

Symposium | Addiction : [Symposium 35] Behavioral addiction with a focus on internet and social media news- finding across cultures

📅 Fri. Sep 26, 2025 10:40 AM - 12:10 PM JST | Fri. Sep 26, 2025 1:40 AM - 3:10 AM UTC 🏢 Session Room 6 (Conference Room B)

[Symposium 35] Behavioral addiction with a focus on internet and social media news- finding across cultures

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[SY-35-01] Internet Use Issues Among Japanese Youth: The Potential for Online Countermeasures

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Keywords : Gaming disorder、 Problematic Internet use、 AI-based intervention、 Cognitive-behavioral therapy、 Problematic Smartphone use

While the Internet offers learning and creativity, prolonged use harms health, study, and family life. Treatment demands much time and staff. This presentation explores online tools for early detection and intervention in problematic Internet use among young people.