

how to improve MEDIA-DEPENDENTS' treatment

so far there are no specific treatment services for media addicts established

the addiction often entails a generally bad state of health, sleeping problems and psychosomatic pains

the amount of people who are in need of treatment has to be taken seriously

why even bother?

media-dependency is not temporary and therefore needs to be addressed

it simply is a mental illness

not only the youth suffers from media-dependency, the average age is 29.3 years

GET IN CONTACT

The internet- or media-dependents might be more comfortable to participate in online consultations since the web is their familiar environment.

nationwide telephone hotlines

community reinforcement approach

CONSULTATION

A 1+5 model is recommended, which describes five additional appointments with consultants instead of only a singular consultation.

only 4% of those affected look for professional help

MOTIVATIONAL GROUPS

In order to increase the motivation of those affected for their therapy. Most of the times their parents or media-dependent only contact help after being advised to. Sadly, this also leads to a lot of discontinued therapies. The groups be divided according to their age.

benefits: self-reflection, positive group experiences, psychoeducation etc.

Groups like this need to be financed securely and nationwide quality standards should apply. Even though this will require spending money, in the long run it should save the health systems costs, since the therapies' effectiveness can be enhanced.

6-10 group sessions

INPATIENT OR OUTPATIENT?

It should only be resorted to inpatient treatments if outpatient treatments were not successful. In case of the need of a therapy in a hospital an initial 12-week stay should be financed. Medical staff needs to be educated furthermore as well, so a module about media dependency in all therapeutic trainings is advised to be standardized. Independent from the treatments' setting the patients should participate in 6-8 hours of training, in which they can become accustomed to responsible media use.

family talks

psychoeducative family seminar



relatives need to be supported as well