

# Screen addiction

## What is screen addiction?

Screen addiction, also known as *technology addiction* or *digital addiction*, is the compulsive and uncontrolled use of electronic devices.

Screens are part of today's society, and the goal is to coexist with them in a healthy and responsible way. They should be used for entertainment and communication, but almost all of us use them excessively without being sufficiently aware of it.

There are **different types** of screen addiction: video games, online games or online sports betting, smartphones, social media, television, or computers.

## What are the factors that facilitate the development of this dependence?

- **Difficulty socializing** with other people: seeking refuge in screens and online games.
- **Lack of hobbies and leisure activities:** connecting to screens out of boredom.
- **Lack of limits on the use of technology:** no set schedule adapted to age, lack of parental control, etc.
- **Ease of access to games:** they are anonymous and can be played anytime, anywhere.
- **Advertising.**



- The design of apps and games **to keep users' attention** for as long as possible.

## Health consequences

- **Physical health issues:** sleep disorders (insomnia), visual problems (eye strain and blurred vision), or a sedentary lifestyle.
- **Mental health issues:** anxiety, depression, low self-esteem, and social isolation.
- **Academic or work issues.**
- **Personal relationships issues** because the person is distracted or not paying attention during shared time.
- **Safety issues:** using devices while driving or when performing an activity that requires full attention can endanger personal safety and that of others.

## How can you prevent addiction?

- **Help your kids** use screens responsibly and be **a good example for them.**
- **Set limits on daily screen time.**
- Establish **screen-free times.**
- Encourage **exercise and outdoor activities.**
- Prioritize **quality content**, trying to consume educational, informative, or entertaining content in a positive way.
- Encourage **communication.**
- Limit distracting **notifications** as much as possible.

If you need help, consult a healthcare professional.