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Lab #3 Research Portfolio Outline

1. Mobile-Madness: Man-made ADHD
   1. Original Research Problem
      1. Summary
         1. With numerous apps in our pockets and on our devices, we live in a multi-task- oriented world. When was the last time that you went on only one platform for a prolonged period of time? Do you feel anxious when you haven’t checked your other accounts? Is this a biological addiction? If this is a serious concern to our health, then why isn’t there a clear and commonly agreed upon diagnosis of internet addiction?
      2. Keywords
         1. Addiction, internet addiction, dependence, attachment, security, safety, comfort, identity, self-harm, entertainment, anticipation, media-multitasking, mobile madness
      3. Initial Research Question: Are we addicted to our devices?
         1. Powerful statistics about number of devices
            1. There are 320 million people in the united states (census.gov, 2014).

This will give a sense of the great number of people affected by possible technology addiction.

* + - * 1. In 2011, the number of cell phones in the United States exceeded the number of people (Kang, 2011).

A shocking statistic that tells us that many devices are out there even if we aren’t using them.

* + - * 1. As of January 2014:

90% of American adults own a cell phone

32% of American adults own an e-reader

42% of American adults own a tablet computer

This tells us that we as a society are becoming more mobile. People want portability and technology on the go. Multitasking. (Pew Research Center, 2014)

* + - * 1. As of 2015

Nearly two-thirds (64%) of U.S. adults own a smartphone, up from 35% in 2011 (Pew Research Center, 2015)

Young adults, ages 18-29, are more likely (15%) than other age groups to be smartphone-dependent (Pew Research Center, 2015)

(The Holy Grail which was released TODAY: <http://www.pewinternet.org/2015/04/01/us-smartphone-use-in-2015/>)

* + - 1. Has internet addiction been properly defined and addressed?
         1. Definition of addiction

Addiction is a primary, chronic, neurobiologic disease, with genetic, psychosocial, and environmental factors. . . . It is characterized by behaviors that include one or more of the following: impaired control over drug use, compulsive use, continued use despite harm, and craving (Savage et al., 2003).

* + - * 1. Definition of internet addiction

How is this different from typical “addiction”?

How do we measure this addiction? Is it okay to “tap” into someone’s phone to measure their usage?

Here is what to look for (3-4 yes responses suggest abuse; 5 or more suggest addiction)

Increasing amounts of time spent on computer and internet activities

Failed attempts to control behavior

Heightened sense of euphoria while involved in computer and internet activities

Craving more time on the computer and internet

Neglecting friends and family

Feeling restless when not engaged in the activity

Being dishonest with others

Computer use interfering with job/school performance

Feeling guilty, ashamed, anxious, or depressed as a result of behavior

Changes in sleep patterns

Physical changes such as weight gain or loss, backaches, headaches, carpal tunnel syndrome

Withdrawing from other pleasurable activities

Developed by Dr. Hilarie Cash, PhD.

Contradictions

DSM V cannot agree if it is “real” or not.

Same with caffeine addiction

But internet gambling IS an addiction

This is “normal” and how things are.

“Its good to keep busy”

“You could always just log off”

* + 1. Justification for Research Problem
       1. Investigating the problem
          1. Research can help content-makers and consumers become more aware of the negative effects of today’s technology.

Having an awareness of the issue may improve our personal health.

Seeing numbers will have more of an impact.

A large organization’s report will mean more than a website or blog post.

Involve the National Government

Involve other major stakeholders

Multidisciplinary research

This is a multidisciplinary problem. Cannot be handled by just one field or one type of researcher.

Need to fight fire with fire.

Perhaps introduce apps that measure internet addiction and offer ways of recovery (similar to nicotine patches, ween them off of technology)

* + - * 1. Psychological Perspective

A 2003 New York Times article, "The Lure of Data: Is It Addictive?" reported that our daily technology use has some negative side effects. Today, it’s even worse.

A 2013 Harvard Business Review article, “Tech’s Best Feature: The Off Switch” shows that tech is addictive and that there are benefits to having a tech break.

* + - * 1. Sociological Perspective

Fitting in socially

Necessary for work

“Everyone does it”

Typologies and Scripts in TV, Music, Movies

* + - * 1. Biological Perspective

Dopamine released with every notification

* + 1. Close Look
       1. History
          1. Texting, Calling (older communication)

Find links between the past and the present

Was there a talking on the phone addiction?

Letter writing addiction?

What was a notification before modern technology?

* + - 1. Personal Use
         1. Social Media
         2. RSS Feeds
      2. Professional Use
         1. Email
         2. “Workaholic” typology
      3. Effects
         1. Vibration (Phantom Vibration)

When you feel a notification but nothing happened

Expectation, anticipation

Always waiting, wanting more

* + - * 1. Satisfaction

How many notifications did I get today?

Who didn’t I get notifications from?

When will I get them?

Need to stay awake until I can end on a good note

* + - * 1. Depression/Anxiety

Do I feel loved?

Do I have friends?

Am I working hard enough?

* + 1. Future Directions
       1. Consensus among top researchers is needed
       2. Guidelines for data collection are needed
       3. An official definition is needed
       4. A specialized professional on internet addictions is needed
       5. Classes taught at universities
       6. Public awareness of health effects is needed