

Leveraging Family Force to Assist Adolescent Patients in The Treatment of Technology Abuse

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Objective

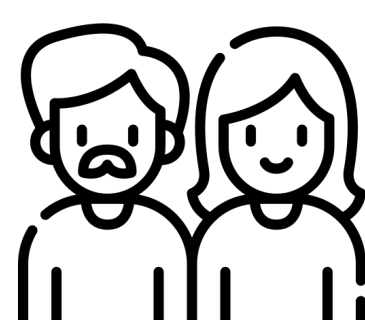
This paper identifies current difficulties to depict screen use on multiple devices and record related lifestyle factors to reflect its impacts as well as improve the communication with their parents, informing how technology monitoring and data sharing can be designed to facilitate managing technology abuse.

Need Assessment Study

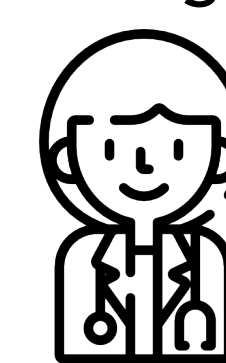
Participants Six dyads of adolescent patients and their parents;



Male:Female=5:1
Age: 14-16 (Avg. 15.1 yrs-old)
*High risk of technology abuse



Male:Female=2:4
Age: 44-70 (Avg. 52.7 yrs-old)
*Primary caregiver



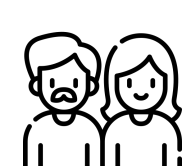
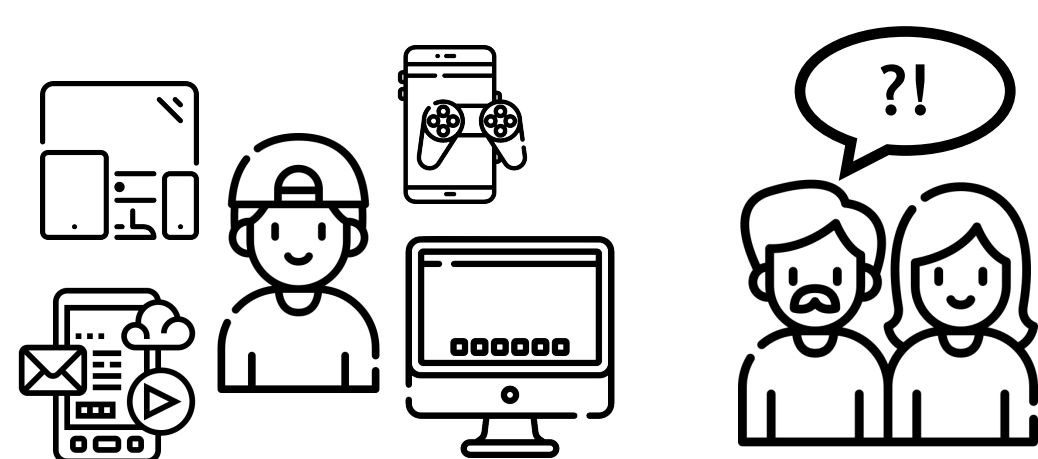
Along with three psychiatrists.

*Experienced in treating technology abuse in adolescents.

Semi-structured interviews 90-120 mins; were conducted in separate rooms; audio recording to be transcribed.

Thematic Qualitative Analysis

Hard to Depict Screen Use on Multiple Devices

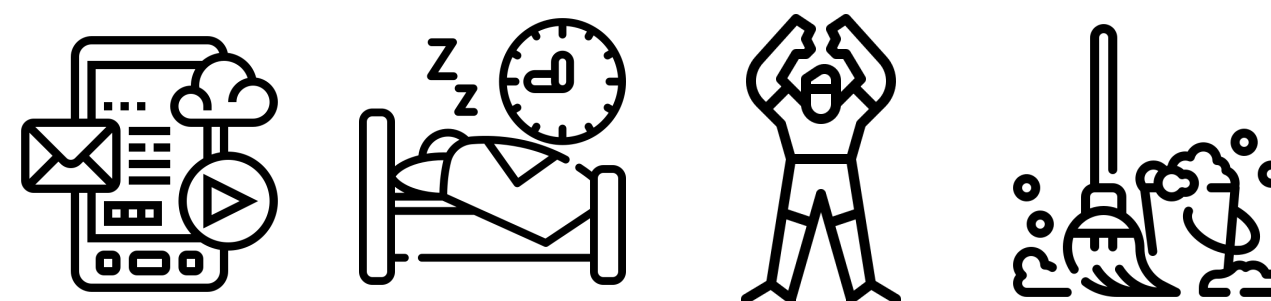


"Once, after my son broke his phone, he asked for my tablet to do his English homework. Later, I was surprised to discover that he had figured out how to connect the tablet to the internet and had installed a number of games (sigh)."

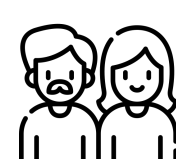


"Patients tend to give vague responses or underestimate the amount of time they spend online."

Recording Lifestyle Factors to Better Reflect the Impact of Technology Abuse



"I remember once that I forgot to dump the trash because I was totally into the game, and got scolded by my dad. [why is this incident so memorable to you?] Because ... because the house smelled so bad with all the trash."

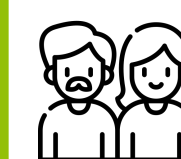


"It's reasonable that he uses his phone to check his messages, and it's also fine to play mobile games for one or two hours a day. But I think he did not go to sleep at night but would keep playing these games. ... I really cannot accept this."

Breaking Poor Communication with Timely Reminders or Treatment Support



"There is a meme that says 'Parents never understand online games and keep asking: why don't you just pause?' but it's online game!! How do you pause? [Would it be more effective if your parents remind you to stop playing right after you finish a game?] Absolutely."



"My husband and I listened to suggestions made by the psychiatrist that we should treat our children with a consistent parenting style. It was more convincing to my husband and he was willing to take advice from a professional"

Preliminary System Design

- Create easy-to-use sensing solutions to record device usage data and behavioral data.
- Share the information required to facilitate constructive communication with parents.
- Provide treatment teams with the data necessary to make suggestions.

