**Maria Wilson post to week six discussion one**

Smartphone Addiction

Mr. Andrews is twenty-four years old and was referred for counseling due to an apparent addiction to smartphones.  He is constantly looking at his phone and the various applications (apps) while ignoring his personal and professional responsibilities.  His average weekly screen time is greater than sixty hours a week.  He claims to be using the phone for research or to stay current with politics and other news.  Due to his distracted behaviors, he has lost three jobs and is at risk of divorce and losing his family.

Smartphones are very popular today with a variety of features and applications used on a regular basis.  These minicomputers are very efficient and save a lot of time allowing people to accomplish many tasks such as school, work, and communication while on the move and on one device.  Smartphones provide maps with verbal directions when traveling and help people find places in unfamiliar areas.  People can call for help in emergency situations and can be tracked when they are lost.  In addition, parents are better able to monitor their children’s locations along with anything they do on their devices and in turn, children have easy access to reaching their parents.  Yue et al. (2021) discussed how there are many applications that help people track health goals and maintain their overall well-being whether through calming apps, medication trackers, easy access to mental health services whether journaling or telehealth services, etc.  While there are plenty of benefits to having smartphones, there are also many negative impacts to be considered.

According to Yue et al. (2021), the more time spent looking at the screen either through social media or gaming rather than interacting with others face-to-face, the more difficult it becomes to break that cycle potentially causing negative consequences in the grand scheme of life (p. 2).  The research also showed how women are more prone to cell phone addiction.  According to Karadağ, & Kılıç (2019), students were addicted to one or more of the following: messaging, social media, or gaming. The result of their addictions caused them to have lower than average academic performances and grossly deficient in-person social skills (p. 112).  The compact nature of smartphones makes them convenient to bring anywhere granting instant gratification to compulsive behavior.  Social media sites allow people to live vicariously through others, which can also negatively impact a person’s self-worth typically causing depression and/or anxiety.  According to Hinojo-Lucena et al. (2021), smartphone addiction to apps such as Instagram has caused some users to fall into depression and in some rare cases, suicide (p. 50).

Treatment of smartphone addictions include many different options ranging from self-help to professional in-patient programs.  The American Psychological Association (APA) (2010) discussed how psychologists can use ethical guidelines to help create a successful treatment plan.  Informed consent prior to any treatment or assessment is essential to protect each patient and their psychologist.  Section 9.03 refers to receiving informed consent prior to administering necessary assessments.  Section 9.08 requires psychologists to use the latest test versions to ensure accurate results.  Section 7.01 requires psychologists to confirm training/treatment programs are individualized and all-encompassing to include coping mechanisms with the hopes of reducing and eventually eliminating smartphone addiction.

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