

Symposium | AI&IT : [Symposium 82] Youth Mental Health in the Digital Era: Perspectives from Young Psychiatrists

📅 2025年9月28日(日) 9:00 ~ 10:30 🏢 Session Room 5 (Conference Room A)

[Symposium 82] Youth Mental Health in the Digital Era: Perspectives from Young Psychiatrists

Moderator: Hiroyuki Yamaguchi (National Center of Neurology and Psychiatry), Akane Hayakawa (Tokyo Metropolitan Matsuzawa Hospital)

Discussant: Tokuya Inaguma (Tokyo Metropolitan Matsuzawa Hospital)

[SY-82-03] Adolescent Cyber Addiction*Su Myat Yadanar¹ (1. Specialty Doctor, North London NHS Foundation Trust (UK))

キーワード : Cyber Addiction、Adolescent、Social Media

Abstract for Adolescence Cyber Addiction Cyber addiction is defined as uncontrollable use of the internet that results in excessive time consumption or social dysfunction and may have a similar pathology to other addictions, which result in interpersonal, family, and social problems. Cyber addiction is being addicted to cyberspace. It is the compulsive need to continuously checking social media, visit porn sites, or do online gaming. Concerns about the overuse of the Internet have arisen as a result of the release of reasonably priced personal computers, the expansion of Internet access, and its growing popularity. Addiction to the Internet is a growing public health concern. The International Classification of Diseases (ICD-11), the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), and the World Health Organization do not consider excessive Internet use to be a disorder. However, the ICD-11 lists gaming disorder. Classification of Internet Addiction includes cyber-sexual addiction, cyber-relational addiction, net compulsions, information overload and computer addiction. It is estimated that more than 40% of people on the planet today have access to the Internet, and more people are using mobile devices. Adolescents and young adults who are internet addicted may experience severe negative impacts in their lives, including deteriorations in their emotional and physical well-being, social interactions, and academic achievement. Numerous psychological, social, and academic issues, such as anxiety, depression, social isolation, and poor academic performance, have been linked to excessive internet use. This presentation will be highlighted on prevalence, implications, recent findings and management of cyber addiction.