

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

Moderator: Susumu Higuchi (National Hospital Organization Kurihama Medical and Addiction Center), Hidehiko Takahashi (Department of Psychiatry and Behavioral Sciences, Graduate School of Medical and Dental Sciences Tokyo Medical and Dental University)

[SY-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

*Nanase Kobayashi¹ (1. Institute of science Tokyo (Japan))

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Keywords : Behavioral addiction、Internet、Social medica、Culture

In our symposium, we will focus on (cross-cultural) investigations of behavioural addictions, which have become the focus of recent research activities. Four speakers will elucidate different aspects with a broader methodology.

Aaron Mross is a clinical psychologist from Essen, Germany, who investigated information about mental health on social media. He will talk about the data quality of health information on TikTok and will also present data assessed in Germany and Japan. He will be followed by Nanase Kobayashi, psychiatrist from the Institute of Science, Tokyo, who will talk on early prevention measures in young people in Japan that excessively consume the internet based on surveys. She will also target the potential of AI psychological interventions.

Katja Koelkebeck, psychiatrist in Essen and Bielefeld, Germany, will present data that have been collected in Germany and Japan in an effort to identify brain regions involved in internet gaming and will show structural imaging data related to addiction networks. Finally, Hironobu Fujiwara, psychiatrist at Kyoto University, Japan, will introduce MRI and questionnaire surveys from the perspective of the internet use's (IU) harms and benefits, exploring neural correlates of clinical and subclinical-level IU. The focus will be set on the IU of medical residents and the potential nature of IU in cross-addiction. All in all, we hope to present a comprehensive picture of the topic and recent research directions.

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

*Nanase Kobayashi¹ (1. Institute of science Tokyo (Japan))

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.