Chapter 12
Systemic Approach and Digital Addiction
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ABSTRACT
This chapter underlines the relationship between the theoretical fundaments of systemic family therapy and digital addiction. This chapter works as a literature review with internet addiction, digital addiction, online addiction, and technology addiction. In this view, a literature assessment points out that systemic family therapy could be used as an intervention strategy in the treatment of digital addiction along with other therapies like psycho-social and cognitive-behavioral therapies. Therefore, a systemic approach to the treatment of digital addiction can strengthen the usual dynamics through an active systemic approach to digital addiction as a solution to digital addiction. An empirical investigation about the preventive and therapeutic efficacy of systemic approach is not the aim of this chapter.

INTRODUCTION
In the recent decade, plenty of studies have focused on Internet use and Internet addiction (Bacigalupe & Lambe, 2011; Ceyhan, Ceyhan, 2007; Bozoglan, Demirer & Sahin, 2013; Demirer, Bozoglan & Sahin, 2013; Bozoglan, Demirer and Sahin, 2014; Bozoglan & Demirer, 2015; Correa, Hinsley, & Zúñiga, 2010; Gamito et al, 2016; Kuss, 2016; Lin et al., 2018; Perrin & Duggan, 2015; Sanders et al., 2000; Stafford & Hillyer, 2012, Stern & Messer, 2009; Zhong, 2013). This is probably due to fact that the Internet offers information about diversity of issues all over world as well as it is easily accessed. Quarrels regarding the association between excessive use and Internet addiction have been going on for about twenty years. There is not still a clear agreed definition of Internet addiction and the best approach to treat it (Demirer & Bozoglan, 2015).

Information and communication technologies covering hardware such as computers, smartphones, game consoles and software such as email, videoconferencing, online social networks sustaining the digital culture (Stafford & Hillyer, 2012), have increasingly become part of our daily lives (Bacigalupe & Lambe, 2011; Correa, Hinsley, & Zúñiga, 2010; Stern & Messer, 2009; Stafford & Hillyer, 2012;...
Zhong, 2013). The internet as a part of ICT has been almost saturated amid various demographic groups (Perrin & Duggan, 2015). Although, the research has revealed most of the young internet users indicated that internet has been fruitful for them to use (Pew Research Center, 2014), most of the adult internet users say say it would be quite difficult to give up the internet.

The research show that internet use has increased tremendously for two decades, suggesting that these the behavioral patterns concerning the internet use indicate dependency on the Internet, which is often called Internet addiction (Gamito et al, 2016). The subsequent search terms or its derivatives were utilized regarding Internet addiction, specifically: “Internet” or “online” and “excessive”, “problematic”, “compulsive”, and “addictive” (Kuss, 2016). From the point of Lin and Tsai (2002), Internet-addicted people are inclined to spend excessive time on the Internet and they get rather excited while they are using the Internet. And they feel stresses or depresses when they are not online. They also argue that these addicted people use the Internet impulsively and demonstrate withdrawal symptoms, and so this situation affects negatively their lives in life areas like school, health, and family relationships (Bozoglan & Demirer, 2015. From the point of researchers, Internet users might develop features like depression, bipolar disorder, sexual compulsion, or loneliness (Morahan-Martin, 2005).

Research so far has indicated that there was significant relationship between addictive internet use and loneliness (Bozoglan, Demirer & Sahin, 2013; Demirer, Bozoglan & Sahin, 2013) and shyness (Sanders et al., 2000), low self-confidence (Lin et al., 2018), poorer social skill and depression (Ceyhan, Ceyhan, 2007; Bozoglan, Demirer and Sahin, 2014) and cognitive absorption (Bozoglan, Demirer and Sahin, 2014). Considering the latest increasing awareness of digital addiction, practitioners have clinicians have started using different treatment methods to support individuals that look for help for their Internet over-use associated problems (Kuss, 2016).

DIGITAL ADDICTION AND ITS TREATMENT

Regarding treatment of the digital addiction, there are various approaches that have been used for the recent two decades. For instance, psycho-pharmacotherapy incorporated administering serotonin reuptake inhibitors (SSRIs), like escitalopram or anxiolytics, that are normally utilized in the treatment of anxiety disorders, containing OCD, amphetamines that are used for the treatment of ADHD, and atypical antipsychotics that are typically used for the treatment of schizophrenia spectrum disorders. Few studies that were conducted established that antidepressant pills were mostly used, indicating that mood disorders might be comorbid with digital addiction. Furthermore, it was recommended that this medication which is usually administered to treat can also be effective in decreasing Internet addiction-related symptoms as long as other primary or secondary disorders are co-existing (i.e., OCD and ADHD) (Kuss & Lopez Fernandez, 2016).

Moreover, Kuss and Lopez-Fernandez (2016) established that individual and group therapy were used in order to treat Internet addiction related problems and found that cognitive behavioral therapy was the most commonly used form of psychological therapy to treat Internet addiction. This could normally take between 8 and 28 sessions including the therapy features such as psychoeducation, problem identification, healthy communication, increasing Internet awareness, and teaching cessation techniques. Additionally, a short-term treatment was applied for Internet addiction as well as group therapy consisting of systemic therapy that cover social support and motivational interviewing (Miller & Rollnick, 2002).
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