- Technology

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