

SS Knowledge Enrichment and Learning and Teaching Strategies for the Liberal Studies and Health Management and Social Care Curricula :

# Use of Internet and electronic Screen Products – Health and Addiction Issues (New)

## Sharing learning and teaching strategies on Addiction

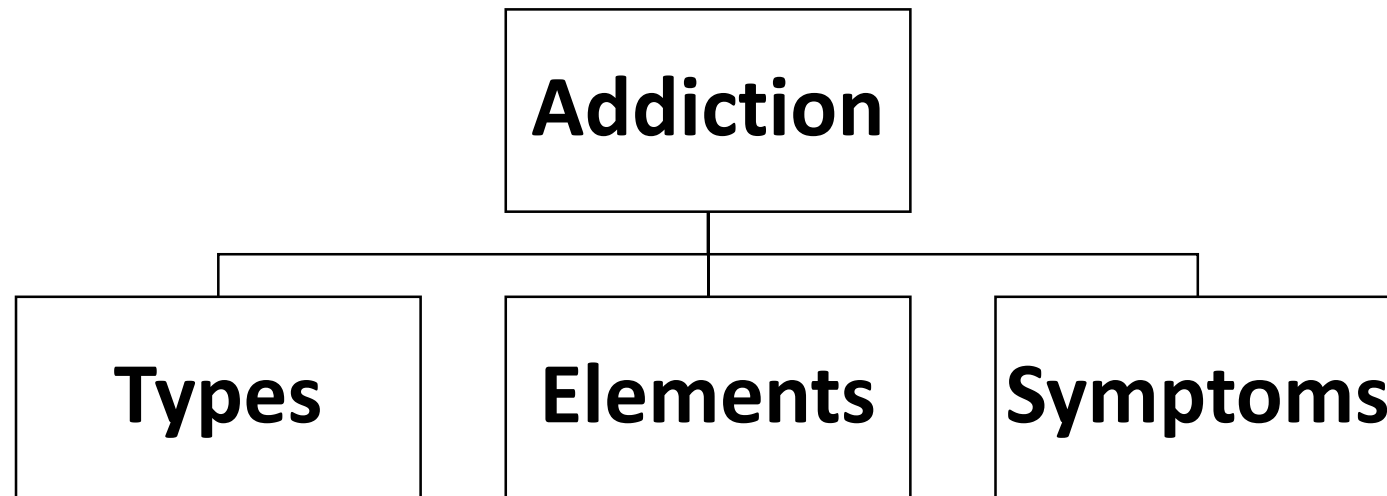
Booklet 15D

Ms Christine Pun  
St Paul's School (Lam Tin)

Student' s Activity	HMSC	
	Topic: Addiction [Booklet 15D]: Drug addiction, internet addiction, gambling, alcoholism, smoking	
Pre-study: Group Activity / Individual - Construction of Concept Map		

- 1. Example of addictions**
- 2. Reasons of addictions**
- 3. Impacts of addictions**
  - on individual health
  - on individual, family, society
- 4. Intervention and Prevention**

# 1. Example of addictions



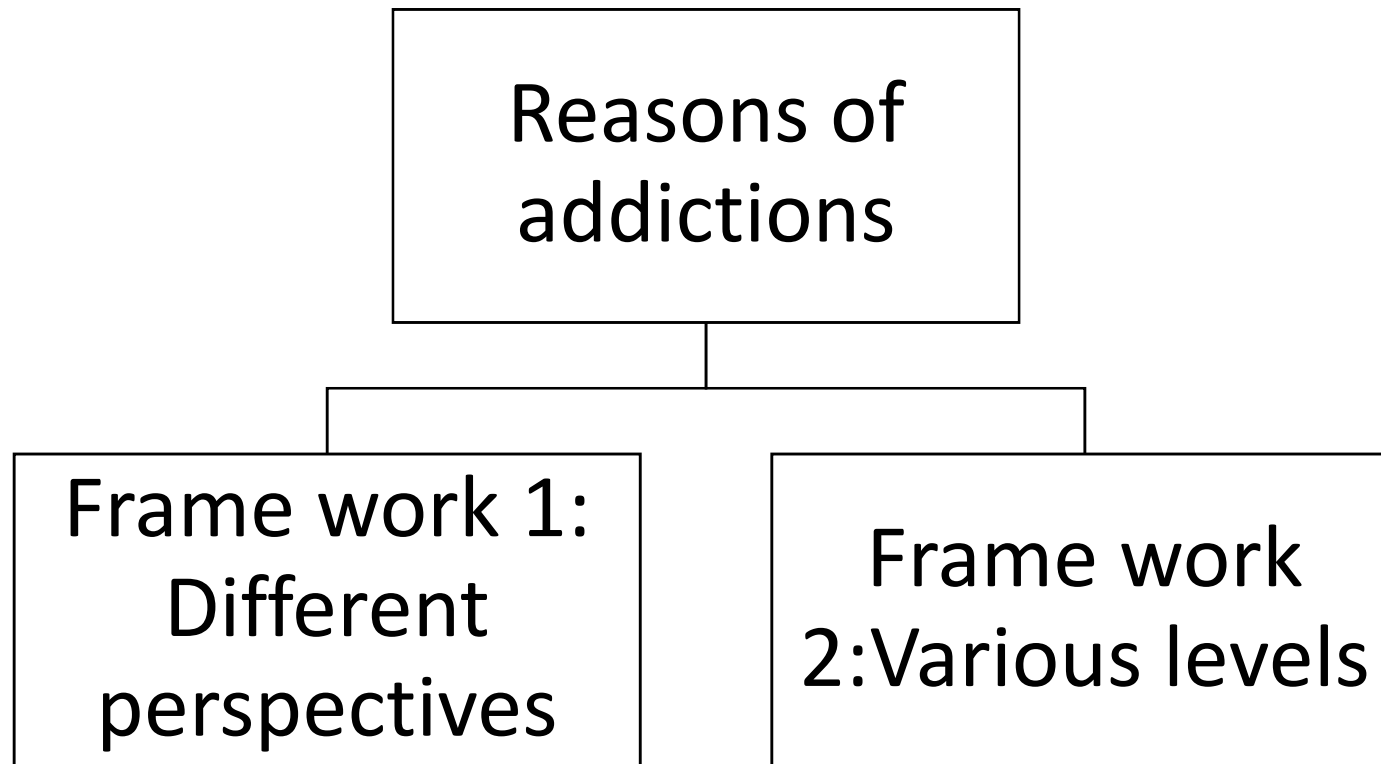
Aspects	HMSC
<p>Basic concepts of Addiction</p> <p>Example of Addictions</p>	<p><b>Types of Addiction</b></p> <ul style="list-style-type: none"> <li>-Substances <span>e.g. Drug, alcohol</span></li> <li>-Behavioral <span>e.g. internet addiction, compulsive buying, Pathologic gambling</span></li> </ul> <p><b>Elements of Addiction</b></p> <ul style="list-style-type: none"> <li>-Physiological craving <span>Intense feeling of need and <u>prolonged desire</u></span></li> <li>-Withdrawal symptoms <span>Physical, psychological and social harmful effects when the desire is not satisfied.</span></li> <li>-Tolerance <span>The need for <u>more of the objects / longer time for the repeated behavior to get the same effect</u></span></li> </ul> <p><b>Symptoms of addiction (e.g. withdrawal symptoms)</b></p>

## Elements of addiction [Table 1]: :

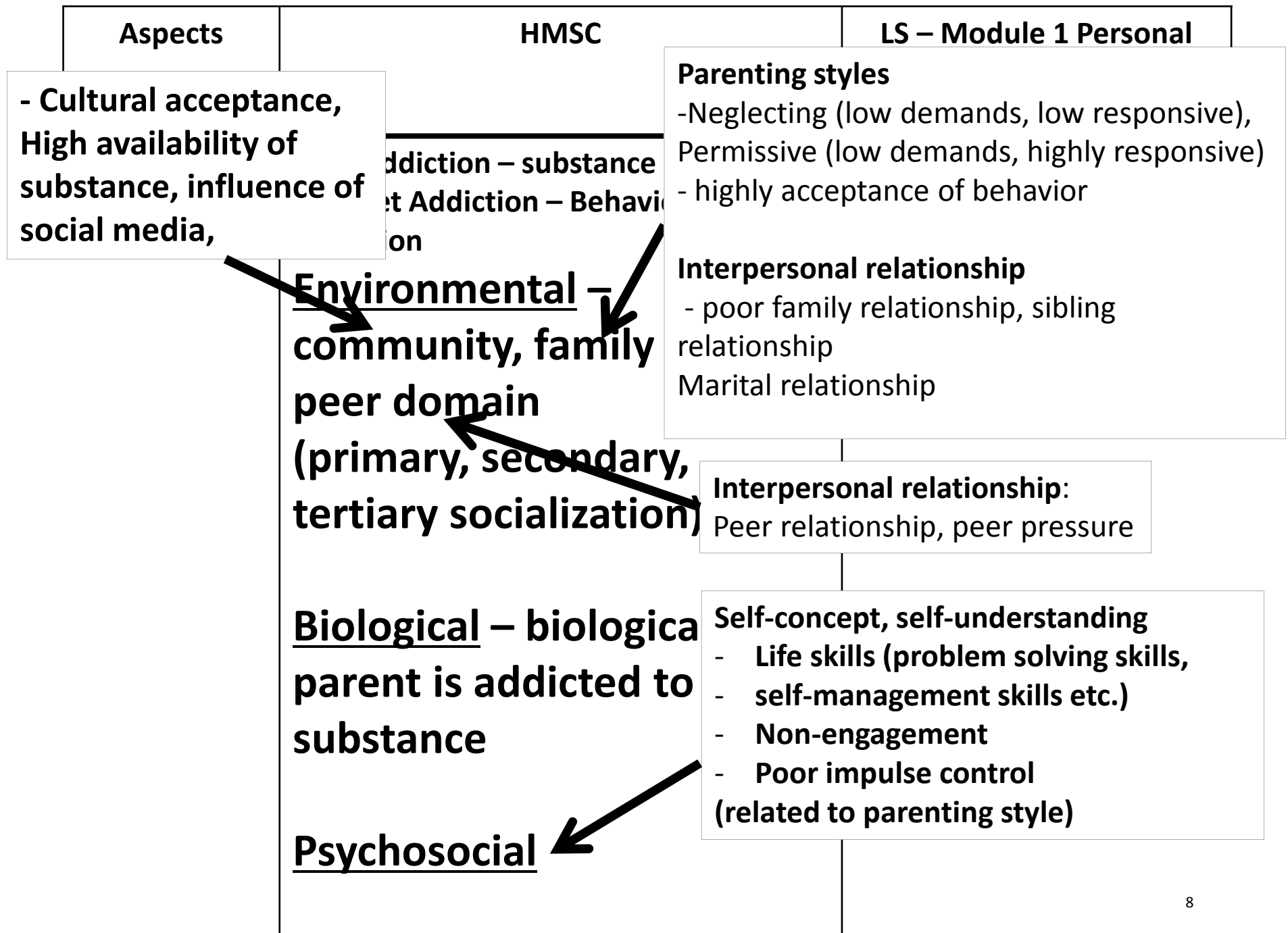
Elements of addiction	Characteristics
Physiological	An intense feeling of need and <i>prolonged desire</i> , yearning for the object (behavior)
Withdrawal symptoms	Physically, psychologically, or socially harmful effects when the desire is not satisfied
Tolerance	<i>The need for more of the objects</i> (e.g. drugs) to <i>get the same effect</i> .

- **Preoccupied with internet**
- Increasing amount of time to achieve satisfaction
- Feel restless, moody , depressed or irritable when attempting to cut down or stop Internet use
- Stay online longer than originally intended

## 2. Reasons of addictions

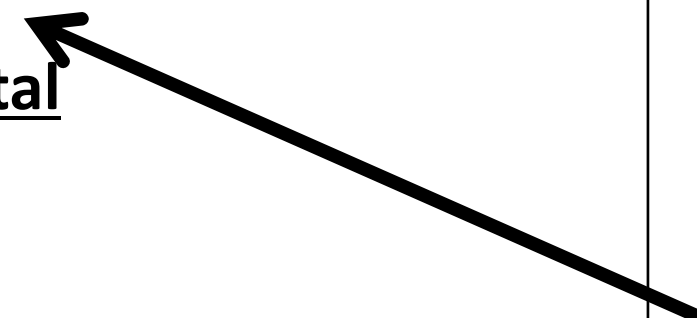


Aspects	HMSC	LS – Module 1 Personal Growth - Module 5 Public Health
<p>Reasons of addictions</p> <p>Frame work 1: Different perspectives</p>	<p>Drug addiction – substance addiction Internet Addiction – Behavioral Addiction</p> <p><u>Environmental</u> – community, family and peer domain (primary, secondary, tertiary socialization)</p> <p><u>Biological</u> – biological parent is addicted to the substance</p> <p><u>Psychosocial</u></p>	<p>M1: parenting styles , peer influence, interpersonal relationship, socializations</p> <p>M1 Self-image, self-understanding, self-concept, self-esteem, Non-engagement, Life skills</p>





Aspects	HMSC	LS – Module 1 Personal Growth - Module 5 Public Health
<p>Reasons of addictions</p> <p>Frame work 2: Various levels</p>	<p>Drug addiction – substance addiction, Internet Addiction – Behavioral Addiction</p> <p><u>Personal</u></p> <p><u>Interpersonal</u></p> <p><u>School</u></p> <p><u>Societal</u></p>	<p>M1: parenting styles , peer influence, interpersonal relationship Self-image, self-understanding, self-concept, self-esteem, Non-engagement, Life skills, Underachievement</p> <p>M2 Influence of social media, Social culture</p>



**(Framework 1 – psychosocial]**  
Self-concept, self-understanding  
-Life skills (problem solving skills,  
self-management skills etc.)  
- Non-engagement

addictions

Frame work  
2:  
Various  
levels

Addiction

**Personal**

**Interpersonal**

**School**

**Societal**

**[Framework 1 – Environmental: family & peer domain]**

**Parenting styles**

-Neglecting, Authoritarian,  
Authoritative, Permissive

**Interpersonal relationship**

- family relationship, sibling relationship  
Marital relationship, peer relationship (Peer  
influence)

**Life skills** - Conflict management skills,  
Communication skills

- Underachievement

-Life skills (problem solving skills,  
self-management skills etc.)

-Non-engagement

**[Prevention: Healthy School Setting – Ottawa Charter  
5 Action Means for healthy school setting]**

**[Framework 1 – Environmental: community domain]**

-Social culture / acceptance, postmodern youth culture

-influence of social media, Availability of drugs

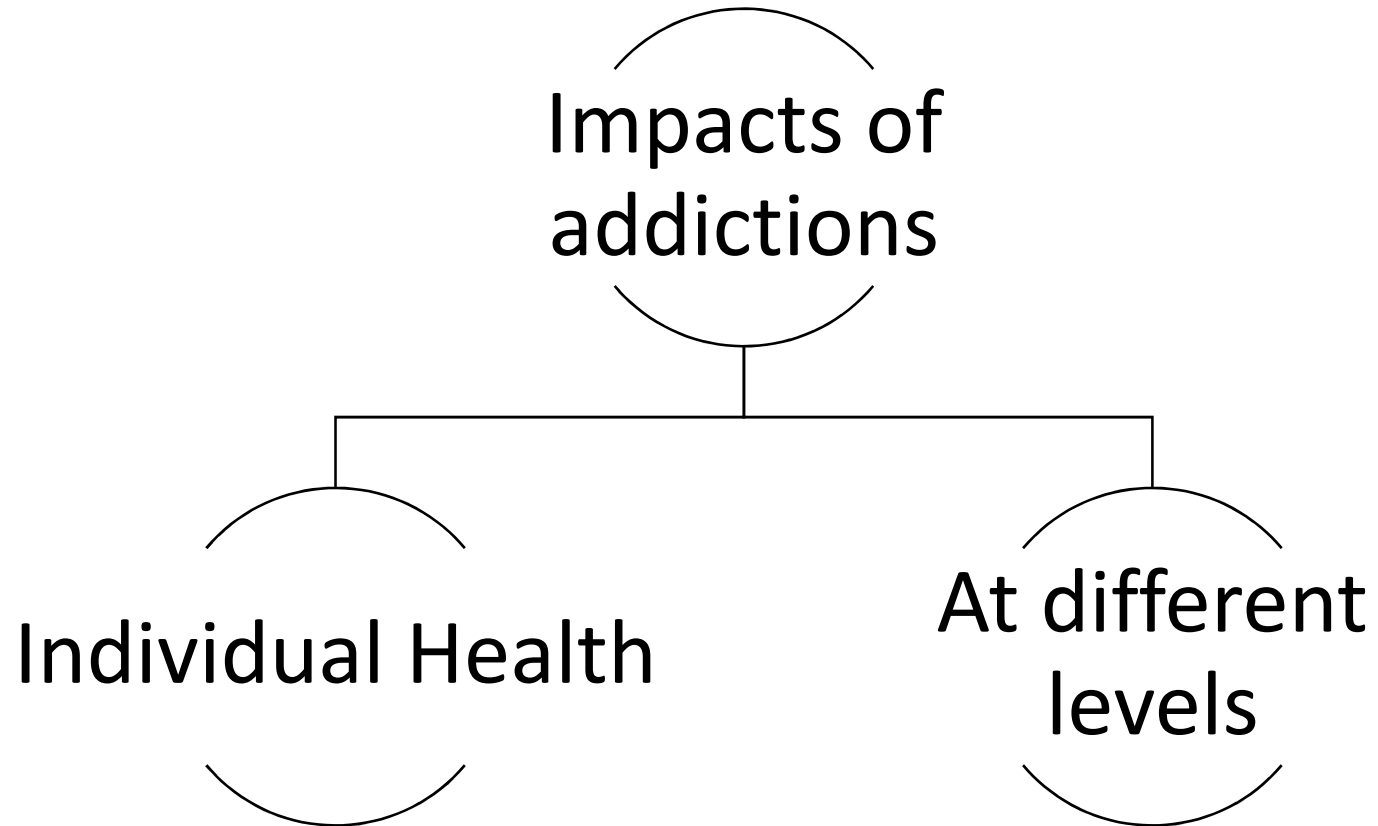
**[Life stage, developmental theories – e.g. Kohlberg moral  
development, adolescent undergoing conventional stage ]**

Reasons of Internet addiction [Table 3(a), 3(b)]: :

Analyze based on Various Levels / Perspectives

<b>Aspects</b>	<b>Risk Factors / causes / reasons</b>
<b>Personal (Environmental – family domain)</b>	<ul style="list-style-type: none"> <li>- Underachievement</li> <li>- Lack of psychosocial competencies and coping skills</li> <li>- Non-engagement</li> <li>- Serve as emotional escape</li> </ul>
<b>Interpersonal (Environmental – family &amp; peer domain)</b>	<ul style="list-style-type: none"> <li>- <b>Undesirable peer influence</b> in relation to growing emphasis of peer recognition</li> <li>- <b>Fear of social interaction</b> due to few siblings in the family to practice psychosocial skills (e.g. conflict resolution)</li> <li>- <b>Provide an emotional escape</b> and relief from high intervals of stress of study or work</li> </ul>
<b>School (Environmental)</b>	<ul style="list-style-type: none"> <li>- Underachievement</li> <li>- Undesirable after-school activities</li> </ul>
<b>Societal (Environmental – community domain)</b>	<ul style="list-style-type: none"> <li>- Growing addiction culture</li> <li>- Availability of drugs</li> <li>- Growing pessimistic vales and beliefs about having upward social mobility</li> <li>- Postmodern youth culture</li> </ul>

### 3. Impacts of addictions



Aspects	HMSC	LS – Module 1 Personal Growth - Module 5 Public Health
<p>Impacts of addictions</p> <p>Individual level</p>	<p><b>1. Impacts to <u>Individual's health</u>:</b></p> <p><b>Framework:</b></p> <p><b>(a) WHO's holistic concept of health: physical, mental, social</b></p> <p><b>(b) PIES Approach: physical, intellectual, emotional, social</b></p>	<p>Physical: M5: infectious disease, non-infectious disease</p> <p>Mental / emotional, intellectual: M5: negative emotions, non-infectious disease</p> <p>M1: self-concept / understanding, self-esteem</p> <p>Social: M1: interpersonal relationship</p>

# **1. Impacts to Individual's health:**

## **Framework:**

**(a) WHO's holistic concept of health: physical, mental, social**

**(b) PIES Approach: physical, intellectual, emotional, social**

**Physical: communicable / non-communicable disease**

**Mental: negative emotions, anxiety, stress, mental problems / disorders**

**Social: interpersonal relationships, socially withdrawn, shrinkage of social circle**

**Physical: communicable / non-communicable disease**

**Intellectual: learning ability, cognitive development, analytic and logical skills**

**Emotional: negative emotions, mental disorders**

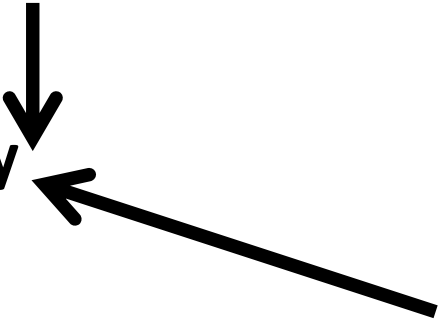
**Social: behaviors affect interpersonal relationships, socially withdrawn**

**Impacts of Internet Addiction on individual's health / Personal development [Table 4]: :**  
**(Analyze based on PIES Approach)**

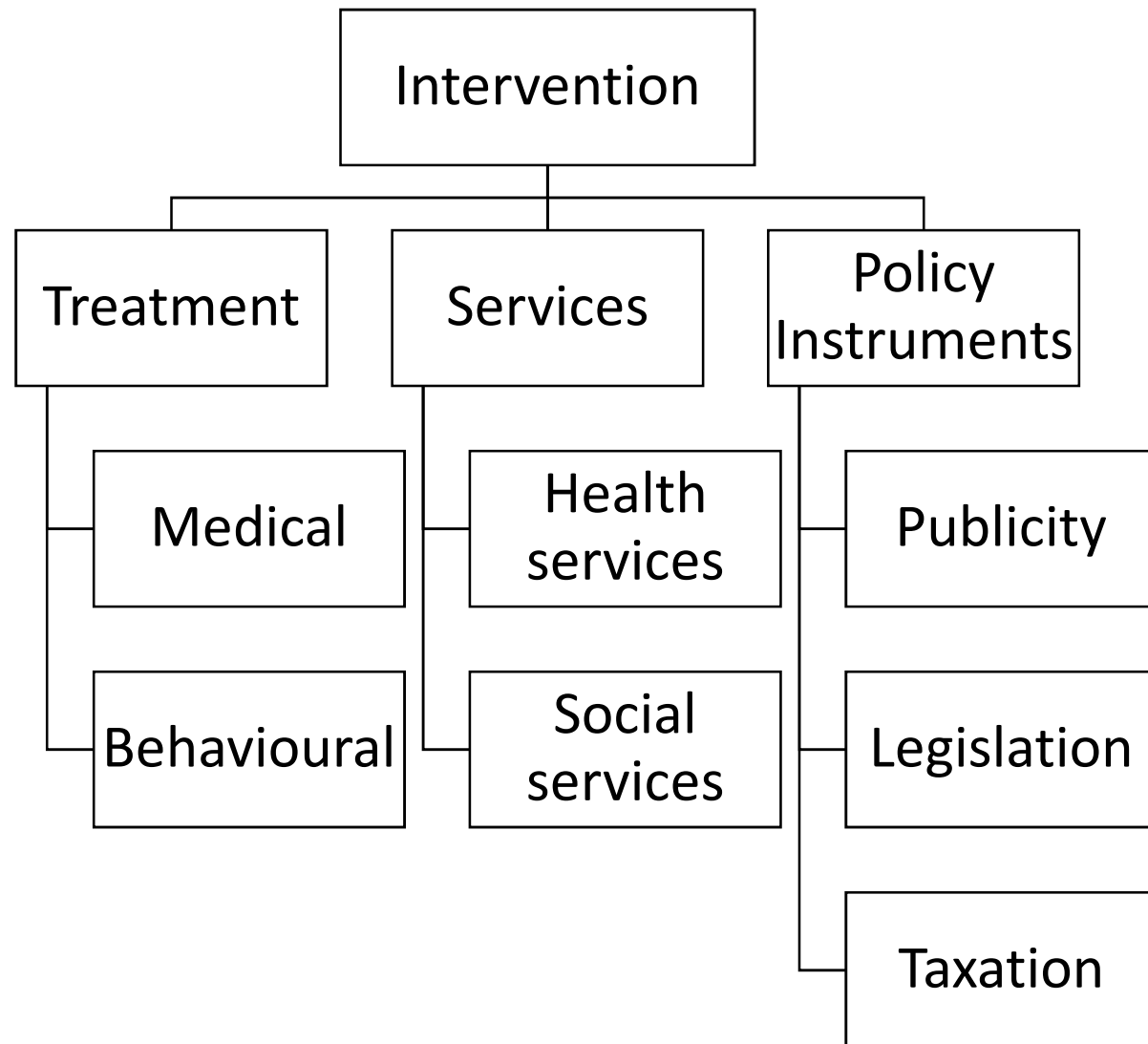
<b>Aspect</b>	<b>Impacts</b>
<b>Physical</b>	<p>Sit in front of the computers for <b>long hours, lack of physical activity</b></p> <ul style="list-style-type: none"> <li>- Photo-sensitive epilepsy</li> <li>- Hard-arm vibration syndrome</li> <li>- Increased risk of child obesity</li> </ul>
<b>Intellectual, Emotional</b>	<p><b>Decrease participation in education and sporting pursuits</b></p> <ul style="list-style-type: none"> <li>- Unable to relief stress of study or work</li> <li>- Might have anxiety disorder</li> <li>- Cannot cope with stress</li> </ul>
<b>Social</b>	<p><b>Increased social isolation</b></p> <ul style="list-style-type: none"> <li>- Narrow down social network.</li> <li>- Break down of friendships and family relationships</li> <li>- unemployment</li> </ul>





Aspects	HMSC	LS – Module 1 Personal Growth - Module 5 Public Health
<b>Impacts of addiction</b>  <b>At different levels</b>	<div data-bbox="593 355 1395 858"> <p>Heavy financial burden -</p> <p>(a) Healthcare system: Primary, secondary, tertiary medical services</p> <p>(b) Social Welfare system: Social security, social welfare services Modes of services, Purpose of services, Forms of service delivery, NGOs, Government departments [Health care and social welfare Professionals: Professional intervention, Roles, skills and approaches, Professional ethics]</p> </div> <div data-bbox="593 882 1310 1201"> <p><b>(c) Society</b></p>  </div>	<div data-bbox="1377 954 1989 1473"> <p><b>Financial burden:</b></p> <p><b>M5: Healthcare system, health care expenditure healthcare policy</b></p> <p><b>Social welfare system: Social welfare policy, social welfare services, expenditure</b></p> </div>

## 4. Intervention and Prevention



Aspects	HMSC	LS – Module 1 Personal Growth - Module 5 Public Health
<b>Treatments, services (medical &amp; rehabilitation and social welfare services for clients)</b>	<b>Holistic and Multi-disciplinary approach</b>  <b>1.Treatments</b> <b>[Health maintenance: Government Role]</b> <b>(a) Health care</b> <b>Medications</b> <b>(b) Social Welfare</b> <b>Counseling services</b> <b>Supportive Services</b> <b>Social Security</b> <b>2. Behavioral Therapy</b> <b>Stages of Change Model</b>	<div data-bbox="1435 347 2009 1102"> <b>Knowledge / Concepts</b>   <b>e.g. NGOs, Government Departments, types and purposes of health care and social welfare services, types of professionals, types and purposes of interventions</b> </div> <div data-bbox="1429 1102 2074 1474"> <b>M5: Healthcare / social welfare system, health care /social welfare expenditure</b>  <b>Health care / social welfare policy</b> </div>

Aspects	HMSC	LS – Module 1 Personal Growth - Module 5 Public Health
Treatments, services (medical & rehabilitation and social welfare services for clients)	<b>Holistic and Multi-disciplinary approach</b>	<b>Knowledge / Concepts</b>  e.g. NGOs, Government Departments, types and purposes of health care and social welfare services, types of professionals, types and purposes of interventions
	<b>1.Treatments</b> [Health maintenance: Government Role] <b>(a) Health care</b>	
	Medical services: Primary, secondary, tertiary [health care / social welfare professionals, Types of services, purpose of services, Types of interventions, forms of delivery]	
	<b>2. Behavioral Therapy</b> <b>Stages of Change Model</b>	<b>M5: Healthcare / social welfare system, health care /social welfare expenditure</b> Health care / social welfare policy

## 1. Treatments and services for Internet Addiction [Table 5]: :

<b>Counseling Service</b>	
<b>Counseling Hotline</b>	- Provide by Registered Social Workers
<b>Outreaching and Counseling Service</b>	- Social workers motivate the young addicts to change their behavior through visits
<b>Online Agent Groups</b>	<ul style="list-style-type: none"><li>- Motivate young people on healthy computer use</li><li>- Help them to build self control</li></ul>

<b>Supportive services</b>	
<b>Online Buddy Alliance</b>	<ul style="list-style-type: none"><li>- Provides interesting and challenging activities to build up their interests on areas other than computer</li><li>- Foster healthy computer use</li></ul>
<b>Parent Support Network</b>	- Social workers help parents to develop skills and confidence to handle children's internet problem

## Holistic and Multi-disciplinary Approach for Internet Addiction:

<b>Holistic and Multi-disciplinary Approach</b>		
<b>Hotline</b>		
<b>Counseling and Casework (Treatment) –</b>	Intensive Case work	Target groups For client having internet addiction and family members
	Psychological & psychiatric Assessment and Treatment (Stages of Change Model)	
	Financial & Debt Counseling	
	Emergency Relief and Temporary Refuge	
<b>Group Therapy</b>	Psycho Education Group Support Group for Gamblers and Families Peer Counseller & Volunteer Group	
<b>Community and Youth Prevention Programs</b>	<b>Primary Prevention:</b> ☺ increase young people's knowledge in internet addiction	for healthy population
	<b>Secondary prevention:</b> ☺ identify high-risk youths in order to prevent progression of addiction	high-risk students – referred by social workers

**e.g. Treatments and rehabilitations services for Drug Addiction:**

<b>Treatment</b>	<b>Descriptions</b>
<b>Compulsory placement scheme</b>	- operated by the Correctional Service Department
<b>Voluntary out-patient programme</b>	- <b>Methadone treatment</b> programme provided by the Department of Health
<b>Voluntary in-patient programme</b>	- Run by the Caritas
<b>Counseling service</b>	- Run by the Tung Wah Group of Hospitals, Tuen Mun Substance Abuse Clinic (TMSAC), Counseling Centre for Psychotropic Substances Abusers (CCPSA) ➔ Provides physical & mental assessment, detoxification service and counseling treatment
<b>Short / long term Hostel</b>	- Run by the Caritas Hong Kong - Christian Zheng Sheng College
<b>Community service</b>	- Talks, seminars for public
<b>Mutual support group</b>	- E.g. “Befriender” provides mutual support to participants to enhance their confidence against drug abuse

**Stages of Change Model for Internet Addiction [Table 6]:**

<b>Stage</b>	<b>Example</b>
<b>Pre-contemplation</b>	<b>Lacking awareness</b> of possible adverse consequences of internet addiction
<b>Contemplation</b>	<b>Giving up internet addiction</b> causes them to <b>feel a sense of loss despite the perceived gain</b>
<b>Preparation / determination</b>	<b>Started another activity to replace internet addiction</b> e.g. engage in more group activities
<b>Action</b>	<b>a range of new behaviors and demonstrates new knowledge</b> , insights, attitudes and skills which governs the continuing actions of making changes.
<b>Maintenance and Relapse prevention</b>	<b>Maintain and developing a healthy and addiction-free lifestyle</b>



Aspects	HMSC	LS – Module 1 Personal Growth - Module 5 Public Health
<b>Prevention</b>  <b>What can the Government do to prevent Internet addiction?</b>	<b>Policy Instruments:</b> <b>[Government role]</b> <b>1.Publicity</b> <b>Promotion to enhance awareness e.g. harmful impacts, individual role in health maintenance, school healthy setting [Levels of prevention: primary, secondary]</b> <b>2. Legislation</b> <b>Set up laws</b> <b>3. Taxation</b> <b>Enhance penalty</b>	<b>M5:</b> <b>Health care / social welfare policy,</b> <b>Student health service</b>  e.g. Suggest and explain THREE ways to enhance the effectiveness of _____ (e.g. healthcare / social welfare policy) in Hong Kong.

e.g. Anti-drug policy:

(<http://www.nd.gov.hk/en/anti.htm>)

<b>Policy instrument</b>	<b>Example</b>
<b>Publicity (education and prevention)</b>	<p>Anti-drug publicity activities aim to raise public awareness on the harmful effects of drug abuse and the importance of staying away from drug. A multi-faceted approach is adopted to disseminate anti-drug messages.</p> <p>企硬 2016 (積極抗毒篇): <a href="https://www.youtube.com/watch?v=AVq4DvNZopk&amp;feature=youtu.be">https://www.youtube.com/watch?v=AVq4DvNZopk&amp;feature=youtu.be</a></p> <p>e.g. <b>Hong Kong Jockey Club Drug InfoCentre, Drug Education Programme</b></p>
<b>Legislation</b>	e.g. <b>The Dangerous Drug Ordinance</b> controls over the dealing, possession, import, supply and manufacture of all narcotic drugs
<b>Taxation</b>	The Dangerous Drug Ordinance - The maximum penalty for major drug offences such as trafficking and manufacturing of dangerous drugs is life imprisonment and a fine of \$5 million.

<b>HMSC</b> <b>Consolidation Exercise - 向吸烟说不</b>	<b>LS – Module 1 Personal Growth</b> <b>- Module 5 Public Health</b>
<p><b>Elements of addiction</b></p> <p><b>Impacts of addiction:</b>  <b>(a)on individual's health</b>  <b>(b)Different levels</b></p> <p><b>Reasons of addiction</b></p> <p><b>Types of services, purposes of services</b></p> <p><b>Healthcare / social welfare professionals,  types of intervention, purpose of  intervention</b></p> <p><b>Stages of Change Model</b></p> <p><b>Policy instruments</b></p>	