I-AID

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

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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

A lot has happened since the last project newsletter! The project has produced further results, which will soon be tested in the consortium countries.
However, among the most important things - we have the platform ready!
We will spend the next few weeks testing it with the target group and then we will share the final version with you!

Little preview:
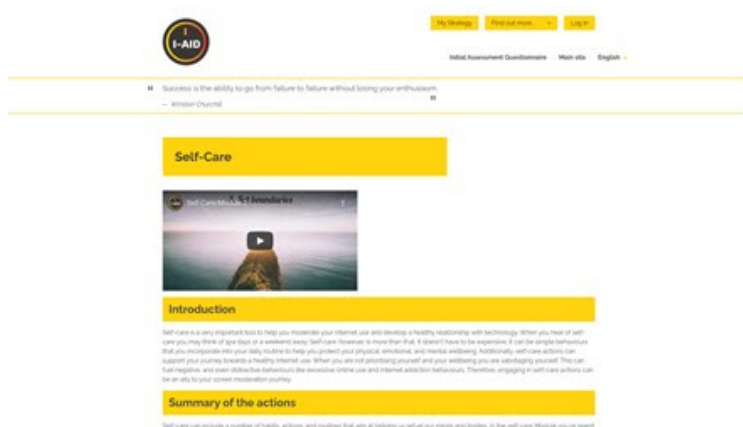

Transnational partner meetings

The third project partner meeting took place on 24 February 2021. Due to the epidemiological situation in Europe, the meeting was held online. Among other things, the following topics were discussed:

- Internet Addiction Pal

The partners got acquainted with the first version of the platform and were able to assess its current appearance and functionality.
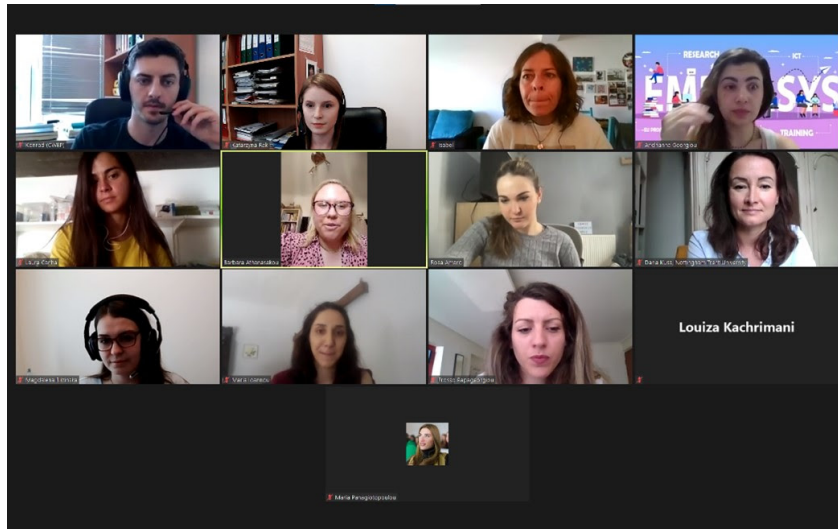
- Retention Service

The partners agreed on the work that remained to be done on this product.
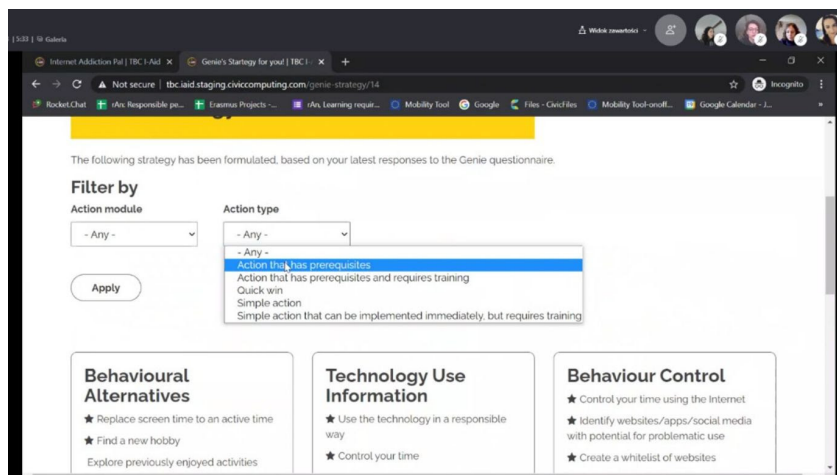
- Train the trainers and piloting session

The project partners also agreed on the upcoming work related to an event to train the trainers and a piloting session related to testing the results produced within the project.

Train the Trainers

The project partners met in May for a meeting to train the trainers. The meeting took place on 25 May and was attended by 13 people.

During the meeting the partners presented the content they had prepared and trained the trainers to present it at future events.

The e-life of SimOn

SimOn's adventures have come to an end, but you will soon be able to read the full edition of our hero's story.

More on that soon!

Find SimOn on our Facebook, LinkedIn and Twitter!

RECOMMENDED RESOURCES

Resource #1

Dr. Adam Alter (NYU professor) presents data that say as many as 40% of people have some kind of internet-based addiction. The professor uses the phrase "tech zombie epidemic" and emphasises how the very fact of how applications are created influences the addiction. You can read more about this in his book: *Irresistible*.

Resource #2

Find out how much time you spend on Facebook.
The following article will take you step by step and show you how to check these numbers.
Article available at: https://www.wired.com/story/your-time-on-facebook-digital-wellness/

We are on YouTube!

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