1. Overview
   1. Different temptations students face: TikTok, AmongUs, “five more minutes”
      1. Social media
      2. Gaming

* The reward of winning is not consistent but still obtainable; this only heightens its conditioning power. “You don’t know when you will be able to killthe adversary or find the treasure that the video game isoffering—but there is that moment when you do,”saysVolkow.“That becomes reinforced. Because it’sactu-ally something that you did well, dopamine goes upand it keeps you going.” -pnas
* They become preoccupied with gaming, lie about their gaming use, lose interest in other activities just to game, withdrawal from family and friends to game, and use gaming as a means of psychological escape - tandf
  + 1. Peer/social pressure - is this the new normal?
  1. Levels of addiction
     1. How many hours are spent daily?
     2. What types of apps are most commonly used?
     3. What are the adverse effects? Where would this time be typically spent?
* Game Transfer Phenomenon (GTP). gamers reported a widevariety of examples of virtual worlds bleeding into reallife. One person reported seeing floating health barsabove their opponents while playing soccer; otherssaid they felt their bodies begin to strafe from side-to-side as if controlled by a joystick. - pnas

1. Why it should be addressed
   1. Is it an addition?

The American Psychiatric Association does not officially recognize phone or screen overuse as an addiction in its official manual of mental disorders. An addiction is partially defined by the three C’s: control (using a substance or performing a behavior in ways that would be considered more so than intended), compulsion (an irresistible urge to behave in a certain way, especially against one’s conscious wishes), and consequences (continued use in spite of negative social, physical and mental consequences). -nytimes article

* + 1. Endless scrolling
       1. Ads
    2. Unrealistic expectations
       1. Beauty and lifestyle
       2. Influencers
    3. Negative Effects

Excessive smartphone use is associated with difficulties in cognitive-emotion regulation, impulsivity, impaired cognitive function, addiction to social networking, shyness and low self-esteem. Medical problems include sleep problems, reduced physical fitness, unhealthy eating habits, pain and migraines, reduced cognitive control and changes in the brain's gray matter volume. - frontiers article

* 1. Monetary costs
     1. Advertisements
     2. Microtranscations
     3. Time based perks

1. Possible solutions
   1. Screen time limitations
      1. Age based?
   2. Set a budget
      1. What is a realistic amount of money to spend monthly?
   3. Find new outlets
      1. exercise/read a book etc.
   4. Remove access
      1. Reduce the number of devices available to you

Out of sight, out of mind.

Turn off notifications

* + 1. Delete applications or take time outs

“many people — even those with milder screen overuse — may notice withdrawal symptoms initially, like irritability or insomnia, but that over time they’ll start feeling better.” nytimes article

Although they are not officially recognized as behavioral addictions, many people feel excessive use of social media and/or gaming apps can cause serious health issues. Some evidence suggests video game addiction can lead to depression, attention-deficit/hyperactivity disorder, and obsessive-compulsive disorder. (pnas) Neuroimaging has begun to show that behaviors such as gambling could activate the brain’s reward system in the same way as drugs.