

## **Problematic Usage of the Internet as the Basis for Behavioural Addictions: Clinical and Public Health Considerations**

The availability and usage of digital technologies have changed rapidly, generating new psychiatric concerns that may relate to specific groups differently. In this presentation, current advances in understanding specific types and patterns of internet use in the context of psychiatric concerns will be presented, considering individual differences. It presents data from multiple sources including from work of an international Lancet Psychiatry Commission on Problematic Usage of the Internet (PUI), a World Health Organization workgroup developing screening and assessment instruments applicable across jurisdictions and large-scale studies including the Adolescent Brain Cognitive Development (ABCD), a longitudinal study of over 11,000 developing youth. It presents on these international activities and how gender/sex relate to engagement in types and patterns of internet use. It presents the rise of online sports gambling and how youth and young adults may be impacted. Additionally, it discusses individual differences related to youth engagement in social media, including new data on how online social activities relate to subsequent ADHD symptomatology and not vice versa, especially for girls. How to identify and treat different types of PUI will be considered, as will novel digital interventions. In this presentation, transdiagnostic features such as reward processing, cognitive control, craving and stress responsivity will also be considered in the context of theoretical models (reward deficiency theory, interaction of person, affect, cognition and execution – I-PACE) to understand how behavioural addictions may be understood and treated. Traditional and more recently developed analytical approaches that assess regional brain activity and brain network interactions will be considered. Implications for translating neurobiological understanding into treatment advances will be discussed.