

# Breaking down screen addiction one pixel at a time

An overview of the signs of screen addiction, the associated mental health conditions of digital dependency and the multi-pronged approach to treatment and prevention.



## What are the signs of potential screen addiction?



Irritability



Anxiousness



Anger



Tantrums when asked about screen time



Waking early to sneak in secret screen time



Declines in school grades or work performance



Loss of interest in hobbies and offline activity



And a loss of confidence in managing one's offline world

## Common mental health conditions associated with screen addiction



Depression



Anxiety



Stress

And sometimes substance abuse or online gambling can occur in comorbidity for screen addicted adults

## The risks of not addressing problematic and pathological levels of screen use

The key risk is that a child goes from one end of the continuum to another — going from non-problematic screen use to being an addicted screen user.

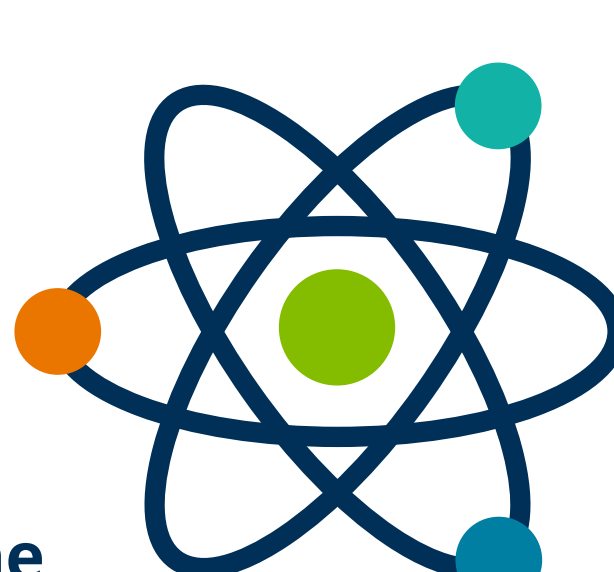


## The approach to mentoring one out of bad screen use habits

It needs to be a co-operative approach between parents, psychologists and children.

Parents need to provide context to the situation and of the need for positive outcomes.

It's key to adopt a mentoring (not monitoring) approach to governing a child's screen use.



## Ultimately, the aim is for prevention

Identifying potential problematic or addictive behaviour early on is far easier to treat than a circumstance where a patient is at the far end of the continuum as an addicted screen user.