

Bibliography

Books

Nakaya, A. (2018). *Internet and social media addiction*. San Diego, CA: ReferencePoint Press.

Young, K (2018) *Caught in the web: How to Recognize the Signs of Internet Addiction*, John Wiley & Sons, Chigago.

Journal Articles

Brenner, V. (2017). Psychology of Computer Use: XLVII. Parameters of Internet Use, Abuse and Addiction: The First 90 Days of the Internet Usage Survey. *Psychological Reports*, 80(3), pp.879-882. <https://doi.org/10.2466/pr0.1997.80.3.879>

Odacı, H. and Çelik, Ç. (2017). Who are problematic internet users? An investigation of the correlations between problematic internet use and shyness, loneliness, narcissism, aggression and self-perception. *Computers in Human Behavior*, 29(6), pp.2382-2387. <https://doi.org/10.1016/j.chb.2013.05.026>

Yao, M.Z., Zhon, Z.-j. (2015) Loneliness, social contacts and Internet addiction: A cross-lagged panel study. *Computers in Human Behavior*. Vol. 30, 164-170. <https://doi.org/10.1016/j.chb.2013.08.007>

Newspaper articles

Andersen, D. (2016). Online addicts abandon the real world. *Sydney Morning Herald*. [online] Available at: <https://www.smh.com.au/technology/online-addicts-abandon-the-real-world-20040106-gdi3wa.html>

Smith, D. (2018). New evidence shows that heavy users suffer isolation, fatigue and withdrawal symptoms. *The Guardian*. [online] <https://www.theguardian.com/technology/2008/mar/23/news.internet>

Websites

Smith, M., Robinson, L. and Segal, J. (2019). *Smartphone Addiction - HelpGuide.org*. [online] HelpGuide.org. Available at: <https://www.helpguide.org/articles/addictions/smartphone-addiction.htm>

Tinker, B (2018) Four beds ready to treat Internet addicts, CNN, Available at: <http://edition.cnn.com/2013/09/07/health/internet-addiction-treatment-center/index.html>