Networked Media Research Collaboration Programme

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Research Title:

An Intervention Programme for Excessive Internet Users

: A Practical Manual for Adolescents.

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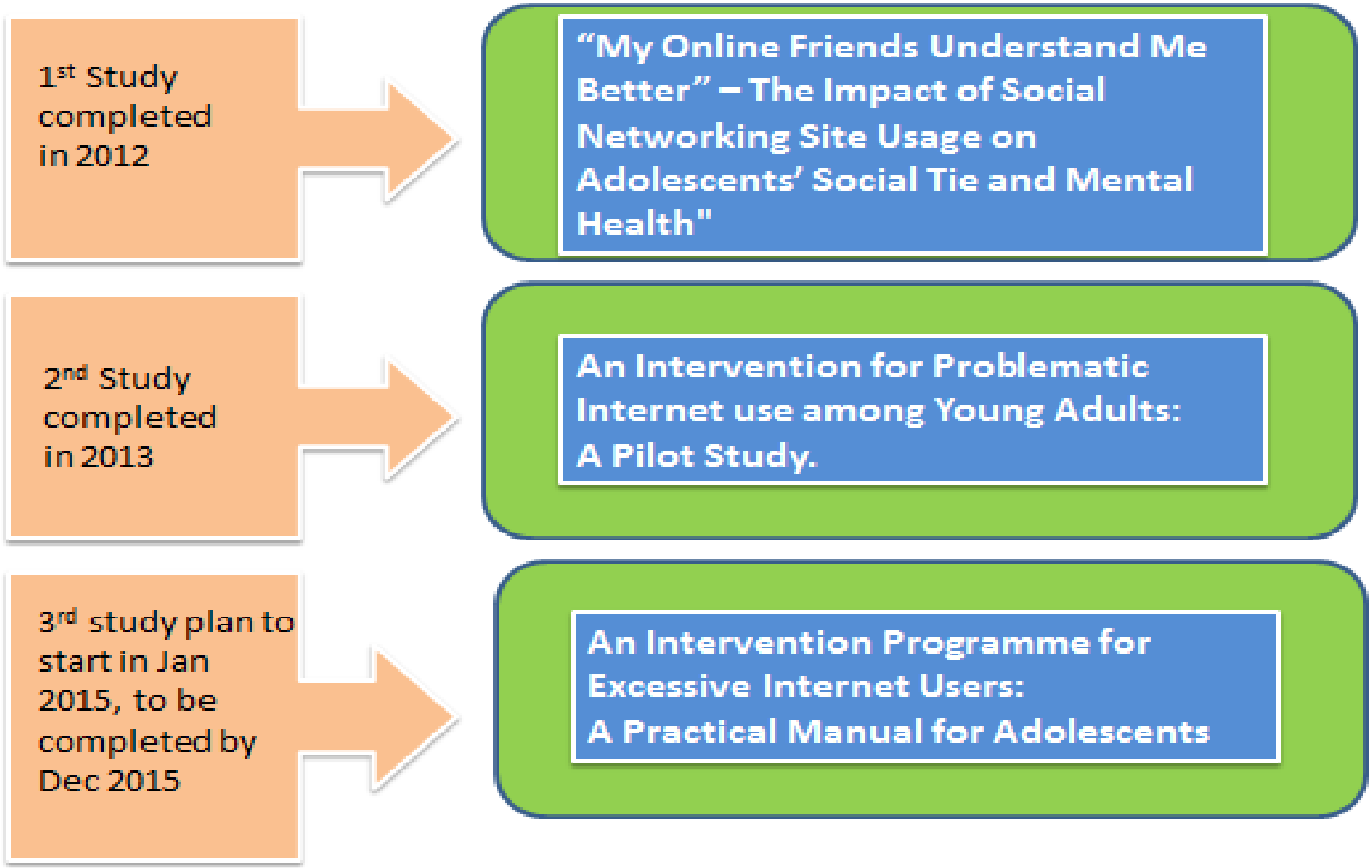
Figure 1: RESEARCH PROGRESSION ROUTE



Study 1 (N=723)

SNS addiction level (normal / mild/ moderate/ severe)

SNS Addiction	%	N
Severe Level	1.7	13
Moderate Level	57.5	416
Total	59.2	429

Mental Health (severe and extremely severe level) , approximately

Mental Health	%	N
Anxiety	60	434
Depression	31.7	229
Stress	20	145

Study 1

Results indicated SNSs addiction correlates significantly and positively with Mental Health

SNS Addiction	Pearson Correlation (r)
Stress	**0.510**
Anxiety	**0.487**
Depression	**0.513**

whereby the more addicted they are to SNS, the higher the probability that their mental health will be affected.

Study 2

- Design a manual-based **Cognitive Behavioural Therapy (CBT)** programme to reduce problematic Internet use among young adults in Malaysia. To reduce the levels of stress and anxiety among problematic Internet users, with an emphasis on teaching skills to reduce social anxiety and increase social interactions in real life face-to-face settings.

Study 2

- The results from this study revealed that the *mean* for post-intervention decreases as compared to pre-intervention, which suggests that participants emotional, psychological and even behavioural have gained improvement after the intervention sessions.

Related Internet Treatment in Malaysia and Other Countries

Country	Treatment
Malaysia	Child Online Safety Programme (MCMC) Outreach Programme focus safety in Cyberworld (CyberSecurity Malaysia)
USA	ReStart, 2009 Washington: 45 day treatment programme to intervene internet addiction. Center for Net Addiction, Dr Kimberly Young
Turkey	Private hospital in Istanbul facility to treat internet addiction, 2006
South Korea	Government educate healthy computer usage, and Internet Detox Boot Camp Gongju National Hospital has opened a clinic to treat internet addicts
UK	Smith & Jones Center (Amsterdam) treats video game and internet addicts

Study III- Objectives

- To develop a practical manual from **Cognitive Behavioral Therapy (CBT)** intervention programme to reduce social anxiety and increase social interaction so as to reduce excessive Internet use.

- To train first batch of school counsellors and apply the programme in secondary schools.

Literature

- CBT is built on assumption that thinking processes both influence and are influenced by emotional and behavioural response (Wills & Sanders, 2013).
- Various authors (Safran & Muran, 2000; Gilbert & Leahy, 2007; Wills, 2008) have emphasised how elements of interpersonal worked through problematic behaviour.

Methodology

Participants

- Secondary school students recruited from government secondary schools. Participants will be from the age range of 13-18 and will be recruited with permission from the Ministry of Education, schools' headmasters and parents.

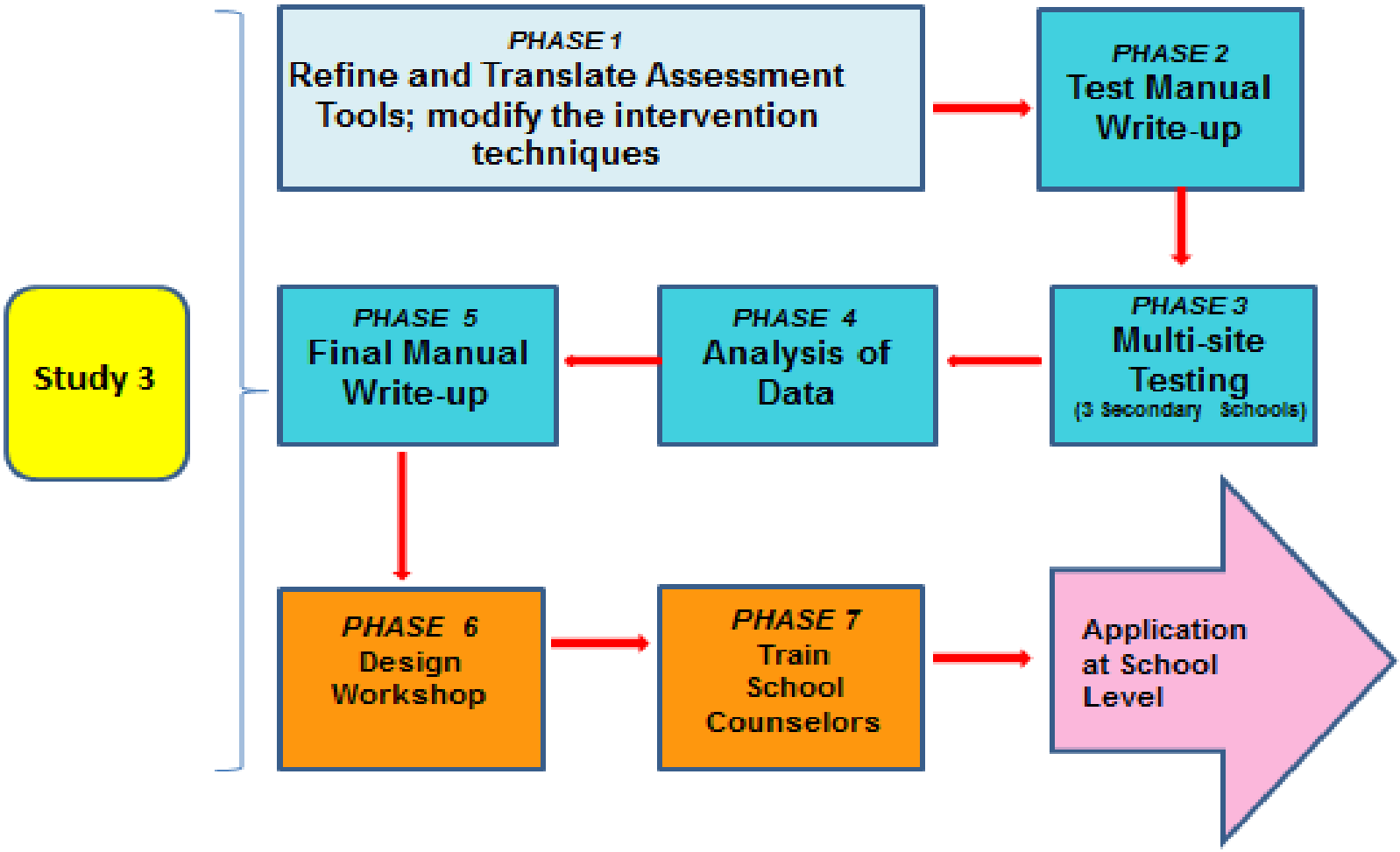
Questionnaires

- three self-report questionnaires on three occasions; pre-intervention, post-intervention, and follow-up.

1. Depression, Anxiety, Stress Scales (DASS),
2. Social Interaction Anxiety Scale
3. Problematic Internet Use Questionnaire

- The survey instruments that are currently in English format, will be translated into Bahasa Malaysia.

Figure 2: Flow Chart
An Intervention Programme for Excessive Internet Users: A Practical Manual for Adolescents



Summary

1. Implement the program in secondary schools.
2. Students learning methods to reduce social anxiety and stress coping skill related to social interaction. Besides that, students will also be taught to acknowledge their own achievement and good qualities to instil positive thinking.
3. At the end of the programme, students should exhibit assertive behavior as well as confident thoughts in dealing with face to face interaction.

This programme would be orientated towards **prevention**, rather than treatment of excessive internet use.

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