

## Electronic Screen Syndrome (ESS) and Internet Addiction

WHO is most at risk for the negative effects of interactive screen time?

- Boys
- The child who loves games/phones etc. more than his/her peers
- Introverted or socially isolated
- ADHD/ADD or increased impulsivity
- Asperger's Disorder/ Autism Spectrum Disorders
- Intellectual or learning disability
- Sensory integration issues
- Environmental sensitivities
- Academic failures
- Traumatic experiences including bullying
- Chronic medical conditions
- Antisocial behavior or aggression
- Decreased empathy
- Family systems: high parental conflict; abuse or neglect
- Depression, anxiety or other mental health disorders
- Family history of addictions
- Starting young or lengthy time spent online**
- Use of online gaming or social networking sites**