




# Losing Time:

## Taking a Look into the Dangers of Excessive Screen Time



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# Overview

- Content is at our fingertips; it's getting harder and harder to put our devices down
  - Although it's not officially recognized as an addiction, there are compelling similarities between the effects of drugs and of video games on the minds of users (Zastrow, 2017)
  - Teens should use strategies to tackle excessive screen time
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# The Problem

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- Winning games releases dopamine - this keeps people playing (Zastrow, 2017)
- Rise of microtransactions = less \$\$ in our pockets
- Decrease in mental health (Wacks & Weinstein, 2021)



# Describing Addiction

## Control

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Using a substance or performing a behavior in ways that would be considered more so than intended.

## Compulsion

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An irresistible urge to behave in a certain way, especially against one's conscious wishes

## Consequences

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Continued use in spite of negative social, physical and mental consequences.

# Solutions

- Moderation of screen time
  - Separation of devices
  - Budgeting for microtransactions
  - Healthy activities to counter withdrawal effects (Sneed, 2022)
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The time spent in  
front of a screen  
can be better spent  
interacting with  
friends and loved  
ones.

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