CLÍNICA VIVALDI · FREE SHEET · ADDICTIONS

Technology addiction

Use of mobile phones, social networks or video games with loss of control and consequences on sleep, studies or relationships. The DSM-5-TR only lists Internet gambling disorder as an area of study.

COMMON SIGNS

- Losing track of time spent online
- Irritability when unable to go online
- Neglecting other activities

TIPS FOR YOU

1. Set screen-free times, especially before bed
2. Turn off notifications and keep your phone out of the bedroom
3. Take up offline activities again

FOR FAMILY AND FRIENDS

1. Clear rules and adults leading by example
2. Screen-free zones and times for the whole family

WHEN TO ASK FOR HELP

1. If it affects sleep, studies or work
2. If there is isolation or aggression when it is taken away

TO OBSERVE AND NOTE DOWN

☐ I spend more time on my phone or video games than I want to

☐ I get nervous if I can't go online

☐ I have stopped doing things because I'm online

☐ I use my phone until very late

☐ I use it to avoid thinking about how I feel

☐ I have argued about how much time I spend online

☐ I have tried to cut down without success

☐ I sleep or perform worse because of it

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/adiccion-a-las-nuevas-tecnologias
- Full article: Technology addiction: clinicavivaldi.com/en/trastorno-adiccion-tecnologias
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

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