

PSY 200 Prevention Program Milestone One

Student Name

Institutional Affiliation

Population at Risk

- **Youths and Internet Addiction**
- **Demographic:** Adolescents aged 12-18
- **Risk Factors:**
 - High engagement with digital devices (Nunez-Gómez et al., 2021)
 - Social isolation
 - Lack of outdoor and community activities



History and Impact of Internet Addiction

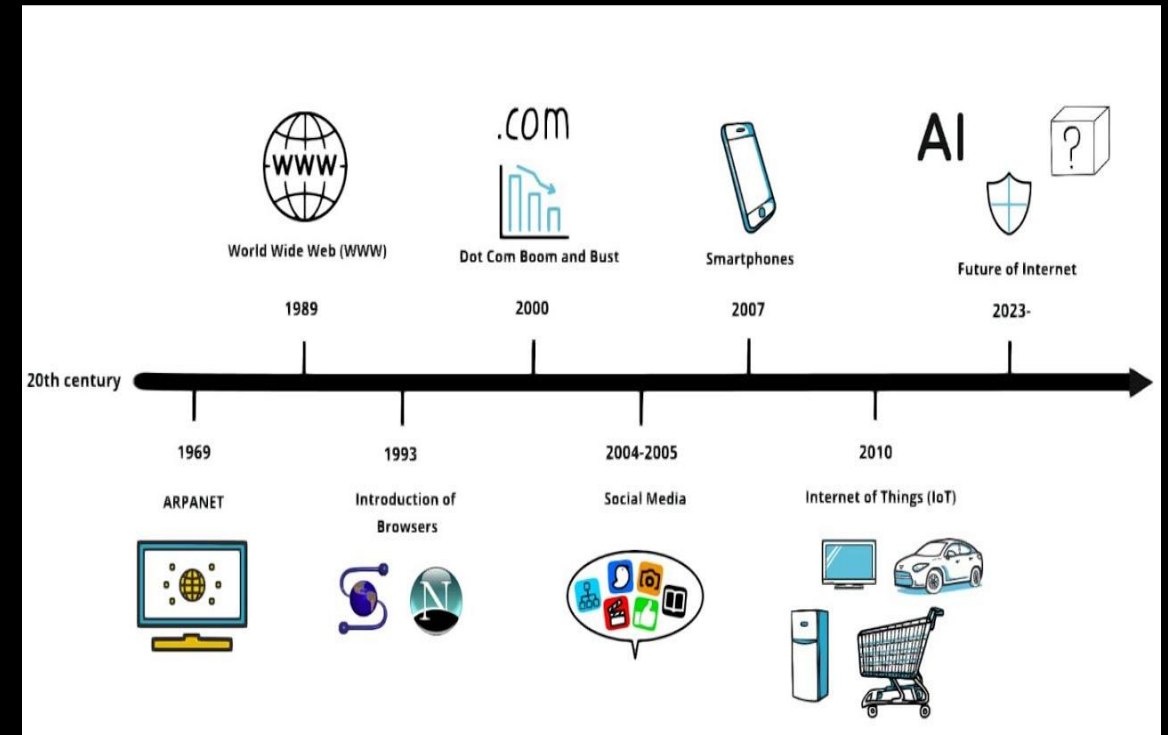
- **Historical Context and Societal Impact**

- **History:**

- Emergence with the advent of the internet in the late 20th century (Yarahmadi et al., 2020)
- Recognition as a psychological disorder in recent years

- **Societal Impact:**

- Increase in mental health issues (depression, anxiety)
- Decline in physical health due to sedentary lifestyle
- Diminished academic and work performance



Current Impact on Population and Community

- **Effects on Youths, Families, and Communities**
- **Youth:**
 - Impaired social skills
 - Academic challenges
- **Families:**
 - Strained relationships (Yarahmadi et al., 2020)
 - Increased family conflicts
- **Community:**
 - Reduced community engagement
 - Higher healthcare costs



Prevention Program Proposal

- **Internet Addiction Prevention Program for Youths**
- **Components:**
 - Digital literacy education
 - Promoting balanced digital use
 - Encouraging physical and community activities (Tso et al., 2022)
- **Implementation:**
 - Workshops in schools and community centers
 - Parental involvement and education
 - Collaboration with mental health professionals



References

- Nunez-Gómez, P., Larrañaga, K. P., Rangel, C., & Ortega-Mohedano, F. (2021). Critical Analysis of the Risks in the Use of the Internet and Social Networks in Childhood and Adolescence. *Frontiers in Psychology, 12*. <https://doi.org/10.3389/fpsyg.2021.683384>
- Tso, W. W. Y., Reichert, F., Law, N., Fu, K. W., Torre, J. de la, Rao, N., Leung, L. K., Wang, Y.-L., Wong, W. H. S., & Ip, P. (2022). Digital competence as a protective factor against gaming addiction in children and adolescents: A cross-sectional study in Hong Kong. *The Lancet Regional Health – Western Pacific, 20*. <https://doi.org/10.1016/j.lanwpc.2022.100382>
- Yarahmadi, S., Zarei, F., Sadooghiasl, A., & Jeong, S. (2020). The Prevalence of Internet Addiction and Its Associated Factors Among Iranian Adults. *Iranian Rehabilitation Journal, 18*(2), 163–170. <https://doi.org/10.32598/irj.18.2.934.1>