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Multifaceted Approach to Digital Addiction and Its Treatment Bozoglan, Bahadir,2019-06-14 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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