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Public Health Approach for Internet Use Disorders

With the increasing use of the Internet throughout our daily lives, the Internet use disorders(IUD) are gaining recognition. With the growing population of Internet and smartphone user, the public health concerns over IUD also increased in regard to adverse cognitive, developmental, psychosocial, and physical consequences.

The author provide research evidence showed the theoretical conceptual model of IUD based on public health model and continuum model of addictive disorders. Addictive online-media components and predisposing biologic, cognitive, and psychological risks put individuals at higher risk of developing IUD. In addition, environmental factors may also contribute to IUD.

Therefore, prevention and intervention effort should not only target the 'host' (individual vulnerabilities) but also the 'agent' (media related-risk) and the environmental risk to better address the complex phenomena of IUD.

Intervention approaches to IGD need to be provided according to seriousness of problems from social use to disordered use, respectively like primary intervention and tertiary intervention.

Furthermore, based on the conceptual model of IGD, the multidisciplinary experts from different area like prevention, treatment, education and consumer protection, etc. can contribute to effective strategy to reduce the harmful use of internet, and promote healthy use of digital media and device.