



*Supporting adult Internet users, parents and educators
to deal with excessive Internet activity*

Background of the project

The project aims to empower adults dealing with situations of excessive preoccupation with Internet/screen abuse (known as Internet Addictive Behaviour - IAB), and to equip them with the skills and the tools to modify their behavior. It draws on contemporary research findings and considers that Internet/screen overuse is not a “childhood or adolescent disease” but also a growing risk among adults.

Towards this end, the main objective of the project is to design an innovative training framework and eventually a hands-on service that will enable individuals with excessive Internet or computer activity to modify their behavior towards a healthier use and thus, towards to improving their social life.

NEWS

Latest results

As planned, in the past months the I-AID team focussed on the development of the Internet Addiction Pal, which will deliver the personalised withdrawal plans, materialising the training approach of the project.

But we also started our research in order to develop extra material to support the training. Soon we will have new and valuable outputs that will structure and strengthen the users' path through the Internet Addiction Pal.

Transnational partner meetings

Due to the COVID-19 situation, the consortium organized its second transnational partners meeting on the 29th of June 2020, which concentrated on the development of the facilitating content and tools that support the implementation of the personalized withdrawal plans. The main discussion and decision-making aspects were related to the tasks and deadlines, as well as the distribution of activities per partners, namely regarding:

- the retention units;
- the badges;
- and the email-based learning service.

This material, in addition to the Internet Addiction Pal, will be the foundation for the implementation of Train the Trainers actions on the project's outputs (the tools), the training content and the training delivery approach.

Virtual meetings

The team is meeting in-between the transnational partners meetings, for updates and feedback. The 3rd partners' meeting is planned to be held in May 2021.



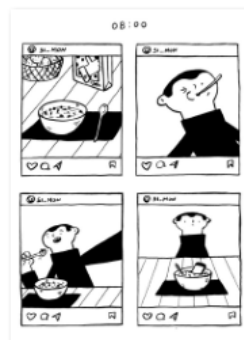
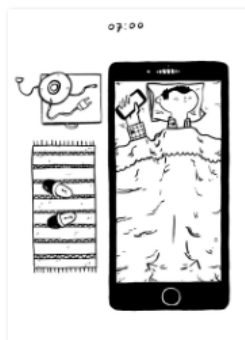
Partners virtual meeting 15.September.2020

Discussing content development for personalised withdrawal plans.

The e-life of SimOn

SimOn, while describing his (e-)life in the form of short cartoon sketches, aims to turn a sensitive subject into an engaging and entertaining experience. The interrelated panels portray different parts of his daily (e-)life, narrating his Internet overuse - you can discover new drawings periodically on all our social media platforms.

Find SimOn on our [Facebook](#), [LinkedIn](#) and [Twitter](#)!



RECOMMENDED RESOURCES

Resource #1

The current pandemic affects not only our physical health but our emotional resilience and mental state. Among the effects presented, are the increasing levels of anxiety, depressive symptoms, symptoms of problematic internet use and problematic pornography use, experiences of hostility, overthinking, changes in food and sleep habits, social empathy and relationship quality.

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Read more: [Covid-19 pandemic: Managing mental health becomes priority in corporate world.](#)

Resource #2

Expert Opinion is a series where Yale experts give their opinion on medical-themed stories in the news. In this edition, Dr. Marc Potenza explains if there is medical relevance to the term internet addiction and what can be done to treat it.

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Watch the whole video:



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