

# Problematic internet use and comorbid difficulties among adolescents in Japan

**Junichi Fujita**

Dept. of child psychiatry  
Yokohama city univ.



## Problematic internet use (PIU) in JAPAN

Young's Internet Addiction Test (IAT)

Normal user ;  $39 \leq$

Problematic user ;  $40-69$

Pathological user;  $70 \leq$



	Subjects	IAT $\geq 40$
Kawabe et.al. (2016)	853 Junior high school students	23.7%
Kitazawa et.al. (2018)	1258 University students	38.2%
Tateno et. Al. (2017)	403 College students	63.3%

## Is this the issue of chicken, or eggs? (Clinical questions)

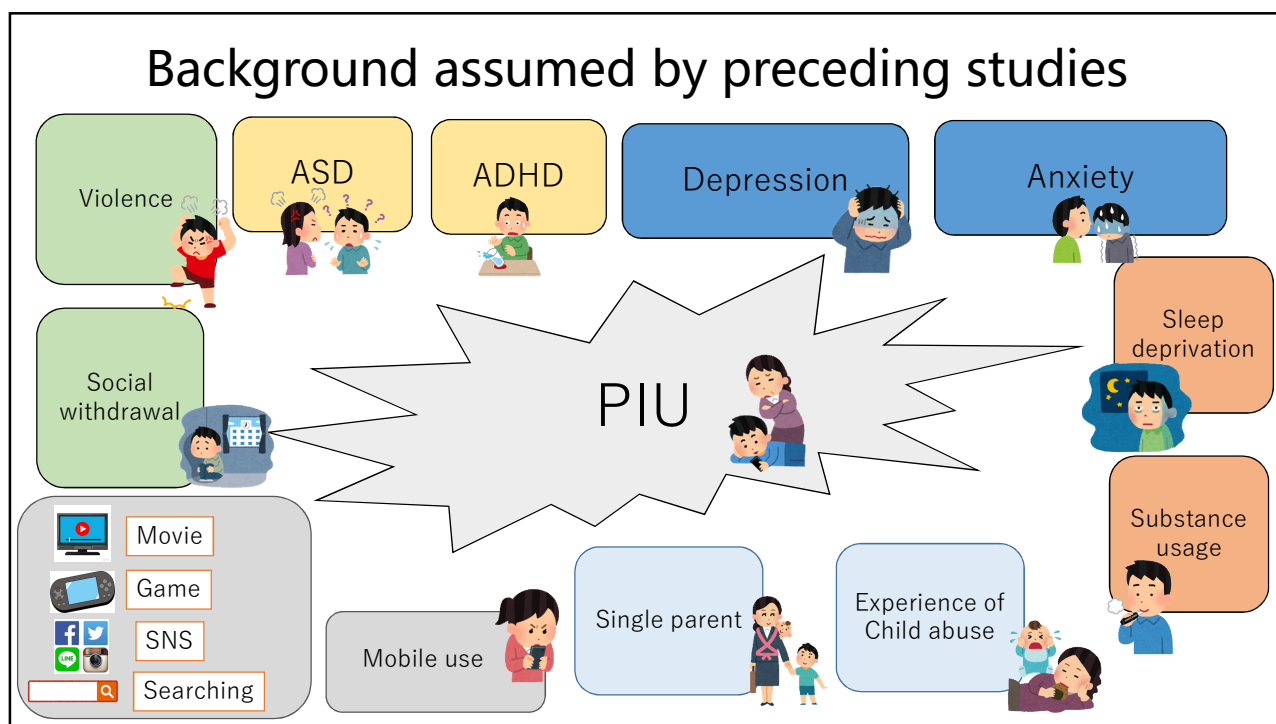
Psychopathologies similar with substance abuse ?

Avoidance from distress of real world ?

Killing time while sleepless nights ?

No rule setting by their family ?

Repetitive behavior in the context of autistic traits?



## Cross sectional study in Yokohama

**Samples** psychiatric first referrals, aged 10-18, from April 2016 to March 2018

**Locations** two child and adolescent mental health services

**Inclusion Criteria** patients completed questionnaire, and without moderate to severe mental retardation

**Measures** Young's IAT, PHQ-9(depression), GAD-7(anxiety)

694  $\longrightarrow$  346  
 348 patients  
 were excluded



Two general hospitals belonging to Yokohama City University (YCU) covers south part of this area.

## Young's Internet Addiction Test

(Kimberly, 2009, Osada, 2013)

**20 items**

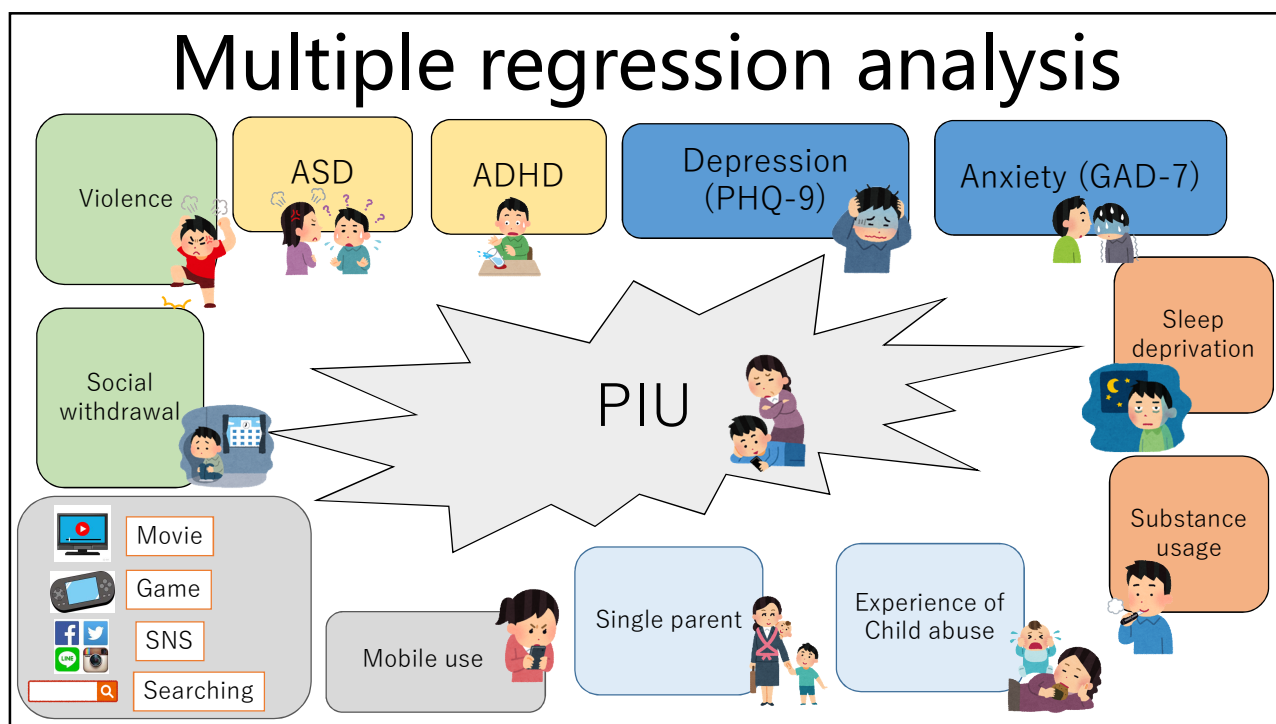
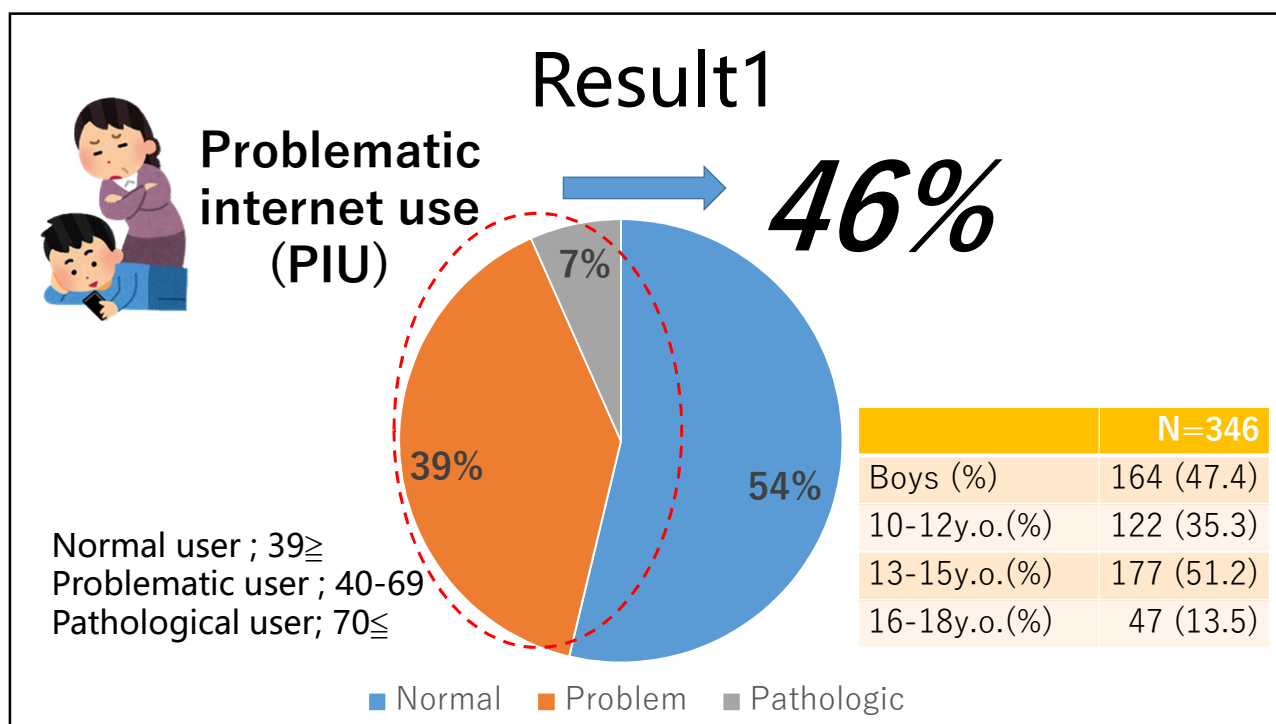
**self-completed questionnaire**

0point; Rarely or Never	1point; Every once in a while
2point; Sometimes	3point; Often
	4point; Always

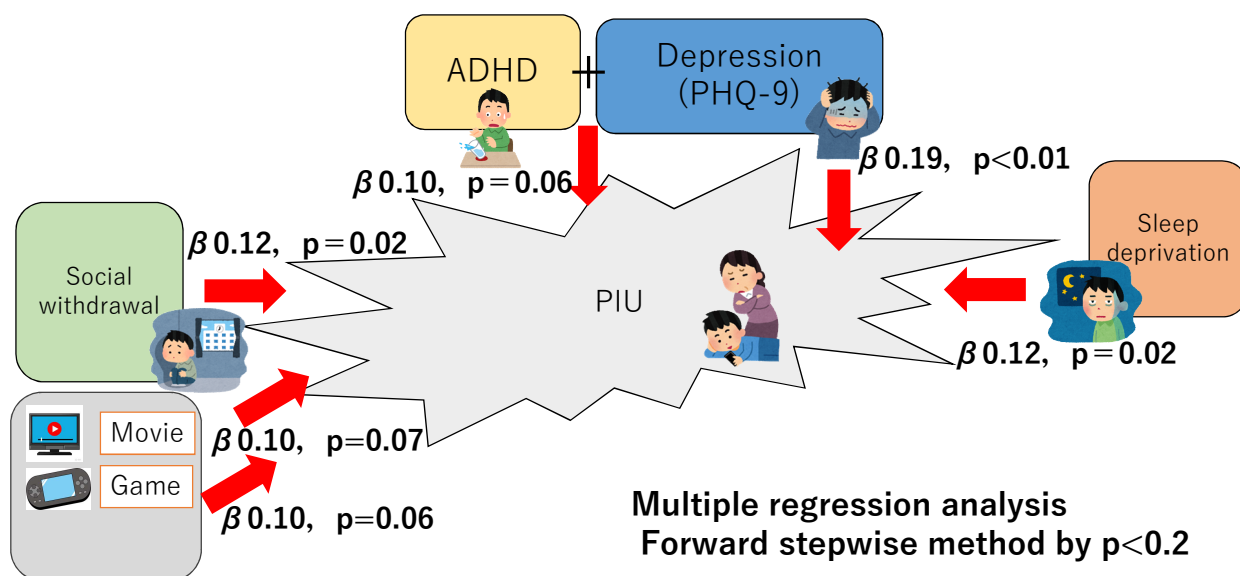
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## Result 2

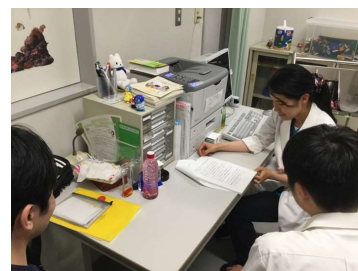


## Summary

- A half of adolescent patients was problematic, or pathological user.
- Depression, ADHD with depression, school withdrawal, inadequate sleep, movie & game may associate with PIU, in clinical situation.

## What we are doing now

- **Psycho-education and motivational therapy for IA**
- **Assistance for hikikomori, and school withdrawal**
- **Support for limit setting with agreement**
- **Medication for depression, or ADHD**
- **CBT for depression, or insomnia**



## Discussion point

- ✓ **How clinical services for adolescents are provided in other countries?**
- ✓ **In children with autistic traits (or ASD diagnosis), to what extent PIU is attributable to ASD-related repetitive behaviors and restricted interests? Also, how can we differentiate between them?**