

<http://www.internetsucht.de/>

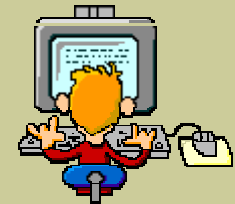


Stress und Sucht im Internet



Online-Studie  
der Humboldt-Universität  
zu Berlin

# Stress and Addiction in the Internet: First Results of an On-Screen-Study



Matthias Jerusalem, André Hahn,  
Anja Niesing & Andy Heer  
Humboldt-University of Berlin

Contact: [anja.niesing@gmx.net](mailto:anja.niesing@gmx.net) or [andy@f1forhelp.de](mailto:andy@f1forhelp.de)

## Overview

I

Development of the Internet in Germany

II

Internet-Addiction: Definition and Diagnostics

III

Results of the first German On-Screen Study

IV

Synopsis: Implications for Research and Therapy

I

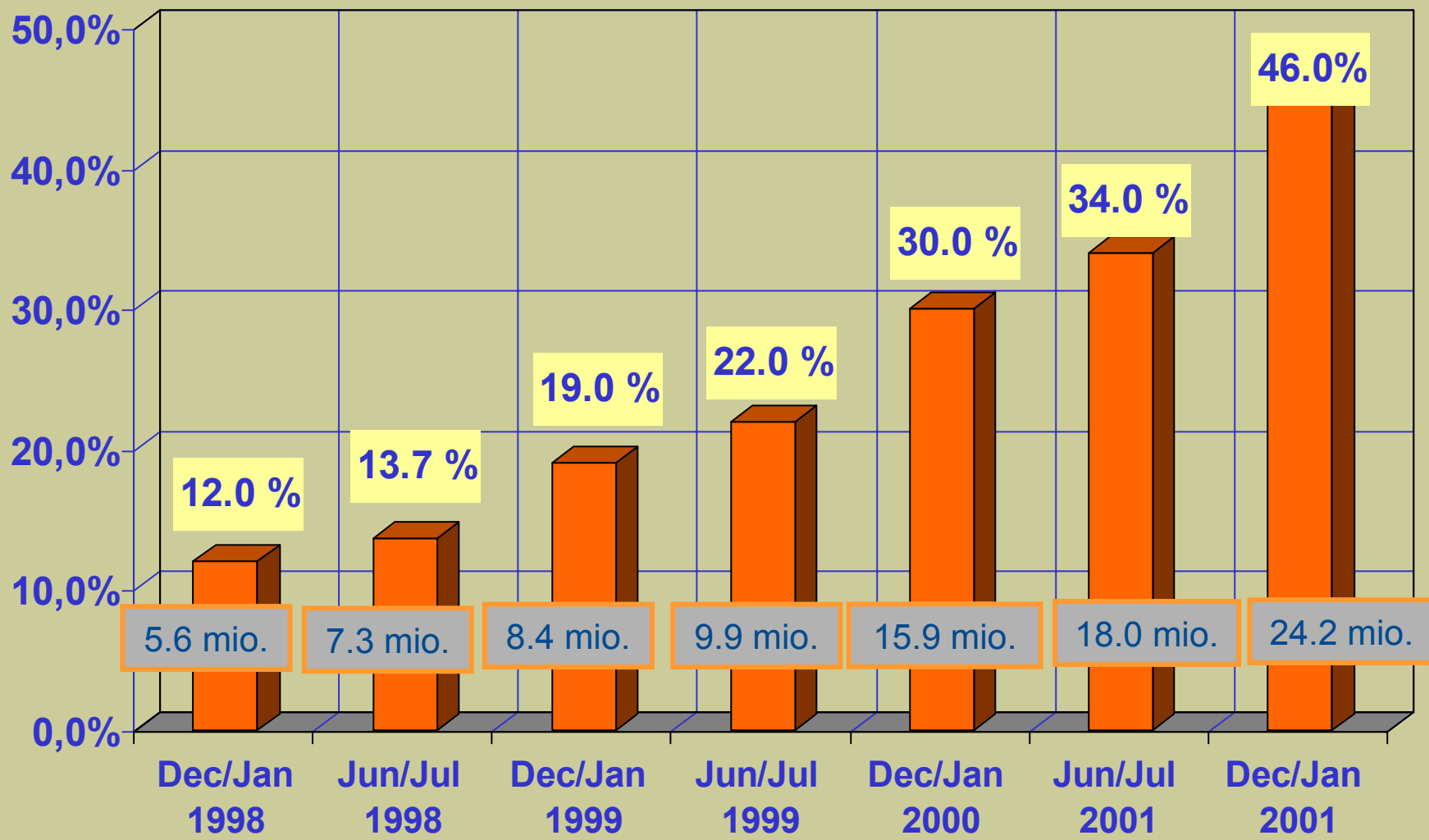
## Development of the Internet in Germany





# German Internet-users

Population between 14 and 59 Years\*

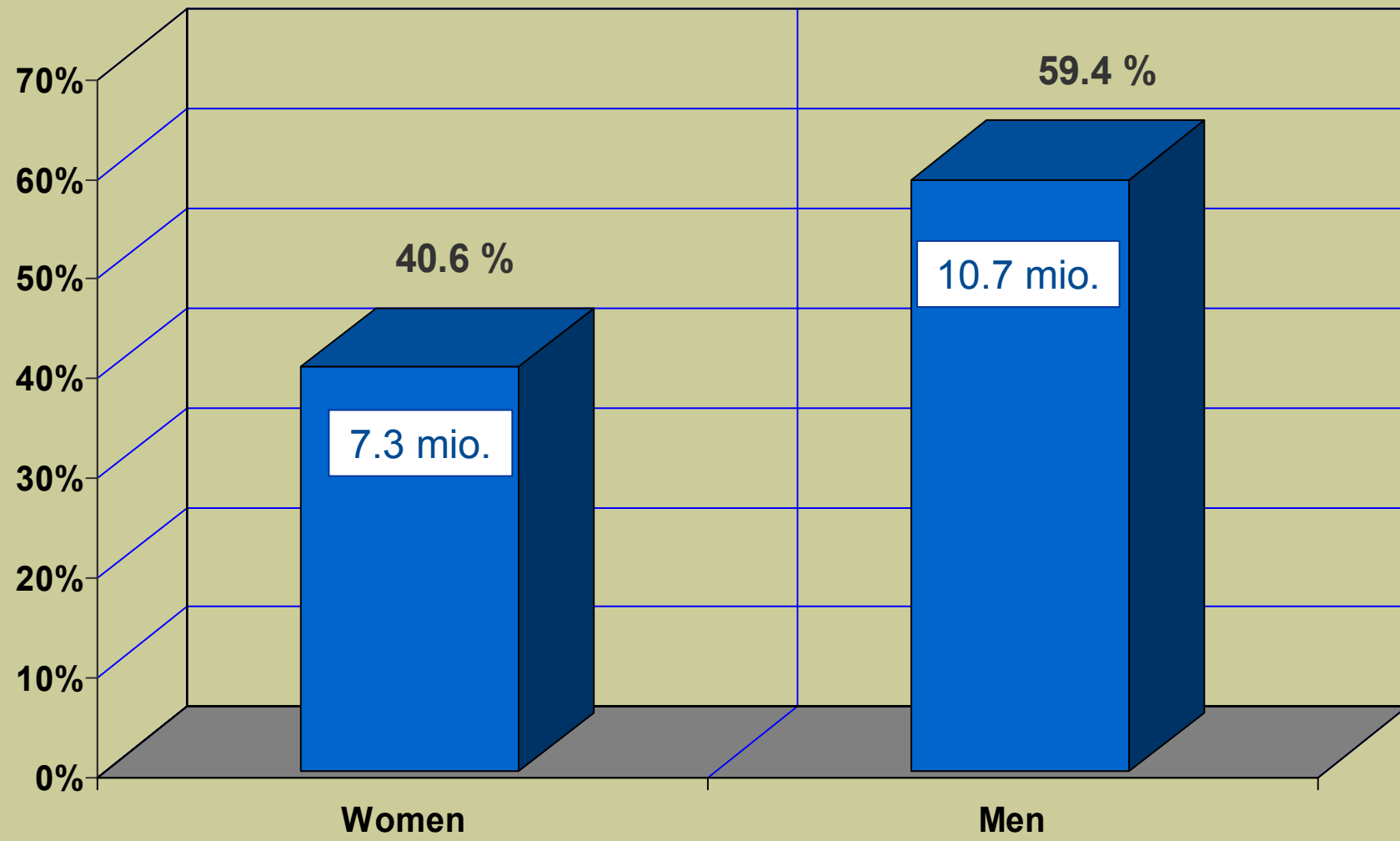


source: "Online-Monitor" of „Community of Consume Research“ (GfK, 1998a, 1998b, 1999a, 1999b, 2000) \* since 2000: age 14 till 69 years



# Internet-Users in Germany

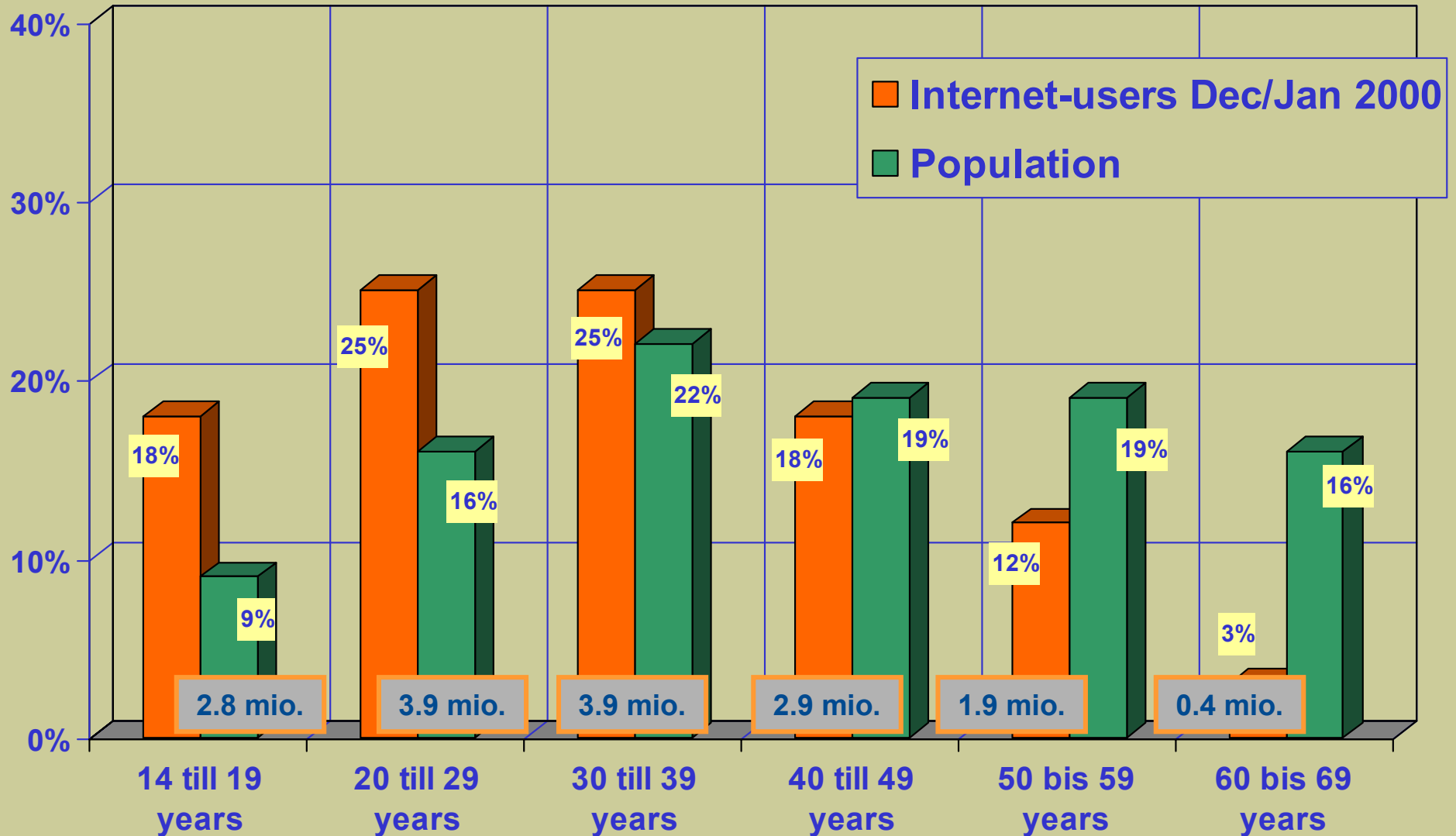
- Sex -



Quelle: "Online-Monitor" of „Community of Consume Research“ (GfK, 2000b)

# German Internet-users

- Age -



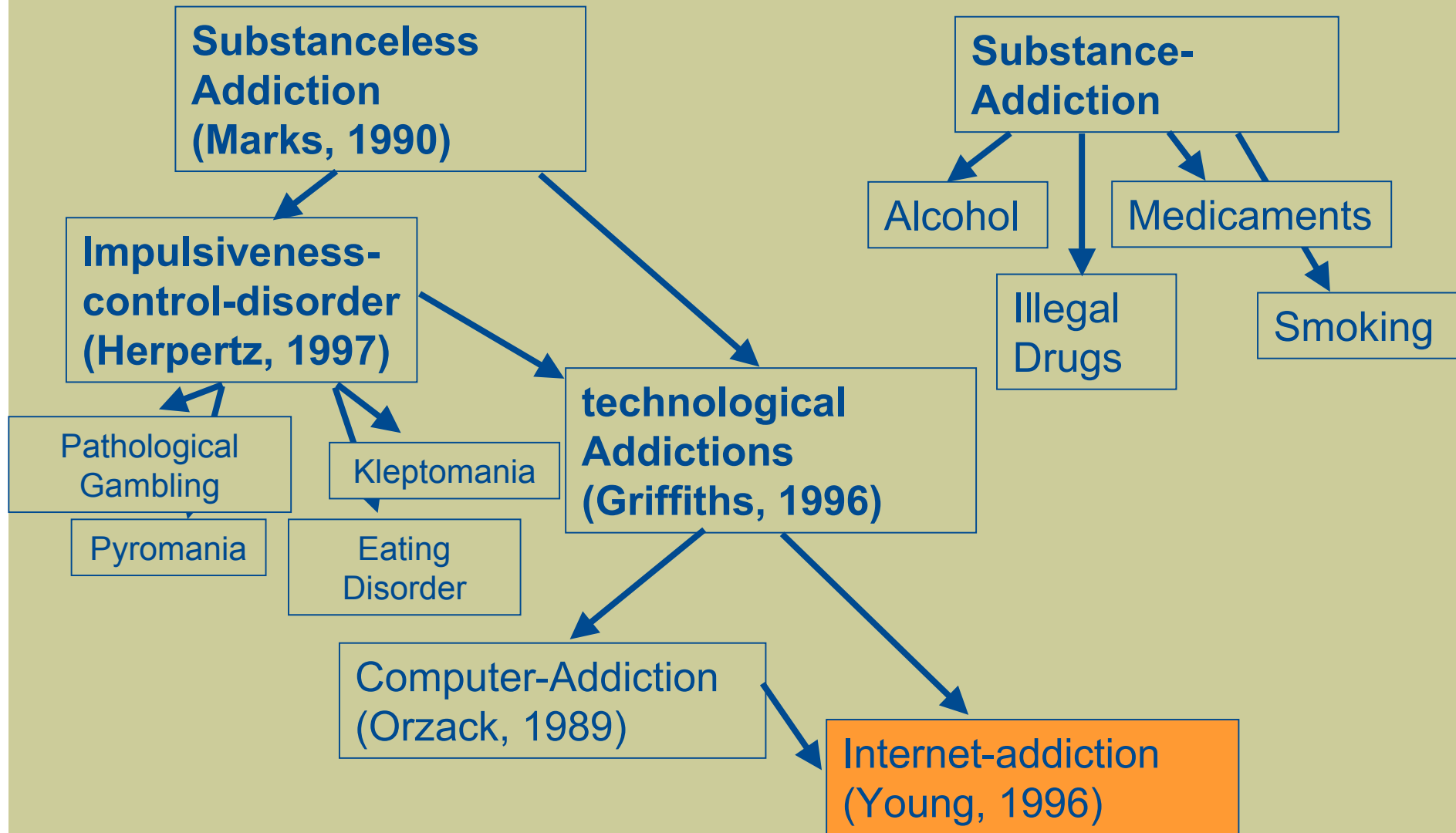
source: "Online-Monitor", "Community of Consume Research" (GfK, 2000)

II

## Internet-Addiction: Definition and Diagnostics



## Internetsucht: Definition and Diagnostics



## Proposal for the Definition of Internet-Addiction

We say internet-addiction exists, if the following five criteria are performed:

**loss of control:** the person has widely lost control of the beginning and the end of the internet-use (attempts to reduce the degree of using the net stay unsuccessful or were not undertaken, even if the person has the awareness of the caused personal and social problems)  
*sample item:* „Quite often I've tried to reduce my online activities in vain.“

**development of tolerance:** over the time the users increasingly spend more time on internet-activities, which means that the „dose“ of internet-use they need to be satisfied increases  
*sample item:* „In comparison to the beginning of using the internet my online time has constantly increased.“

**symptoms of deprivation:** with temporary longer interruption of the internet-use there are psychical adverse effects (nervousness, testiness, aggressiveness) and psychical desire (craving, urging) for resumption of the internet-activities  
*sample item:* „The internet is always on my mind even when I'm not online.“

**negative social consequences:** because of the activities on the net there are especially negative consequences in the field of „social relations“ (e.g. anger with friends, disregard of the family)  
*sample item:* „Since I've been using the internet some friends went away from me.“

**negative consequences for performance:** because of the activities on the net there are especially negative consequences in the field of „occupation/work and effort“ (e.g. disregard of general responsibilities)  
*sample item:* „My performance in school/at work suffers from my internet activities.“



III

## Results of the first German On-Screen Study

Stress und Sucht im Internet



Online-Studie  
der Humboldt-Universität  
zu Berlin

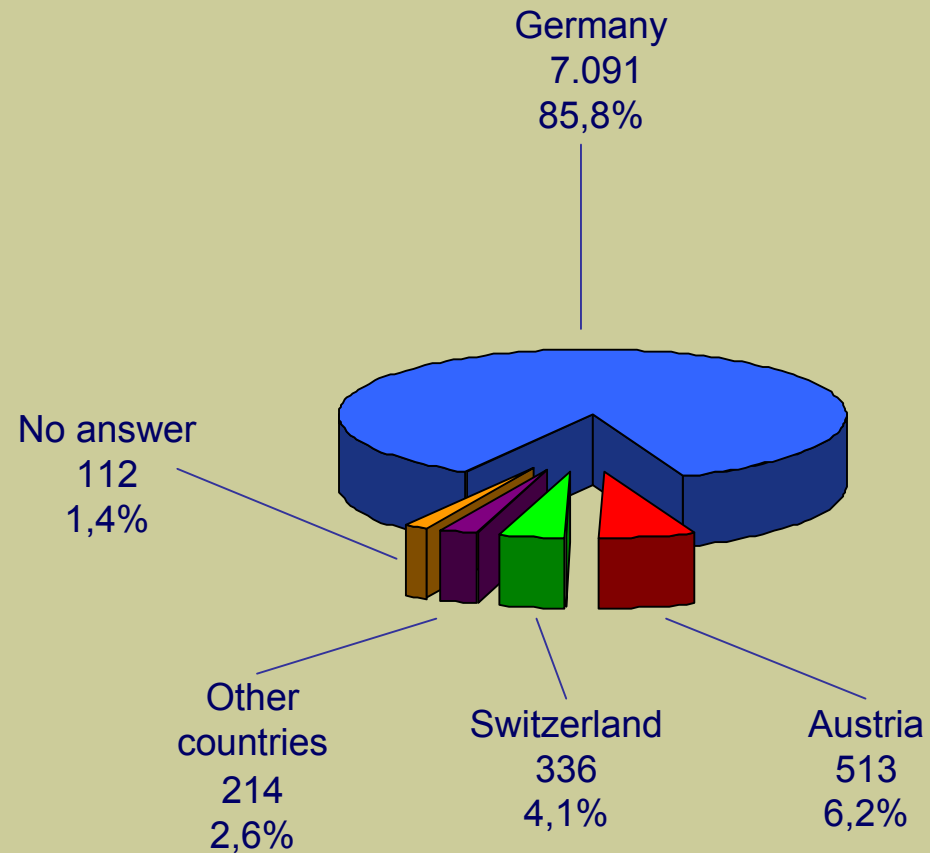
## Selection of the Analysis-Sample

Analysis-sample :

8.266 persons

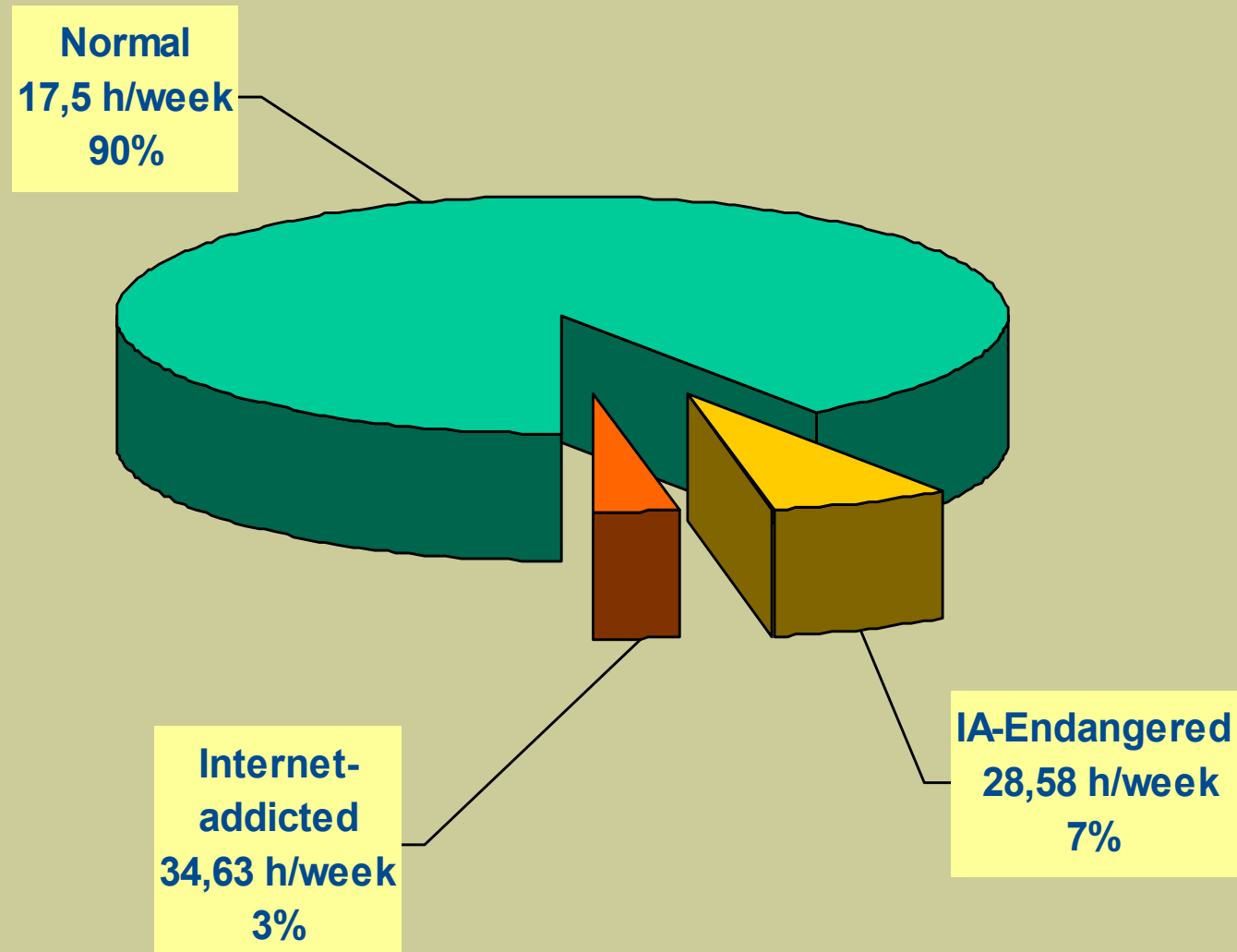
excluding:

- experts from the addiction field
- psychologists
- internet-specialists



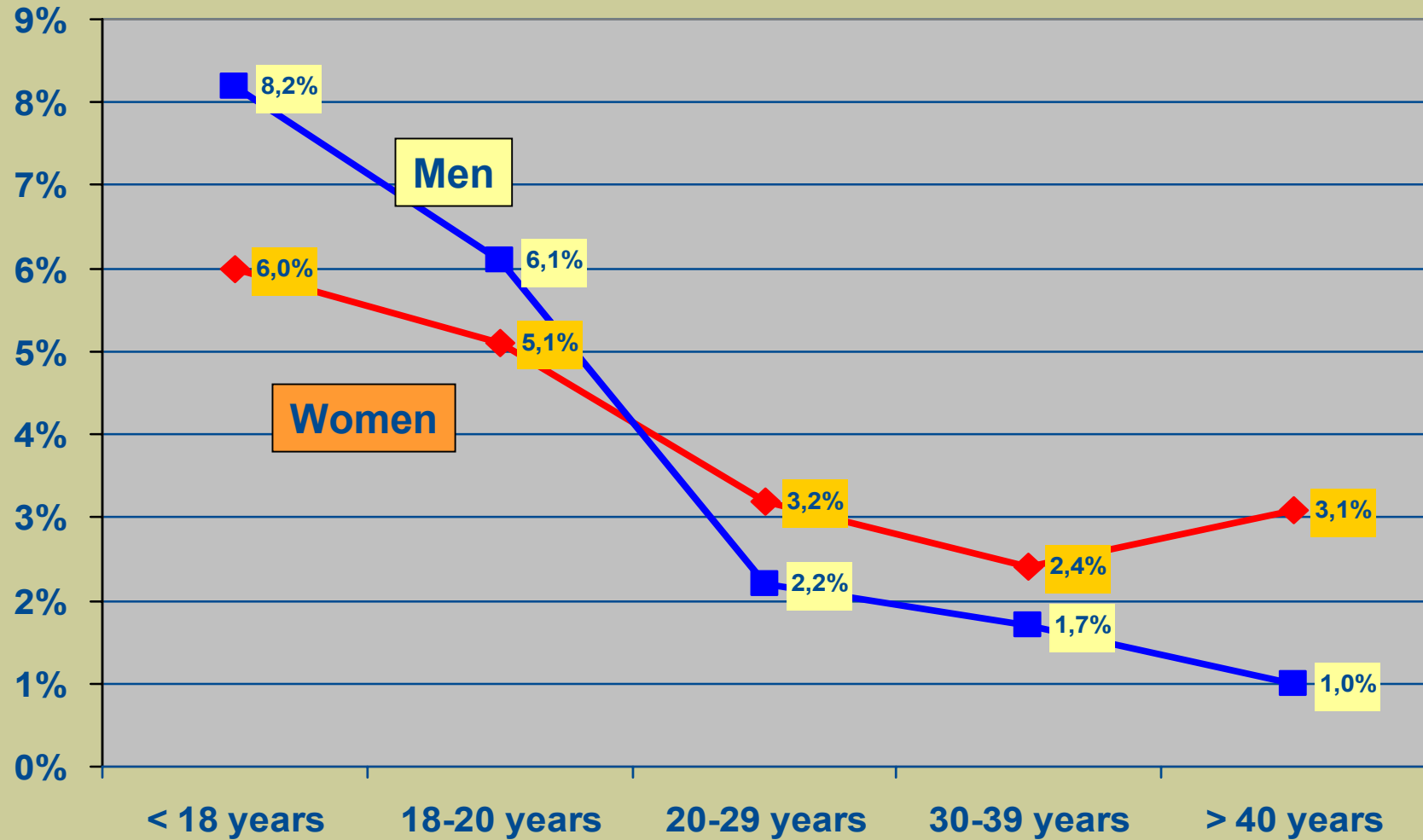
III

## Prevalence of Internet-Addiction and Internet-Use (hours per week)



N = 7.049

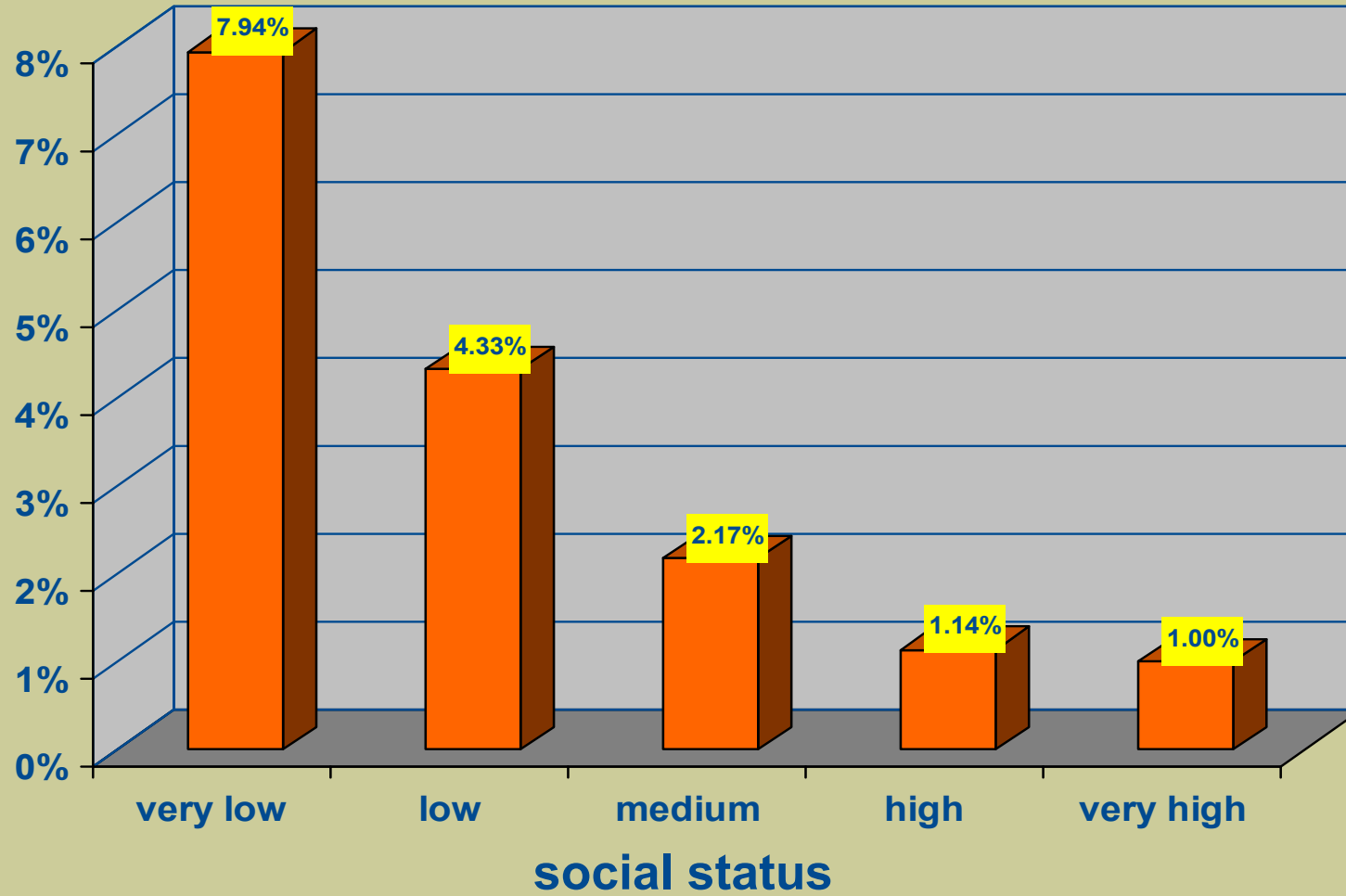
## Internet-Addiction: Age and Sex





## Internet-Addiction and Social Status

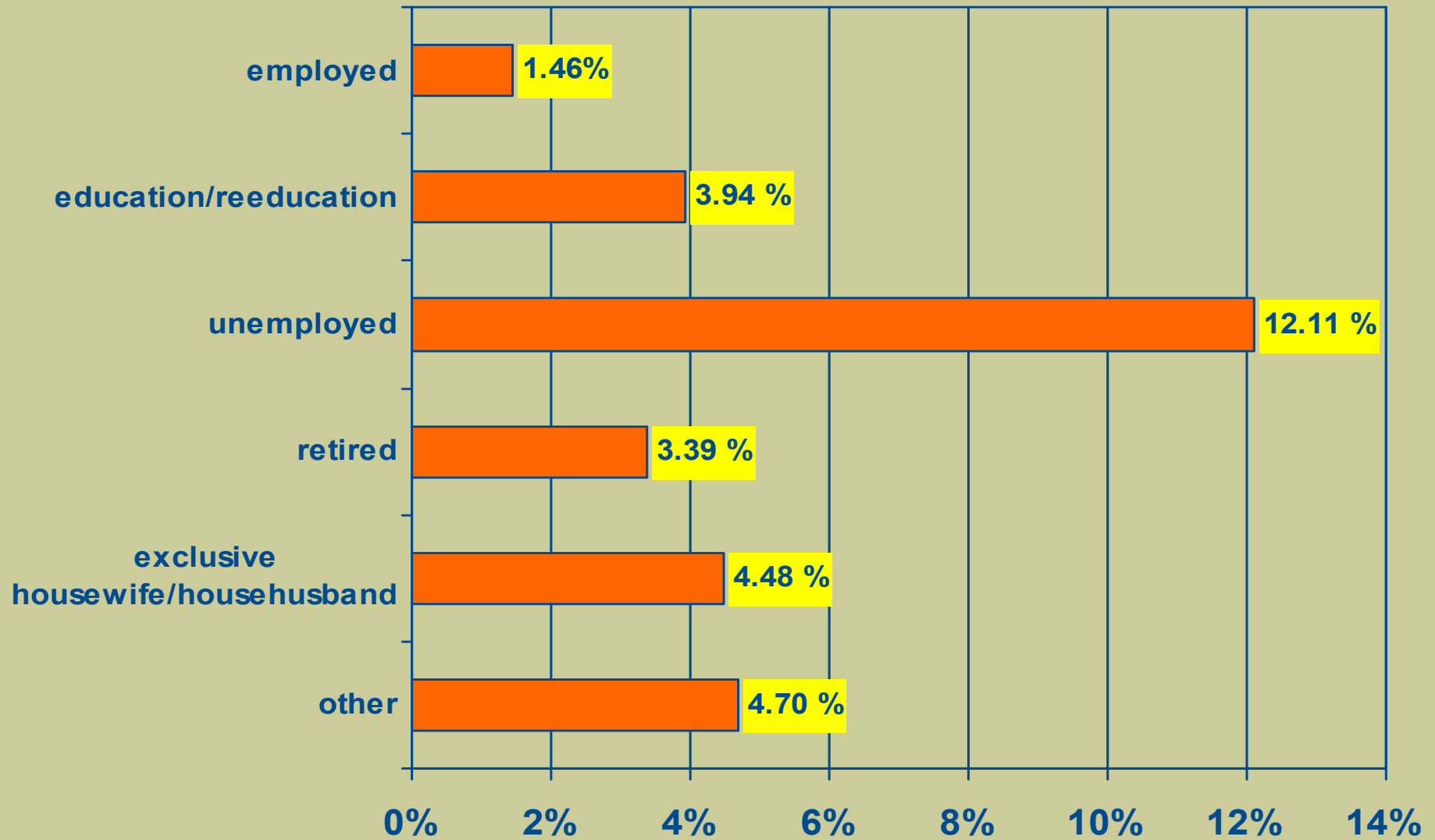
Scope/vocational autonomy



N = 4.088

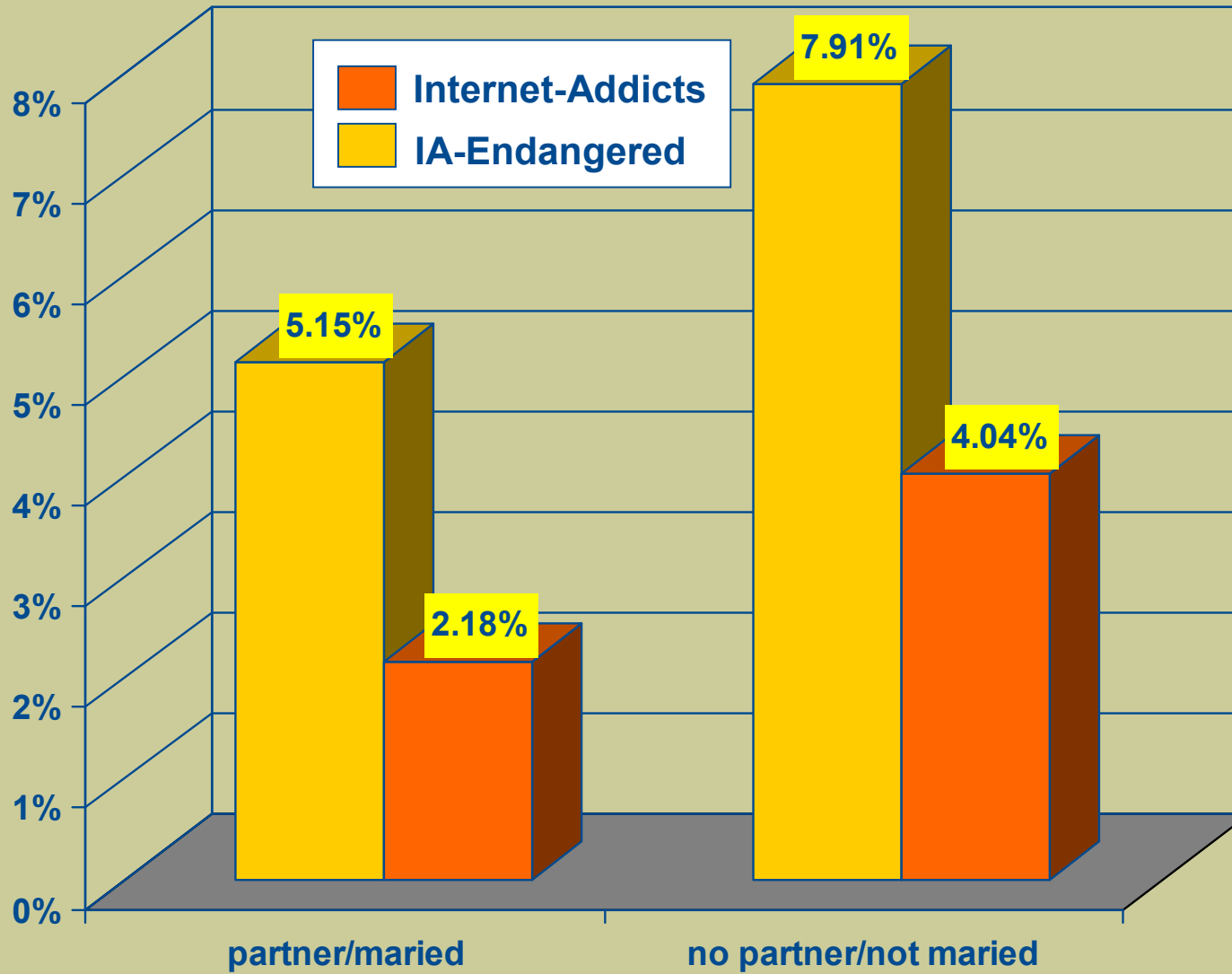
III

## Occupation and Internet-Addiction

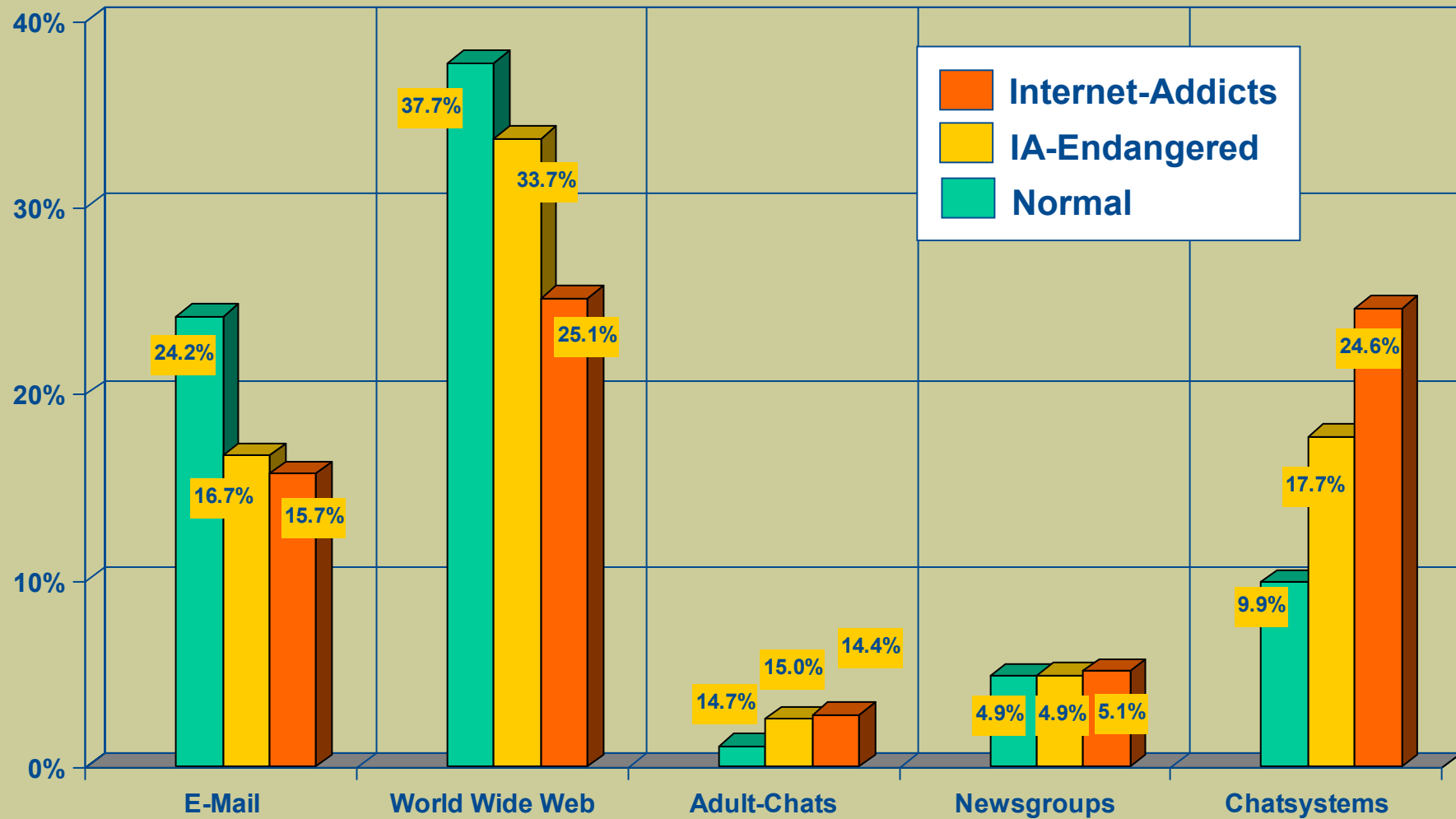


N =7.049

## Internet-Addiction and Partnership



## Use of different Internet-Applications



IV

**Synopsis:**

**Implications for Research and Therapy**

## IV

### Synopsis

1

The prevalence of internet-addiction averages for Germany approximately 3 percent (upper limit) which corresponds to 720,000 internet-users. Their online-time averages a mean value of 35 hours per week.

2

Internet-addiction seems to affect especially young and growing up people. With increasing age women are affected thrice as much as men.

3

Risk-groups: a) people without partner, b) people of low social status groups, c) unemployed and part-time-employed persons

4

Internet-addicts especially use chat- and communication-systems, play more often games in the net (without input of money), use more music-offers (e.g. MP3 downloads) and obviously visit more often erotic services than regular internet-users.

5

Even if there are numerous hypothesises to determine internet-addiction we could only found cross-sectioned results yet. That's why until now we can't give sufficient answers to any causality.

**No I am NOT addicted!!!**



(c) WWW.OHMYGOODNESS.COM