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**“The ‘inScreenMODE’
project:
A personalized training approach using
friendly digital tools to
support young individuals
to moderate their
excessive online
behaviour”**

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in Screen MODE - MODERation strategies of SCREEN abuse for Generation Y(outh)

ERASMUS+ KA2 Cooperation for
Innovation and the Exchange of Good
Practices

Factsheet



| | |
|-----------------|---|
| Name: | in SCREEN MODE |
| Agreement #: | 2017-1-UK01-KA205-036208 |
| Funding period: | 30/09/2017 – 29/09/2019 |
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Partners

1. Institute of New Technologies (INT) (PL)
2. Private Institute Emphasys Centre (CY)
3. The Nottingham Trent University (UK)
International Gaming Research Unit (IGRU)
4. Crystal Clear Soft Digital (GR)
5. Global Citizens' Academy (LT)
6. Direct Association (RO)

Rationale/Context – Benefits of the Internet

- Benefits of Internet use in various aspects of everyday life:
 - ✓ increases productivity;
 - ✓ used for a spectrum of educational purposes;
 - ✓ enables easier communication.

- Internet use can help **improve results on tests and increase motivation for learning among young people** (Guan & Subrahmanyam 2009).

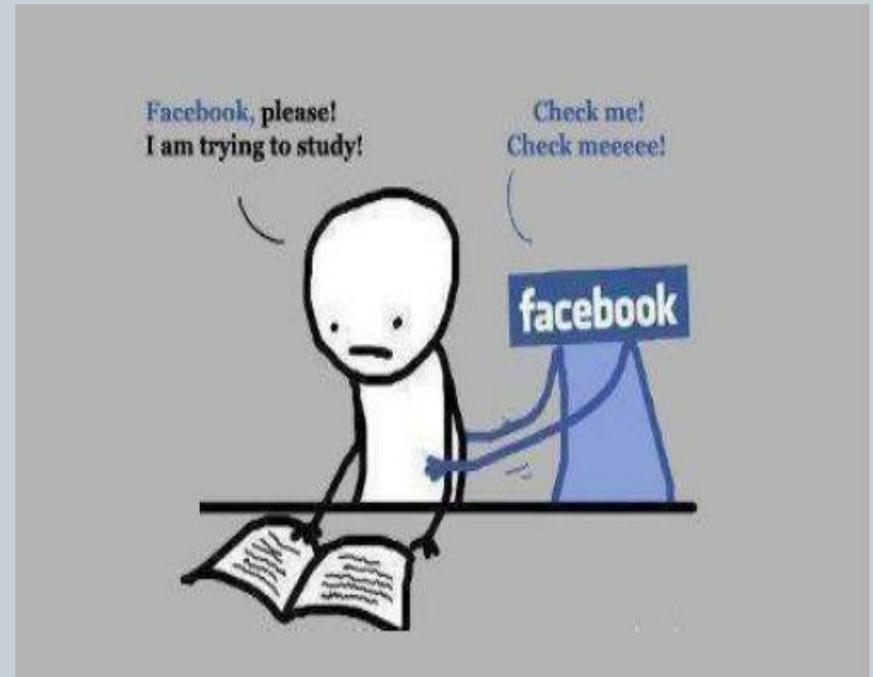
- Also, **quality of life can be affected in the absence of Internet access** (Pontes et al. 2015).

Rationale/Context – Internet Addiction – Problematic/Excessive Internet use

- However, **excessive Internet use** is seen as a form of technological addiction (Marks 1990), which is a relatively recent and fast growing **clinical phenomenon** (Saville et al. 2010).
- Even if youngsters are not addicted, recent European research analysis (EU Kids Online - Smahel et al., 2012) has shown that **it is not always or not only the time spent online** that makes internet use problematic and ‘excessive’, but the impact of internet use on what **might be called a ‘balanced life’**.

Rationale/Context – Effects of the Excessive or Problematic Internet use

- Excessive online exposure may affect **physical health** → a prime risk factor for youngsters' obesity.
- Frequent multitasking may affect their ability to stay focused → **poor school or academic performance.**
- The **constant feeling of being online** negatively impacts their emotional well-being (aka **FOMO** behaviour).
- **Lower empathy** and social well-being or **abstention** from **offline social interactions.**



<http://www.mansaldenton.com/social-media-addiction-how-to-quit-social-media-without-quitting/>

Objectives



- Empowering young people (16-25 years old) to deal effectively with situations concerning excessive preoccupation with Internet.
- Equipping them with the skills and the methodological and technological tools to modify excessive computer behavior for healthy computer use.

Aims

1. Support young people (16-25 years old) showing *excessive preoccupation with Internet* to implement personalized moderation plans

→ Raise awareness about the risks of excessive or problematic Internet use.

Innovative aspects of the project

1. Two sides of the compulsive Internet use “coin”/problem:
 - ✓ One side is the Internet use that deals with **safety**.
 - ✓ The other side is the Internet use that directly and negatively affects humans’ **well-being**.

2. **The latter has been** outweighed and taken precedence by **the Safer Internet agenda** and the respective awareness campaigns and training approaches.

3. The **inScreen Mode project** aspires to take a small step **towards raising awareness and providing training** to young individuals about the serious condition of excessive Internet use which mostly affects their “well-being”.

Innovative outcomes of the project



- An **action-based approach** to deal with the frequent and excessive Internet use separating young people depending on their actual Internet use. A tool called **“Genie”** will be developed and based upon situational and behavioral data in relation to the Internet use of each specific user, will suggest **personalised moderation actions**;
- An **online training delivery environment** which will deliver interactive media learning content regarding each specific learner’s Internet behaviour;
- **Hands-on training events in 6 countries** (UK, POLAND, GREECE, LITHUANIA, CYPRUS & ROMANIA);
- A virtual space, the **in SCREEN MODE Academy**, to facilitate a network of youth associations, youth workers, educators, researchers, coaches, therapists and other relevant stakeholders who will adopt the results of the project and continue to maintain and develop them past the funding period.

Steps process to accomplish project's goals



1. Desk research in order to identify the methodological tools that could provide the basis for user model's classification
2. A cross-country survey in the 6 participating countries conducted aiming to rationalize our users' classification modeling and providing indicative data about Internet use and behaviors in the respective countries.
3. Training methodology: elaborate the framework on how to deal with different user models
4. Identification of moderation actions and their documentation with appropriate content for the different user models
5. Design of the tool ("Genie") that will identify the profiles of the interested users, classify them into groups and suggest personalised moderation plans.

Structure of the questionnaire -1



A. Individual data: age, gender, education level/occupational status, country of residence

B. Situational data: Personality characteristics → the short self-report measure Quick Big Five (QBF) (Vermulst & Gerris, 2009) that was based on Goldberg's personality markers (1992) was used (30 characteristics)

It measures the big five dimensions:

- **extraversion** vs. introversion,
- **agreeableness** vs. antagonism,
- **conscientiousness** vs. lack of direction,
- **emotional stability** vs. neuroticism,
- **openness** vs. closed to experience

Structure of the questionnaire -2



B. Situational data: Personality characteristics

Why we have used it?

- **Low emotional stability, low agreeableness, and low extraversion seem convincing candidates for increasing the risk of problematic Internet use.**
- **The identification of the above mentioned characteristics demarcate frequent users (frequency is extracted based on the time spent on Internet activities) who develop addiction symptoms from frequent users who may prove beneficial with regards to prevention and treatment (Kuss et al., 2013).**

Structure of the questionnaire -3

C. Behavioural data: Time spent on specific online activities

Internet usage data reported
by participants

| <u>Application</u> | <u>Risk factor</u> |
|---|--------------------|
| 1. Online games | 5 |
| 2. Social Network Sites (SNS) (except for <u>Instagram</u>) | 4 |
| 3. <u>Instagram</u> | 5 |
| 4. Chatting (including instant messaging (i.e. <u>Whatsapp</u>)) | 4 |
| 5. Emailing | 3 |
| 6. Accessing general information and news (including sports and politics) & administration (e.g., banking, paying bills, booking, travel) | 1 <u>or</u> 2 |
| 7. Video watching | 3 |
| 8. Listening to music | 2 |
| 9. Gambling | 5 |
| 10. Online Shopping | 5 |
| 11. Online dating (e.g. meeting new friends including romantic relationships) | 3 |
| 12. Online pornography | 5 |

Structure of the questionnaire -3

C. Behavioural data: Time spent on specific online activities

Internet usage data per day
reported by participants

- ✓ Less than 2 hours (mild)
- ✓ Around 3-5 hours (frequent)
- ✓ More than 6 hours (excessive)
- ✓ Not applicable (non users)

| High risk apps (risk factor: 4-5) | Low risk apps (risk factor: 1-3) |
|---|--|
| 1. Online games | Emailing |
| 2. Social Network Sites +chatting + <u>Instagram</u> | Accessing general information and news (including sports and politics) & administration (e.g., banking, paying bills, booking, travel) |
| 3. Online Gambling | Listening to music |
| 7. Online Shopping | Online dating (e.g. meeting new friends including romantic relationships) |
| 8. Online pornography | Video streaming |

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| 7. Online Shopping | Online dating (e.g. meeting new friends including romantic relationships) |
| 8. Online pornography | Video streaming |

Structure of the questionnaire -4



D. Behaviours and feelings experienced due to Internet excessive use

- 1. Loss of control** - Serious conflict with partner, friends, family
- 2. Sacrificing other activities** - Neglect of daily obligations sports or recreational activities
- 3. Continuing the use despite negative consequences** – i.e. Internet use despite serious performance problems or despite the loss of an important friendship or relationship
- 4. Impairment or distress** –i.e. Worried, nervous, panicky, tense, keyed up or anxious, bored, fatigued, low in energy, lack of motivation

Structure of the questionnaire -5



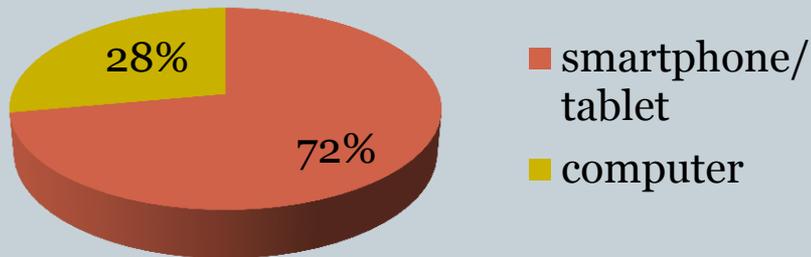
E. Moderation goals

- ✓ **Previous attempts** → to evaluate user's level of awareness or admission of their excessive use
- ✓ **Successfulness of attempts** → need or they don't need help?
- ✓ **Moderation in terms of time spent** → to identify the desirable situations in terms of time reduction
- ✓ **Report what is more important in the context of the Internet use**, i.e. improvement of academic, work performance, social and familial relations and better life conditions for themselves in terms of recreation, sports and better sleep

Snapshots of the survey results

200 young individuals (16-25 years old)
Female: 64%, Male: 36%

The majority uses smartphones

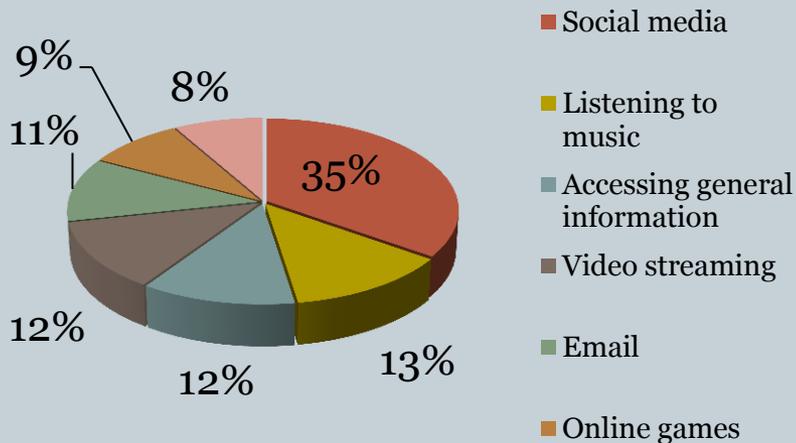


<http://www.thehealthfullifestyle.com/social-media-addiction-facts-negative-effect/>

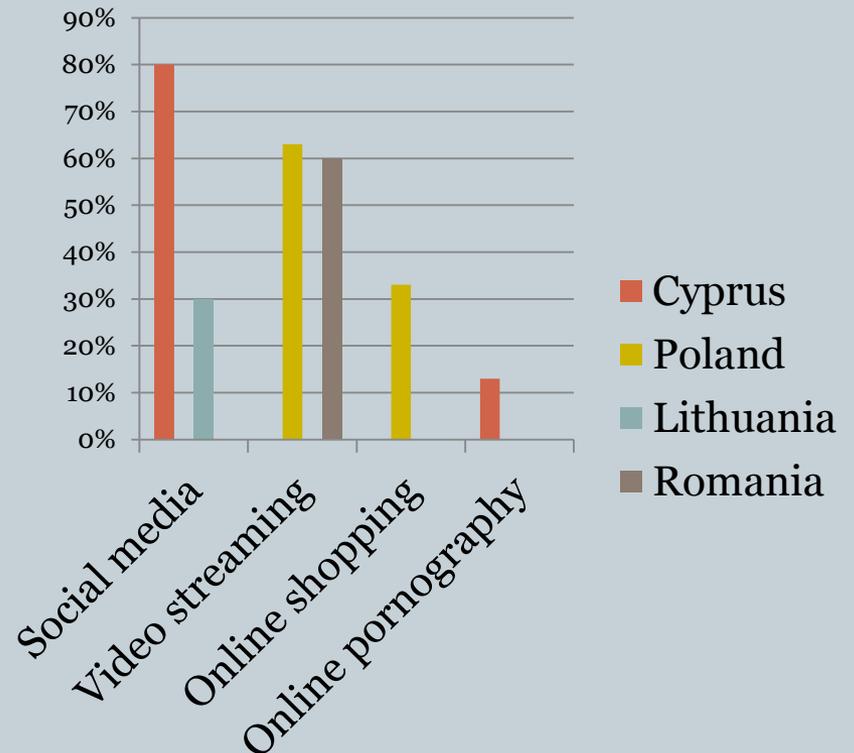
Snapshots of the survey results

All countries – total sample

Applications most used frequently and excessively

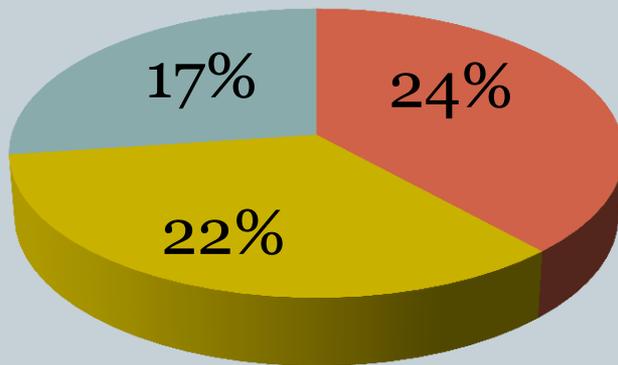


Differences across countries

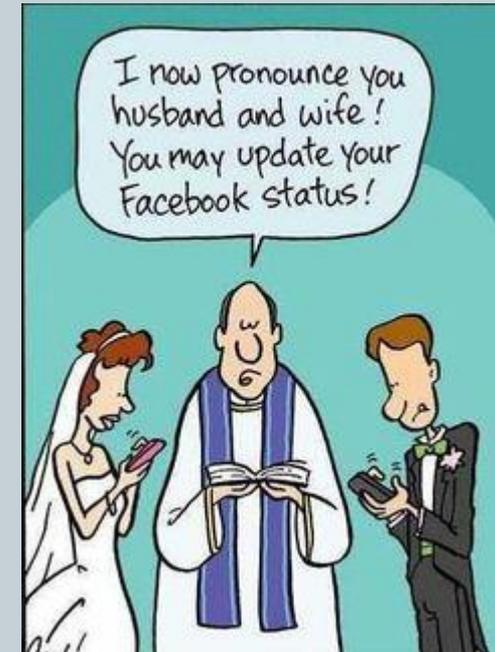


Snapshots of the survey results

Increased percentages for some high risk activities when excluded the non-users



- online gambling
- online pornography
- online dating

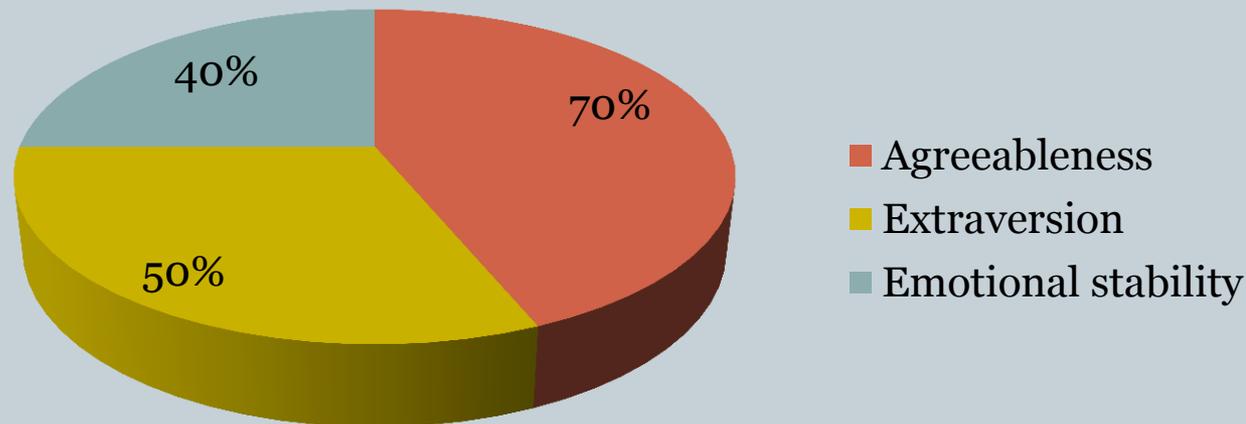


Snapshots of the survey results



The identification of these figures shows that frequent and excessive users of our sample may not develop **problematic behaviours** or they **may prove beneficial with regards to prevention.**

Personality dimensions

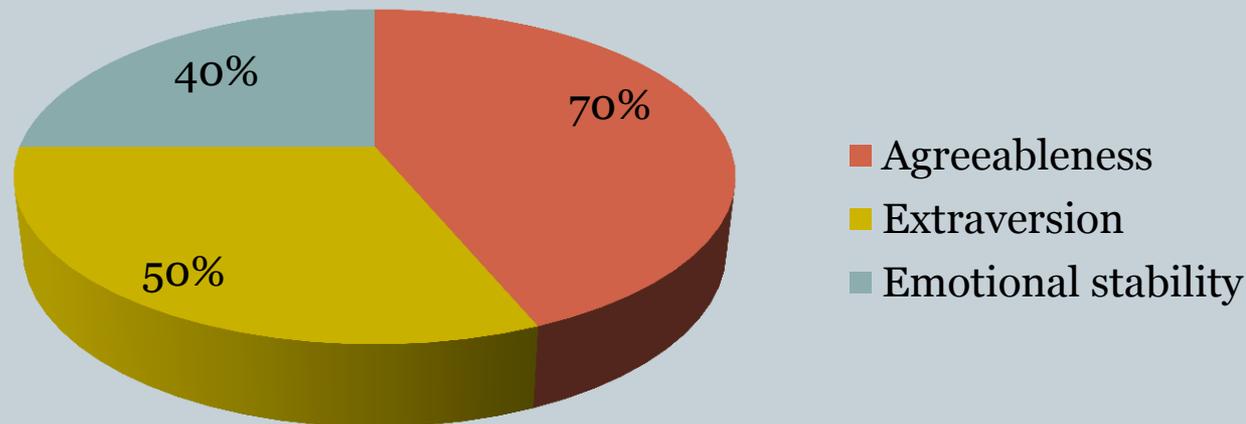


Snapshots of the survey results



The identification of these figures shows that frequent and excessive users of the sample may not develop **addiction symptoms** or they **may prove beneficial with regards to prevention actions.**

Personality dimensions

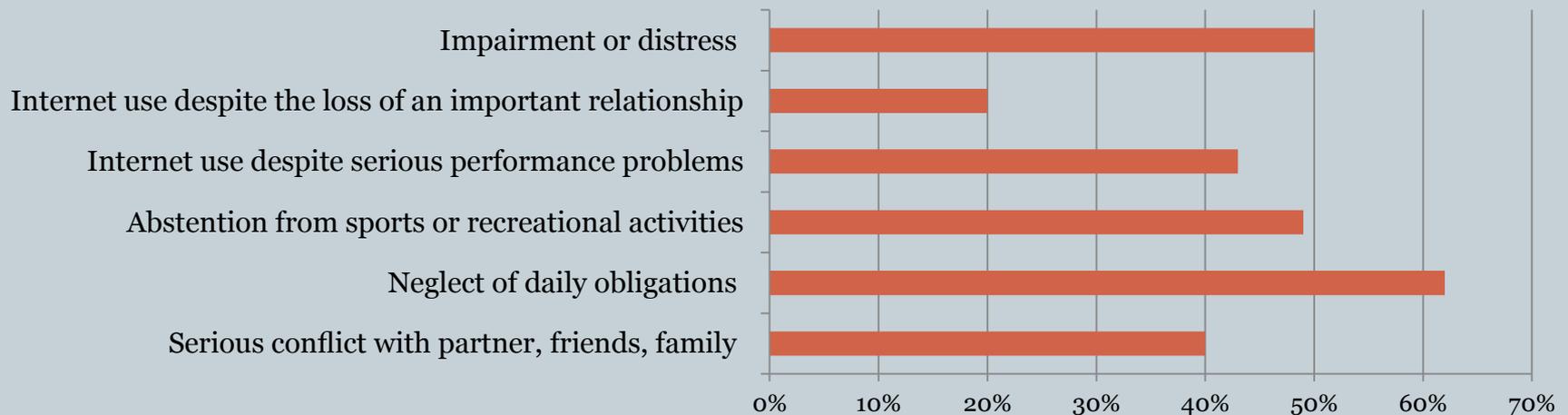


Snapshots of the survey results



The only cases where more than half of the participants answered that the conflicts they experienced were at least “at average” applicable to them was for the neglect of daily obligations (61.42%). The other applications were either around 50% of the sample or less.

Conflicts experienced due to Internet overuse

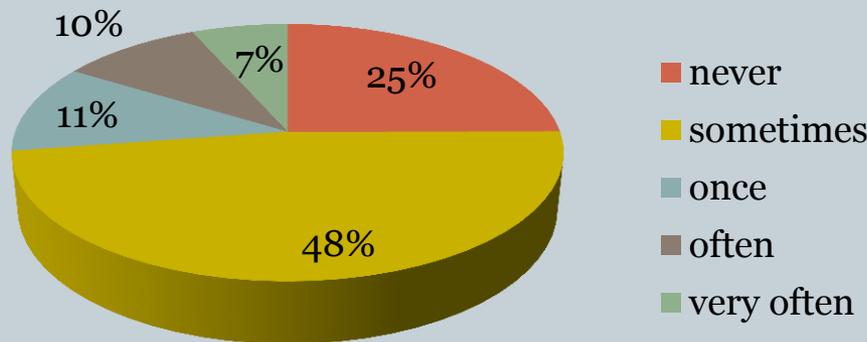


Snapshots of the survey results

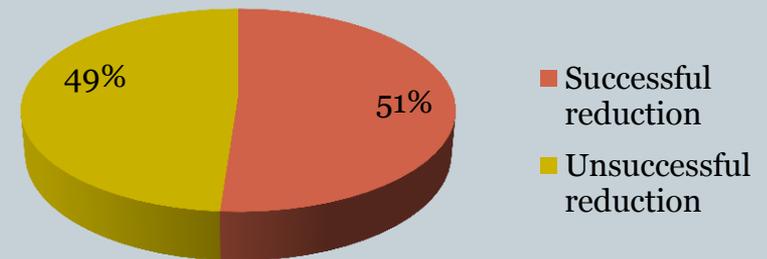


Only 24.87% never tried to moderate their time spent on their favourite online activities. Among the participants who tried, most of them chose the “sometimes” option (47.72%), the other being distributed between “once” (11.17%), “Often” (9.65%), and “Very often” (6.60%). Among the participants who tried to reduce their consumption, about half of them (51.15%) managed to do so, while the other half (48.85%) did not.

Moderation attempts



Rate of successful reduction



Training methodology

- The user groups to be addressed by the “in Screen MODE” training approach and be offered support through the Genie tool are:
1. **frequent and excessive users engaged with high risk and low risk online activities, and**
 2. **present with low emotional stability, or/and extraversion or/and agreeableness, and**
 3. **experience at least one negative consequence in their academic/work and family context, as well as to their personal and social life due to Internet overuse, and**
 4. **experience at least one of the following dominant negative urges for being online: *Anxiety, Aggression, Boredom, Stress, Incompleteness, Dissatisfaction, Fear, Lack of self-confidence, Rejection, Sadness***

Moderation plans - 1



- Based on the input of users and their profiles to be built by Genie, **general strategies** comprising a number of specific actions will address each individual user.
- The training approach and the methodology of implementing the action plans will comprise **two main categories**, each one comprising other subcategories, drawn from concepts and strategies typically adopted by the Cognitive Behavioural (CB) model.

Moderation plans - 2



- **Category 1: Time management strategies comprising 3 main topics and several actions:**
 - **Recognise the Internet usage routines and set regulation goals, e.g.** track your actual time on Internet, set up your personal goal on how much you would like to reduce the time spent on Internet ...
 - **Use external constraints to regulate online use, e.g.** use software to ban sites or apps that you frequently use, use software to limit your time online, use software to help you stay focused, turn-off push notifications ...
 - **Adopt alternative activities, e.g.** force yourself to spend equal screen time with active time, take a technology break throughout the day, practice a forgotten or a new skill ...

Moderation plans - 3

- **Category 2: Cope with dominant negative urges comprising 6 main topics and several actions:**
 - **Cope with loneliness:** e.g. identify your loneliness thoughts, direct compassion and tenderness toward yourself, build an offline community of connectedness, admit that you can do things alone...
 - **Cope with boredom:** e.g. play offline games alone (e.g. tic tac toe, learn how to solve the Rubik's cube), play board games or card games with friends or family, create new games (e.g. cross-words), make a dinner for yourself, your family and friends...
 - **Cope with anxiety and stress**
 - **Cope with aggression**
 - **Cope with sadness**
 - **Build self-confidence** (for users who have reported as antecedent feelings **incompleteness, dissatisfaction, fear, lack of self-confidence, rejection**)

Beta version of the tools



By the end of September 2018

Are you following along with our progress?

W: <https://inscreenmode.eu/>

FB: <https://www.facebook.com/inSCREENMODE>

The art perspective



A video by Chris Cousins about the **new global drugs**
(=social media) and their "side effects"

<https://vimeo.com/261791644>

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