[Technological-addictions.pdf (researchgate.net)](https://www.researchgate.net/profile/Mark-Griffiths-17/publication/284665745_Technological_addictions/links/5bec2bd9299bf1124fd1de9b/Technological-addictions.pdf)

* Mark Griffiths: Technological Addictions: Article written in the Clinical Psychology Forum, February 1995.

According to (Grifftiths, 1995) all addictions have 5 common components which are: Salience; when an activity becomes the most important thing of a person’s life and dominates their thoughts and feelings. Euphoria: the addiction provides them with a “buzz” or “high” feeling of enlightenment. Tolerance: Where the activity must be amplified in order to give off a greater dose of the aforementioned feelings. Withdrawal symptoms; Any ceasing of the activity for any duration results in states of uneasiness and or unpleasantness both physically and emotionally. Conflict: in regard to of interests where the addictive activity takes precedence over others such as Work, School etc. Relapse: which refers to any attempt at ceasing the activity is un-successful as the addicted party returns to said addiction and the state of addiction worsens.

The inception of Technological and subsequently software addictions is attributed to Fruit Machine addictions. Fruit machines are Arcade style slot machines that were heavily played during the late 1980’s and early 1990’s before the mainstreaming of the Personal computer and game console.

“Around 5 to 10 percent of adolescents are regular fruit machine players” - Adolescent fruit machine use: a review of current issues and trends Journal of adolescence pg 53 -73 by Mark Griffiths, 1990

Griffiths was able to conclude that addictions to playing the fruit machine had no observable signs nor symptoms, contrasting other such addictions such as drug and alcohol abuse. Software addictions today are very similar in nature to the addictions of the fruit machine though there is a caveat, software addictions tend to inhibit modifications of personality for example: those who are suffering from the addiction are noticeably more difficult to interact with and have a loss of desire for real life activities such as Physical exercise according to Addictions.com regarding Computer Addiction.

A tell-tale sign of Technology and software addiction is the introduction of the addiction to others in a proselytizing manner.

Griffiths highlights that with all addictions the addicted party develops tolerance to the addiction to which they must increase their dosage to gain a “High”, in the case of Software addictions the addicted party spends increases the amount of time to reach a sense of Euphoria, which further fuels the addiction.

After conducting interviews with those afflicted with fruit machine addictions (Griffiths 1993, Fruit machine addictions in Adolescence, Journal of gambling studies), Griffiths recognised that the addiction caused a decline in inter-personal skills which can be said is the same for Software addictions. This infers that technology addictions and subsequently software addictions can lead to poor communication skills, the breakdown of relationships and potential feelings of social ostracization which unfortunately contribute to poor mental health.

[DUSUNEN\_ADAM\_DERGISI\_43e6742f9eee4938a1cd926cb527588d.pdf (dusunenadamdergisi.org)](https://arsiv.dusunenadamdergisi.org/ing/DergiPdf/DUSUNEN_ADAM_DERGISI_43e6742f9eee4938a1cd926cb527588d.pdf)

Technological addictions and social connectedness: predictor effect of internet addiction, social media addiction, digital game addiction and smartphone addiction on social connectedness

Mustafa Savci, Ferda Aysan 2017

<https://link.springer.com/article/10.1007/s11920-022-01351-2>K

Technological Addictions: By James Sherer and Petros Levounis (2022)

Rethinking addiction: By Nick heather, British psychological society(12, 2017)

[Rethinking addiction | BPS](https://www.bps.org.uk/psychologist/rethinking-addiction)

‘Addictive behaviour is completely involuntary and against the will of the person: addicts do not ‘use’ because they choose to, but because they are compelled to. ‘(Heather 2017, BPS, Para 1)

Modern scientists and psychologists put forth the argument that Addiction is not a choice as there is an absence of free will. Addiction and fulfilling addictions do not happen consciously but rather subconsciously and it is a culmination of reflexes that compels a person to perform the task to whit they are addicted to. This is in direct contrast to the earlier agreed upon moral understanding of addictions where it is all a choice and that the addicted party can choose not to and therefore there is the moral implication that the addicted party must help themselves by choosing differently, the moral argument was put forth by Psychologists in the 18th century and many philosophers still hold this position to be true due to all actions being taken as a choice being made. The flaw of the first position are that the addicted party is free of all responsibility and not to be held accountable which poses a problem for addictions that are harmful to others e.g. Reckless driving, as there are legal and moral ramifications for some addictions which this position completely discredits irrationally, some addictions are definitely a choice especially those that affect others and this argument is deemed as deterministic and naïve. However, the second position completely fails to consider “When willpower has been depleted (such as by other acts of self-control, or even by decision making in any context; their likelihood of choosing the immediate pleasure increases” (Vohs and Baumeister, 2009, Addiction and Free Will).

A Third argument has been put forth which is a self-proclaimed midpoint of the two positions that details addictions to be a Mental disease that is initialised by a choice made from free will by the afflicted party. (Heather 2017, British Psychological Society ) This middle ground resolves the flaws in the 2 arguments above

[kalant.pdf (brown.uk.com)](http://www.brown.uk.com/brownlibrary/kalant.pdf)

What Neurobiology cannot tell us about addictions Harold Kalant

Kathleen Vohs and Roy Baumeister – Addiction and Free Will 2009

(Moore.A.D, Python GUI Programming with Tkinter: Develop responsive and powerful GUI, 2018)

(Clay SW, Allen J, Parran T., 2008, A review of addiction, Postgraduate Medicine)

Article quotes and review:

“Detoxification Alone is in-effective”

(Kadden.M.R, 1994, Cognitive behavioural approaches to Alcoholism Treatment)

(Heather. N, Best. D, Kawalek. A, Field. M, Lewis. M, Rotgers. F, Wiers. R. W, Heim. D, 2018, Challenging the brain disease model of addiction: European launch of the addiction theory network)