

A young girl with a pencil in her mouth, looking at the word 'INTERNET' written in white on a dark surface. The background is a blurred image of the girl's face and hands.

Why are teens so addicted to internet use?

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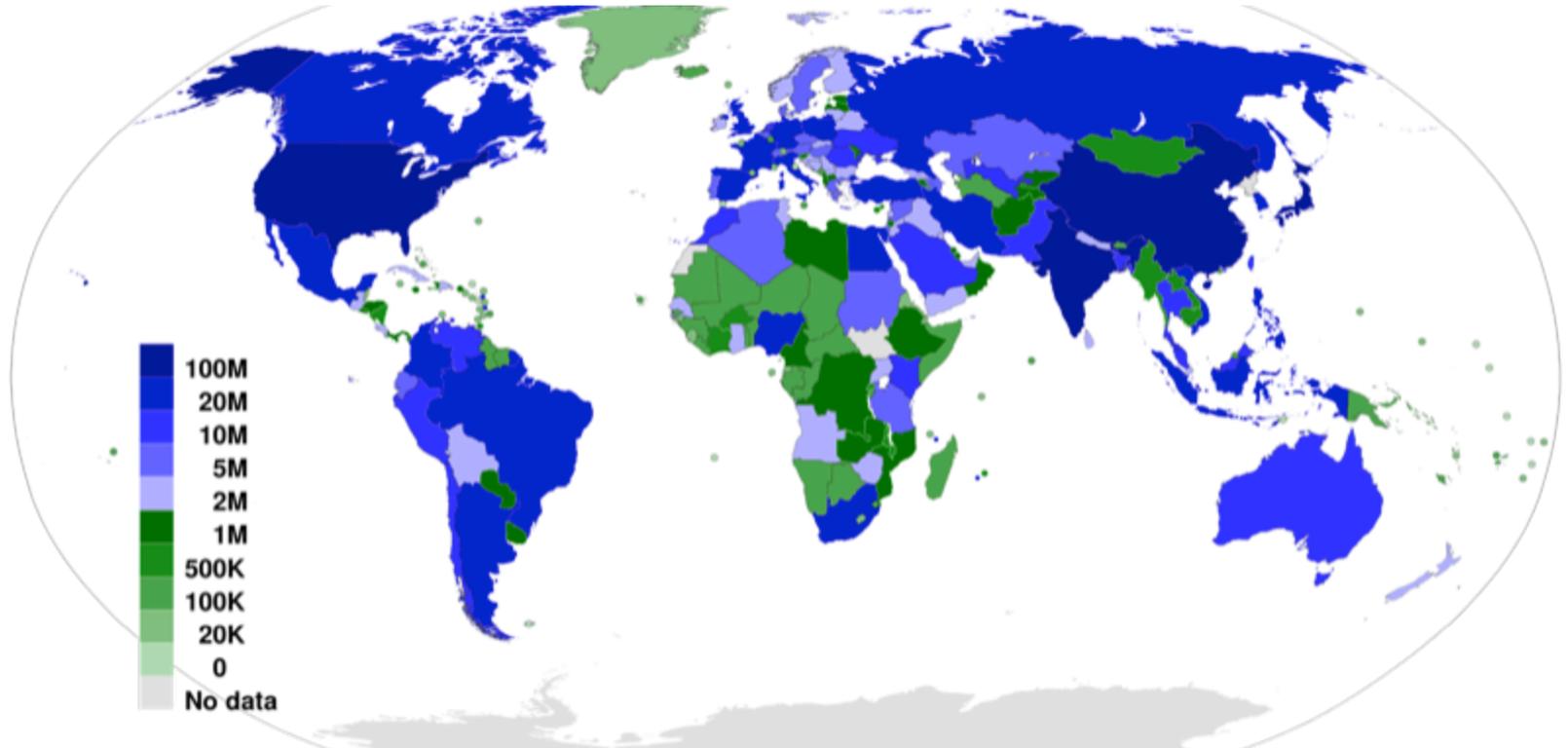
Have you heard of esports?

Video about esports

League of Legends (LoL)

- **Over 67 million** players in the world play League of Legends (Role-play game) per month
- **Over 7.5 million** playing concurrently during peak hours

Mobile broadband internet subscriptions in 2012



Source: International Telecommunications Union

Situation in Southeast Asia?

Epidemiology in China

- Based on internet addiction test(IAT), 10.8% of 13 to 18-year-olds were moderately to severely addicted to internet in China(Lam, 2009)
- Cao and Su reported 18.2% of junior high school students in China were classified as internet addicts based on IAT(Cao 2007), 2.4% of adolescents
- 19.1% of Hong Kong Chinese adolescents were classified as internet addicts(Shek, 2008)

Internet addiction in Taiwan

- Early 2015, a 32-year-old man died after 3-day non-stop marathon in Taiwan internet café



Epidemiology in South Korea

- IAT reveals **6.44%** of 1st-year University students were addicted to internet
- Korean-internet Addiction Scale – Adolescent (K-IA-A) composed of 40 items on a four-point Likert scale
- Prevalence rate **15.9%** for youth aged 16 – 19
- More than 25,000 internet Café in South Korea

Baby starved to death due to internet addiction

- Every evening they left their one-room apartment for an all-night internet café where they role-played, often until dawn
- Each of them raised a virtual daughter, who followed them everywhere and was fed, dressed and cuddled all with a few clicks of the mouse



Baby starved to death due to internet addiction

- On the morning of 24th Sept 2009, they returned home after a 12-hour game session to find their actual daughter, a 3-month-old named Sa-rang (meaning love in Korean) dead
- Sa-rang was born prematurely and sick and was fed milk only two or three times a day



Poster of “Love Child” - the documentary about Internet addiction in Korea

Youth Protection Revision Bill in Korea 2011

- ❑ “Cinderella law”
- ❑ 19th May 2011
- ❑ Effective since 20th Nov 2011
- ❑ Forbids children under the age of 16 in South Korea to play video games from 10:30pm to 6am
- ❑ During the shutdown period, access to online games is to be blocked for all gamers aged under 16



Youth Protection Revision Bill in Korea 2011

- ❑ Underage gamers started to steal the KSSN (Korean Social Security Numbers) in order to elude the law
- ❑ Consoles and mobile games are not affected
- ❑ Legal challenges to the law were filed by a group of Korean game manufacturers and by a cultural organization
- ❑ As of 2nd September 2014, the law can be lifted per request of the children's parents

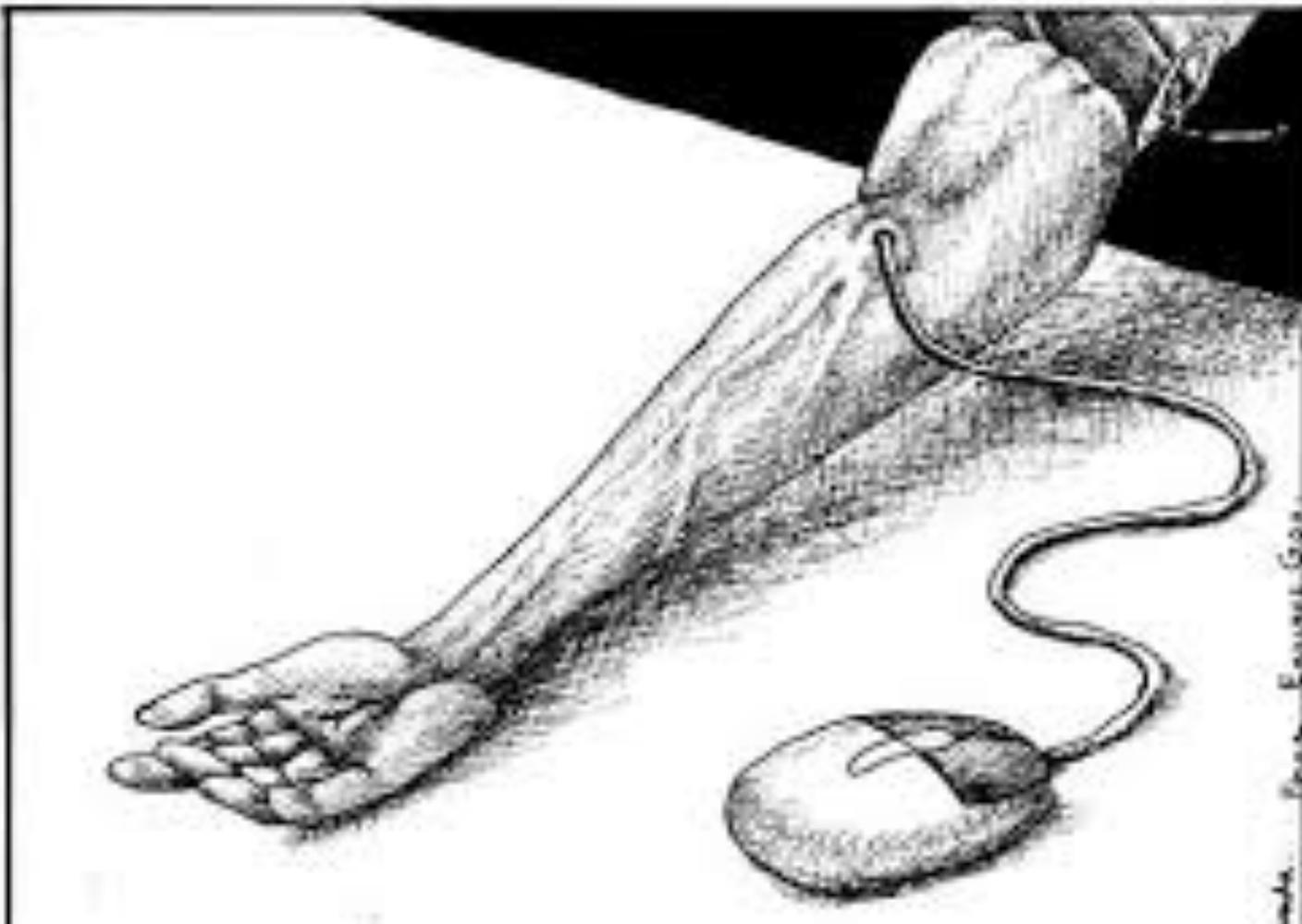


Congressman Jun Byung Hun
Chairman of Korean eSports Association



What do they think?

What is addiction?



Are they all addicted?



Common scene on the train nowadays.....



Definition of Addiction

- Habitual compulsion to engage in a certain activity or utilize a substance, notwithstanding the devastating consequences on the individual's physical, social, spiritual, mental and financial well-being
- Examples narcotic drugs, gambling



Addiction

- Dependence
 - Individual experience **withdrawal** symptoms upon discontinuing the consumption
 - Initially the addictive substance induced **pleasure, the continued consumption is driven more by a need to eliminate the withdrawal symptoms** brought about by its absence, leading to compulsive behavior
 - depression, cravings, insomnia and irritability

Why is internet so attractive to adolescent?

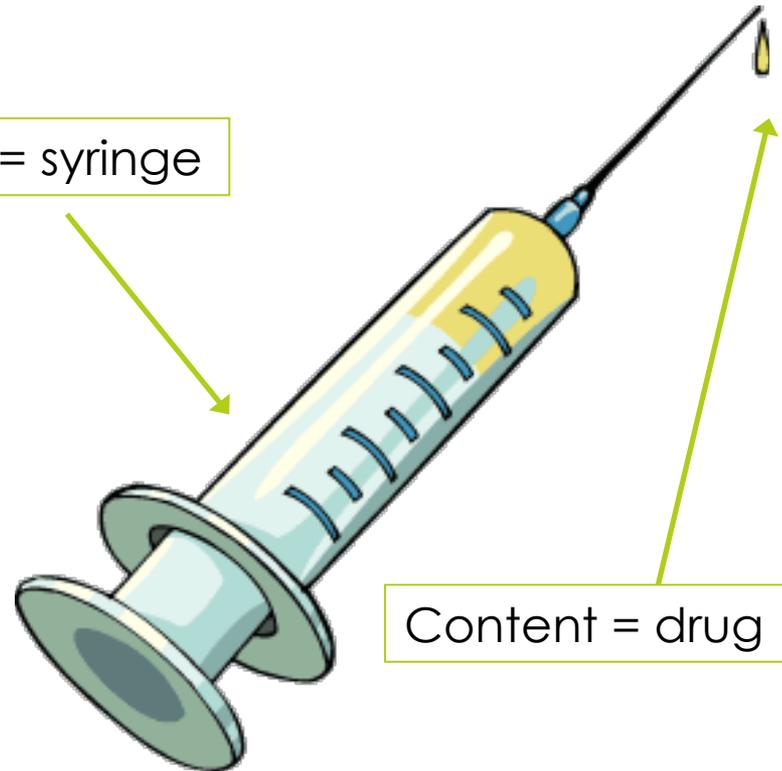
Digital media attractiveness to adolescent

1. Content factors
2. Process and access / availability factors
3. Reinforcement / reward factors
4. Social factors
5. Gen-D factors

Content = drugs; Internet = syringe

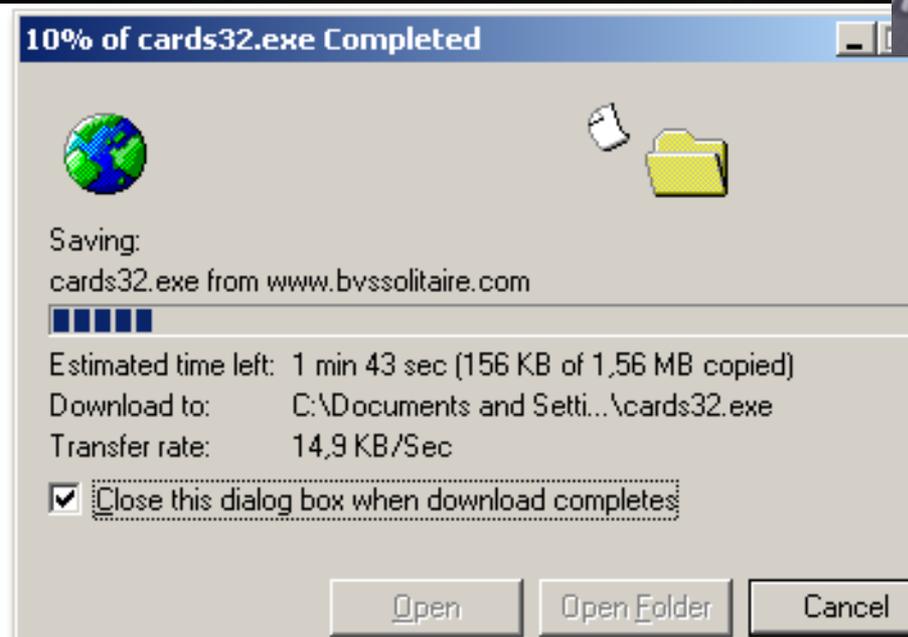


Internet = syringe



Content = drug

Content factors



Process and Access / Availability Factors

- ▣ **Affordability** (Cooper 1998)
- ▣ **Convenience**
- ▣ Internet is **always open, interactive**
- ▣ As an **escape** from problems or relief of negative emotions

Process and Access

- **Time distortion and dissociation** (Greenfield, 1999b, Suler 2004, Toronto 2009)
- Boundaries – no time markers for the passage of time or limits to content in newspapers, magazines, television shows or books

Process factor - Anonymity

- Anonymity facilitate **dis-inhibition** (Cooper 2000) especially in sexual behavior, gambling, shopping and gaming
- **Greatly reduced threshold** to cross over from impulse (desire) to action (what is viewed, downloaded, played or purchased online)
- **Distorted reality**



Process and Access / Availability Factors

- **Perceived reduced accountability** due to the perceived anonymity and privacy
- This distortion supports an overall level of **denial** which can hamper the addicts' ability to recognize any negative impact in their lives

Reinforcement / Reward Factors

- Unpredictability and novelty – support unpredictable and variable reward structures i.e. **INTERMITTENT** degrees of reinforcement
- Reinforcement system and highly stimulating content yield an even greater positive charge and greater resistance to extinction and **reinforcing an addictive cycle** (Young 2007)



Social factors

- “Socially connecting and simultaneously socially isolating” (Greenfield 1999a-c)
- Titrate a highly circumscribed social networking medium and users can **tailor their degree of social interaction** in a way that maximizes comfort and mediates connection, while minimizing social anxiety and limiting necessary social contextual cues

Social factors

- For individuals with learning disabilities, attention deficit disorder, pervasive developmental disorders, social anxiety, phobias, internet becomes a safe predictable circumscribed environment
- Attenuates the level of attention, interaction, emotional risk and intimate connection needed in social relationship



Generation-D

D = Digital

These digital communications modalities have become the **norm** for most of our youth – generation D

Massive multiplayer online role-playing game - MMORPG

- Broke the stereotype of an addicted player – lonely, unsociable individual or a nerd
- The more players claimed they felt “more important and more respected in the virtual group”, the more factors of addiction they displayed (Smahel, 2008)

MMORPG social groups vs lonely unsociable nerds

- Video – a new type of idols

MMORPG social groups vs lonely unsociable nerds

Idols in the MMORPG world have thousands of “fans”

They are rich (Prize for the first place in 2014 was \$1 Million USD), famous and cool to the players

Broke the stereotype of an addicted player – they are no longer lonely, unsociable individual or a nerd

Prize Pool

2,130,000 USD (Approximately 1,594,443 EUR (@ 1 USD=0,75 EUR)) is spread among the teams as follows:

Place	Prize (USD)	=Prize (EUR)	Team
 1st	\$ 1,000,000	€ 748,220	 Samsung Galaxy White
 2nd	\$ 250,000	€ 187,042	 Star Horn Royal Club
 3rd-4th	\$ 150,000	€ 112,225	 Samsung Galaxy Blue
			 OMG
5th-8th	\$ 75,000	€ 56,113	 Team SoloMid
			 Cloud9
			 Edward Gaming
			 NaJin White Shield
9th-11th	\$ 45,000	€ 33,668	 ahq e-Sports Club
			 SK Gaming
			 Alliance
12th-13th	\$ 35,000	€ 26,186	 Fnatic
			 LMQ
14th-16th	\$ 25,000	€ 18,704	 Dark Passage
			 Taipei Assassins
			 KaBuM! e-Sports

Why is LoL so attractive?

- Relatively complex virtual worlds and game mechanism complicated
 - Players spent time on forum for discussion about progression of their avatars and obtaining better equipment
- Social dimension of the virtual world
 - Communicate via text or voice message during the game
- Immersion into exploring the virtual world
- Violence, aggression and competition
- Consider the success in the game their personal success
- Considered their avatar an ideal form of themselves
- Impossible to finish the game

Diagnostic criteria

DSM 5 Internet gaming disorder - Conditions for further study

- To encourage future research and provide a common language for researchers and clinicians
- Such research will allow the field to better understand internet addiction and inform decisions about possible placement in forthcoming editions of DSM
- Not intended for clinical use

DSM 5 – internet gaming disorder

- **Persistent and recurrent** use of the internet to engage in games, often with other players, leading to clinically significant impairment or distress as indicated by ≥ 5 of the following in the **12-month** period:

DSM 5 – internet gaming disorder

- Preoccupation with internet games – thinks about previous gaming activity or anticipates playing next game)
- Withdrawal symptoms when gaming is taken away – irritability, anxiety, sadness
- Tolerance – increasing amount of time
- Unsuccessful attempts to stop
- Loss of interests in previous hobbies or entertainment

DSM 5 – internet gaming disorder

- Continued excessive use of internet games despite knowledge of psychosocial problems
- Deceiving to family members, therapist regarding the amount of internet gaming
- Use internet games to escape from negative mood
- Jeopardized or lost a significant relationship, job, educational or career opportunity because of internet game

DSM 5 – internet gaming disorder

- Use of internet for required activities in business or profession is not included
- Sexual or gambling internet site are excluded

Diagnostic criteria concept

- Compulsive internet use
 - Uncontrollable nature of the internet use
 - Loss of the sense of time passing
 - Neglect of basic drives
- Tolerance
 - Spending increasing amount of time to achieve the same level of excitement that the addict experienced previously
- Withdrawal
 - Anger, tension, irritability, and / or depression when the computer is inaccessible
- Negative consequences

Table 13.1 Diagnostic Criteria for Internet Addiction as Proposed by Researchers

Researcher	Terminology	Diagnostic Concept	Diagnostic Criteria
Goldberg (1996)	Internet addiction disorder	Substance use disorder	Persistent desire, tolerance, withdrawal, negative consequences
Young (1996)	Pathological Internet use	Impulse control disorder	Preoccupation; unsuccessful efforts to control; persistent desire; tolerance; withdrawal; staying online longer than intended; using the Internet as a way of escaping from problems; lying to conceal Internet involvement; risk of loss of a significant relationship, a job, or an educational or career opportunity
Griffiths (1996)	Internet behavior dependence	Substance use disorder	Salience, mood modification, tolerance, withdrawal, conflict, relapse
Shapira et al. (2003)	Problematic Internet use	Impulse control disorder	Preoccupation, clinically significant distress or functional impairment
Ko et al. (2005)	Internet addiction	Impulse control disorder, behavioral addiction	Preoccupation; recurrent failure to resist impulse; use of Internet longer than intended; tolerance; withdrawal; persistent desire and/or unsuccessful attempts to cut down Internet use; excessive time spent; excessive effort to obtain access to Internet; continued heavy Internet use despite knowledge of having a persistent or recurrent physical or psychological problem; functional impairment

Differences in Diagnostic criteria

- There is still no widely accepted diagnostic criteria for internet addiction (Spada, 2014)
- Scientific understanding of PIU has lagged behind media attention probably because of inconsistencies in defining pathological internet use, disagreement about its very existence, and the variable methodological approaches used in studying it

Screening tests

- Screening tests
 - Internet Addiction Test (Young, 1998) – first psychometrically validated measure of problematic internet use (Widyanto & McMurren 2004)
 - Chen Internet Addiction Scale (Chen, Weng, Su, et al., 2003)

Screening tests - Internet Addiction Test (IAT)

- First validated instrument to assess the internet addiction
- Could be used in outpatient and inpatient settings
- Validated in Italy, France
- 20-item questionnaire based on five-point Likert scale
- Client should consider only the time spent online for nonacademic or non job purposes when answering

Internet Addiction Test (IAT) by Dr. Kimberly Young.

Internet Addiction Test (IAT) is a reliable and valid measure of addictive use of Internet, developed by Dr. Kimberly Young. It consists of 20 items that measures mild, moderate and severe level of Internet Addiction.

To begin, answer the following questions by using this scale:-

0	Does not apply
1	Rarely
2	Occasionally
3	Frequently
4	Often
5	Always

	Question	Scale					
1	How often do you find that you stay on-line longer than you intended?	1	2	3	4	5	0
2	How often do you neglect household chores to spend more time on-line?	1	2	3	4	5	0
3	How often do you prefer the excitement of the Internet to intimacy with your partner?	1	2	3	4	5	0
4	How often do you form new relationships with fellow on-line users?	1	2	3	4	5	0
5	How often do others in your life complain to you about the amount of time you spend on-line?	1	2	3	4	5	0
6	How often do your grades or school work suffers because of the amount of time you spend on-line?	1	2	3	4	5	0
7	How often do you check your email before something else that you need to do?	1	2	3	4	5	0
8	How often does your job performance or productivity suffer because of the Internet?	1	2	3	4	5	0

7	How often do you check your email before something else that you need to do?	1	2	3	4	5	0
8	How often does your job performance or productivity suffer because of the Internet?	1	2	3	4	5	0
9	How often do you become defensive or secretive when anyone asks you what you do on-line?	1	2	3	4	5	0
10	How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?	1	2	3	4	5	0
11	How often do you find yourself anticipating when you will go on-line again?	1	2	3	4	5	0
12	How often do you fear that life without the Internet would be boring, empty, and joyless?	1	2	3	4	5	0
13	How often do you snap, yell, or act annoyed if someone bothers you while you are on-line?	1	2	3	4	5	0
14	How often do you lose sleep due to late-night log-ins?	1	2	3	4	5	0
15	How often do you feel preoccupied with the Internet when off-line, or fantasize about being on-line?	1	2	3	4	5	0
16	How often do you find yourself saying "just a few more minutes" when on-line?	1	2	3	4	5	0
17	How often do you try to cut down the amount of time you spend on-line	1	2	3	4	5	0

	and fail?						
18	How often do you try to hide how long you've been on-line?	1	2	3	4	5	0
19	How often do you choose to spend more time on-line over going out with others?	1	2	3	4	5	0
20	How often do you feel depressed, moody or nervous when you are off-line, which goes away once you are back on-line?	1	2	3	4	5	0

Total up the scores for each item. The higher your score, the greater level of addiction is.

20 – 49 points:

You are an average on-line user. You may surf the Web a bit too long at times, but you have control over your usage.

50 – 79 points:

You are experiencing occasional or frequent problems because of the Internet. You should consider their full impact on your life.

80 – 100 points:

Your Internet usage is causing significant problems in your life. You should elevate the impact of the Internet on your life and address the problems directly caused by you Internet usage.

Associated features

- Neglect of routine duties or life responsibilities
- Social isolation
- Secretive about online activities or a sudden demand for privacy when online

Association between internet overuse and aggression in Korean adolescents

Kitai Kim, Department of Communication, Honam University,
Gwangju, Korea

Pediatric International(2013) 55, 703-709

Association of internet overuse and aggression in Korea adolescents

- 2336 high school students (Male 57.5%)
- Severe male addict 2.5%
- Severe female addict 1.9%
- Moderate male addict 53.7%
- Moderate female addict 38.9%

Association of internet overuse and aggression in Korea adolescents

- Sampling method
 - Gyeonggi province and Gwangju city
 - 5 clusters were formed in each region based on the similarity of socioeconomic status
 - One school in each cluster
 - Investigators went to the school Sep – Nov 2006
 - Response rate 86.7%
 - 0.52% of total 445430 students in both region

Association of internet overuse and aggression in Korea adolescents

- Internet overuse analysis
 - Young's Internet Addiction Test
 - 20 items with total score 20 – 100 (higher score reflecting a greater tendency to addiction)
 - > 70 – severe
 - 40 – 69 – moderate

- Aggression analysis
 - Modified hostility inventory by Buss and Perry
 - 4 constructs: physical aggression, verbal aggression, anger and hostility
 - Score 29 -145 (higher score represented a greater propensity for aggression)

Association of internet overuse and aggression in Korea adolescents

Table 3 Multivariate analysis of factors associated with aggressive characteristics

	Physical		Verbal		Anger		Hostility		Total	
	B	P-value	B	P-value	B	P-value	B	P-value	B	P-value
Sex	-1.024	<0.001	-0.418	0.011	0.787	<0.001	1.145	<0.001	0.490	0.461
Age	-0.006	0.957	0.050	0.539	0.105	0.333	0.082	0.525	0.232	0.484
Log-transformed daily Internet use	-0.679	0.095	-0.730	0.013	-1.182	0.003	-1.127	0.015	-3.718	0.002
Log-transformed duration of Internet use	1.256	0.027	1.674	<0.001	1.436	0.009	1.153	0.075	5.519	0.001
Internet activities	0.031	0.626	0.021	0.638	0.016	0.797	0.012	0.868	0.080	0.665
Smoking	-1.313	<0.001	-0.427	0.001	-0.874	<0.001	-0.494	0.019	-3.107	<0.001
Alcohol	-1.897	<0.001	-0.720	<0.001	-1.154	<0.001	-1.355	<0.001	-5.126	<0.001
Caffeine	0.770	<0.001	0.280	0.002	1.008	<0.001	1.006	<0.001	2.072	<0.001
Level of internet addiction	0.156	<0.001	0.080	<0.001	0.124	<0.001	0.199	<0.001	0.560	<0.001

Stepwise regression was conducted by entering covariates in the order of sex and age (step 1), log-transformed Internet daily use (step 2), log-transformed duration of Internet use and Internet activities (step 3), smoking, alcohol and caffeine (step 4), and level of Internet addiction (step 5). β , parameter estimate.

Association of internet overuse and aggression in Korea adolescents

- Discussion
 - Social learning theory and Cognitive neo-association theory
 - Playing video games suggest violent emotions or ideas that could reinforce violent actions in real life

Association of internet overuse and aggression in Korea adolescents

Table 4 Relations between Internet addiction and aggression scores

	Crude		Adjusted [†]		Adjusted [‡]	
	B (SE)	P-value	B (SE)	P-value	B (SE)	P-value
Physical	0.16 (0.01)	<0.0001	0.14 (0.03)	<0.0001	0.16 (0.01)	<0.0001
Verbal	0.08 (0.01)	<0.0001	0.09 (0.02)	<0.0001	0.08 (0.01)	<0.0001
Anger	0.12 (0.01)	<0.0001	0.13 (0.02)	<0.0001	0.12 (0.01)	<0.0001
Hostility	0.18 (0.01)	<0.0001	0.22 (0.03)	<0.0001	0.20 (0.01)	<0.0001
Total	0.54 (0.02)	<0.0001	0.58 (0.07)	<0.0001	0.56 (0.03)	<0.0001

[†]Multiple linear model estimates adjusted for sex, and quadratic term of addiction score and sex. [‡]Multiple linear model estimates adjusted for age, sex, duration of Internet use, daily Internet use, smoking, alcohol, and caffeine intake. β , parameter estimate.

The association between suicidality and Internet addiction and activities in Taiwanese adolescents

I-Hsuan Lina, Chih-Hung Koa et. al.
Comprehensive Psychiatry 55(2014) 504 - 510

Internet addiction and suicide

- Cross-sectional study
- 9510 adolescent students 12 – 18 years of age
- Stratified random sampling
 - 12 junior high and 10 senior high / vocational schools were randomly selected
 - Classes were further stratified into 3 levels based on grades
 - 207 classes with a total of 12,210 adolescent students
- Southern Taiwan

Internet addiction and suicide

- Five questions from the Kiddie Schedule for Affective Disorder and Schizophrenia
- Chen Internet Addiction Scale
 - 26-item 4-point Likert scale
 - Score range from 26 – 104
 - > 64 indicate internet addiction

Internet addiction and suicide

- Mandarin Chinese Version of the Centre for Epidemiological Studies Depression Scale (CES-D)
 - 20 4-point items
 - Assess the frequency of depressive symptoms in the preceding week
- Rosenberg Self-esteem Scale (RSES)
 - 10 4-point items that assess current self-esteem
- Family APGAR Index
 - Measure subjects' satisfaction with family support
- Response rate 91%

Table 2

Association between suicidal ideation and attempt and Internet addiction with logistic regression analysis controlling for the effects of demographic characteristics, depression, family support, and self-esteem.

	Suicidal ideation				Suicidal attempt			
	Wald χ^2	<i>p</i>	OR	95% CI	Wald χ^2	<i>p</i>	OR	95% CI
Internet addiction	9.22	0.002	1.25	1.08–1.44	19.22	<0.001	1.59	1.29–1.96
Age	18.04	<0.001	0.93	0.90–0.96	11.57	0.001	0.91	0.86–0.96
Sex	91.42	<0.001	0.55	0.48–0.62	51.33	<0.001	0.48	0.40–0.59
Residential background	7.99	0.005	0.84	0.74–0.95	0.02	0.901	1.01	0.84–1.22
Depression	624.68	<0.001	1.10	1.09–1.11	176.71	<0.001	1.07	1.06–1.08
Family support	31.25	<0.001	0.95	0.94–0.97	26.90	<0.001	0.93	0.91–0.96
Self-esteem	10.96	0.001	0.98	0.96–0.99	14.83	<0.001	0.96	0.94–0.98
–2 Log likelihood	7243.42	<0.001			3503.66	<0.001		

CI: Confidence interval; OR: Odds ratio.

Discussions

- Possible reasons behind:
 - Exposure to suicide information online
 - Deindividuation caused by internet overuse resulting in decreased self-awareness and weakened control based on guilt, shame and fear – they pay no attention to negative results of suicide, insensitive to fear of death because of online fighting game
 - Increased impulsivity



Who are at risk?

Psychological traits

- Impulsiveness and low self-control (Lee et al. 2012)
- ADHD (Yen et al. 2007)
- Lack of problem-solving skills leads them to unhealthy coping styles e.g. avoidance (Wang et al. 2003)
- Isolated with low self-esteem (Kim and Davis, 2009)

Who are at risk?

- Lack of satisfaction in life
- Absence of intimacy or strong connection to other
- Lack of self-confidence or compelling interest
- Loss of hope
(Peele, 1985)
- Lack of family resources (Choi et. al. 2009)

Co-morbidities

- Adolescents with problem drinking
- ADHD
- Dysthymic disorder
- Bipolar disorder
- Major depression
- Social anxiety

Prevention

- Knowledge in internet addiction is a useful component of prevention
- It has to be delivered through up-to-date audiovisual media

Prevention

- Identify the high risk groups
 - Those engaged in internet gaming
 - Stressful lives, high academic pressure
 - Single parents household
 - Screening with questionnaire at the beginning of each academic year and referral for those high risk students

School-based prevention approach in South Korea

- Government funded Center for Internet Addiction Prevention & Counseling [IAPC] clinics since 2002
- Universal one- to two-hour, school-wide, knowledge-enhancing educational presentation on internet addiction
- Combined with a 10- to 20-session brief interventions for high-risk individuals

School-based prevention approach in South Korea

- More than 80 affiliated counseling centers have begun offering counseling to youngsters with internet addiction
- Internet addiction counselor training program for teachers, counselors, and other mental health professionals
 - 40-hour courses presenting basic knowledge about internet addiction, rapport-building techniques for use with adolescents and other counseling techniques mostly cognitive behavioral
 - More than 1000 counselors have completed the courses and received the IA counselors' certificates

What can we advise the parents?
Shall we do this? Is it going to help?



Treatment approaches

- Inpatient vs outpatient treatment facilities
- Careful assessment of comorbid psychiatric disorders
- Appropriate screening and treatment might prevent IA
- Pharmacological treatment
 - Sertraline and naltrexone
 - Quetiapine and citalopram
 - Escitalopram
 - Methylphenidate

Therapeutic approaches

- Cognitive behavior approach therapy (CBT) has received the most empirical investigation.
- CBT focuses on the erroneous thinking
- Self-regulation skills
- Stress management and coping techniques have been incorporated into counseling protocols
- Parenting skills
- Social skills training and group counseling

Other therapies

- Family-based interventions improve communication and teach family monitoring of internet use
- Group and multi-modal counseling and motivational interviewing were shown in some studies to be useful



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60週年會慶紀念專頁

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機構及部門負責人

機構及部門負責人

總幹事團 兒童發展及教育 長者 家庭及社區 成長及社會復康 特別事工

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