Learning to Deal with Problematic Usage of the Internet.
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Bernardo Dell'Osso, Ilaria Di Bernardo, Samuel Chamberlain, Naomi Fineberg (Authors) Fineberg, Naomi; Dell'Osso, Bernardo; Demetrovics, Zsolt; Chamberlain, Samuel; Corazza, Ornella; Zoharas, Josephas; Potenza, Markas; Hollanderis, Ericas; Van Ameringenas, Michaelas; Sales, Célia; Jones, Julia; Hall, Natalie; Martinotti, Giovanni; Burkauskas, Julius; Menchón, José; Grünblatt, Edna; Király, Orsolya (Editors).

Laura Salciunaite, Aiste Pranckeviciene

Lithuanian University of Health Sciences, Neuroscience Institute, Laboratory of Behavioural Medicine, Kaunas, Lithuania

Could you imagine a day without an internet? It is hard, isn't it? Over the last few decades, the internet has become an inseparable part of our lives. The coronavirus pandemic strengthened the importance of internet even more – internet for many of us became the platform for our work and career, source of information, and place for communication with others; as well as a space of pleasurable activities, such as listening to the music, attending opera, watching movies, or playing games. Even supplying basic needs for household mostly relies on the usage of the internet. We are spending more and more time on the internet, but is there a line in which this "innocent' behaviour might become problematic? When should we became concerned about the time spend on the internet?

'Learning to deal with problematic usage of the internet' is a profound companion book written by a team of researchers working in European Research Network into Problematic Usage of the Internet, supported by COST (European Cooperation in Science and Technology), COST Action CA 16207 in a collaboration with multidisciplinary diverse group of experts from International College of Obsessive-Compulsive Spectrum Disorders (ICOCS) and the International Obsessive Compulsive and Related Disorders Research Network of the European College of Neuropsychopharmacology (OCRN-ECNP). The book aims to deeply analyse one of the most relevant, although highly underestimated psychological topics nowadays – problematic usage of the internet (PUI). While discussing the origins, expression forms and possible outcomes of problematic internet use, authors also provide practical expertise regarding PUI assessment tools, management strategies and simple everyday tips. By clearly communicating a biopsychosocial-approach-based framework of PUI, the authors successfully fulfil the primary purpose of this work, creating a comprehensible guide for the public, patients, family members and health care professionals.

The book begins with a comprehensive reflection on the phenomenon of problematic internet use. While having in mind that over the last few decades the internet became an integral part of our life, the authors analyse the distinction between beneficial internet use and the development of pathological online behaviours. Due to still relevant infancy of understanding the phenomenon, this book presents many of different forms of PUI expression, such as Internet-Related Gaming Disorder, Internet-Related Gambling Disorder, Internet-Related Buying-Shopping Disorder, Cyberchondria, Cyberpornography Addiction, Cyberbullying and Internet Social-Media/Forum Addiction. These paragraph-long sections discussing PUI subtypes contain carefully selected and concentrated information, disclosing the main determining factors and forms of problematic internet use, also highlighting relevant questions of this topic which still need to be studied. This focus offers rich notion for variety of possible PUI approaches of understanding and recognising problematic behaviour. Most importantly, although the text is comprehensively based on the scientific evidence and professional clinical expertise, authors use simple, clear, easily understandable language, pitched at the general reader rather than only the clinicians or the scientific community.

In addition to describing problematic usage of the internet, the book also reviews relevant diagnostic issues and the key tools regarding its' assessment. Emphasising the fine line between what is called 'normal' and 'problematic' internet use and with the consideration that PUI per se is not involved in any of diagnostic manuals, the authors first explain underlying factors leading to overall behavioural addictions (such as Gaming Disorder) and the diagnostic criteria for those forms of behaviour. With this approach, the hypothesis that PUI has similar underlying causes and expressions as other behavioural addictions is formed. Therefore, with this background knowledge it becomes easier to understand the possible symptoms or 'red flags' signalling about problematic online behaviour and choose appropriate tools for its' evaluation. The authors also provide brief description of various psychometric

instruments assessing different subtypes of PUI, established for both clinicians and patients or caregivers. Furthermore, having in mind that problematic usage of the internet does not usually appear as stand-alone issue, but rather co-occurs with other psychiatric disorders, the role of other psychological conditions like mood and anxiety disorders, obsessive-compulsive disorder, sleep disturbances and many others are discussed.

Within the last few sections of the book, the focus turns towards PUI management strategies. The authors acknowledge family environment as one of the most influential factors regarding the development of PUI. A healthy family involvement might play an important factor for effective preventive and management strategies of problematic internet use. Therefore, the book includes practical recommendations for caregivers about children's screen time use, based on different age groups and online activities. It is worth mentioning that by giving these recommendations, the beneficial aspects of online activities were also taken into consideration. With this approach, the book encourages caregivers to engage in parent-child communication, to negotiate on establishing rules and boundaries relating to the use of the internet, which would satisfy both parties. Finally, the book concludes reviewing evidence-based interventions regarding the prevention and management strategies of problematic usage of the internet, such as psychoeducation, psychological counselling, cognitive behavioural psychotherapy, etc. Although the high-quality evidence of these therapeutic options is still lacking due to methodological issues occurring in many clinical trials, the authors suggest that psychotherapeutic options, administered by trained professionals should be considered as first step of treating PUI.

In summary, the book should be considered as a complex analysis of a distinctive and relatively new phenomenon in today's digitalized world – the problematic usage of the internet. Though the book contains carefully selected scientific and clinical information regarding the development, expression, assessment, and management of PUI, it is written in 'reader-friendly' style, which allows to extend the knowledge of PUI not only for scientists or health care professionals, but also patients, families, schoolteachers, and public.

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