

Addiction

The fact that the difference between the concepts of use, abuse and addiction in the definition of addictions is quite permeable, especially for behavioural addictions, makes it difficult to define behavioural addictions. Since behavioural addictions are based on the diagnostic criteria of chemical addictions in the literature, it is necessary to first address the definition of the concept of addiction and the basic dynamics that pave the way for its emergence.

In the most general definition, addiction is the use of any object in an increasing amount without therapeutic purposes and without responding to a physiological need (Şahin, 2007). According to the Diagnostic and Statistical Manual of Mental Health DSM IV, there are various criteria for addiction.

Accordingly, only three of the following are sufficient to diagnose addiction:

1. Development of tolerance (gradual increase in the amount of use in order to achieve the same effect).
2. The emergence of physical or mental withdrawal symptoms when use is stopped or reduced
3. Continuous but futile efforts to control or stop its use
4. Spending a great deal of time reaching for, using or giving up the object of addiction
5. Decreased or complete cessation of social, professional and personal activities due to use
6. Use longer and in higher quantities than designed
7. Continued use despite the emergence or increase of physical or mental problems (Ögel, 2010)

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