



Department of Psychology

The University of Hong Kong

香港大學心理學系

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Departmental Seminar

Advances in the Diagnostics, Prevention and Treatment of Internet Use Disorders



Prof. Hans-Jürgen Rumpf
Associate Professor
Department of Psychiatry
University of Luebeck

11:00a.m. – 12:00noon

Room 1103-1104, 11/F

The Jockey Club Tower

Centennial Campus

The University of Hong Kong

About the talk:

The prevalence of Internet Use Disorder (IUD) is increasing worldwide. There is a high demand for approaches to diagnose, prevent, and treat IUD. Currently, many instruments with different theoretical backgrounds focus on various specific or nonspecific conditions. The vast majority of these instruments are screening questionnaires that often lack clinical validation. Consequently, cutoff scores are not proven, and using them may lead to the overpathologization of everyday behavior. Moreover, few diagnostic interviews are available. There is a need for more precise diagnostic approaches. Ongoing developments by the World Health Organization will be reported. Fortunately, the amount of evidence supporting effective interventions has increased over the past decade. For example, cognitive behavioral therapy has been proven effective. In contrast, knowledge of effective preventive interventions remains limited. At the same time, a recent large-scale study on a stepped care approach shows promising results. Additionally, an ongoing multicenter study in Europe is exploring new digital strategies for preventing problematic internet use among students in nine countries. These advancements, as well as the first guideline for treating IUD, will be presented.

About the speaker:

Dr. Hans-Jürgen Rumpf is a psychologist in the Department of Psychiatry and Psychotherapy at the University of Lübeck in Germany. He is an associate professor and the head of the S:TEP research group (Substance Use and Related Disorders: Treatment, Epidemiology, and Prevention). His research focuses on behavioral addictions, substance use and mental health disorders. He is particularly interested in brief interventions, e-health interventions, screening and classification, and the natural course of addictive behavior. He is a member of the World Health Organization's (WHO) expert group on the public health implications of addictive behaviors. He is currently leading the WHO collaborative project on developing international screening and diagnostic instruments for gaming disorder and gambling disorder. He is engaged in further international cooperation such as with Children and Screens, Institute for Digital Media and Child Development as well as the International Council on Health Outcome Measures (ICHOM). He is currently a member of a Lancet Psychiatry Commission on global action on problematic Internet use and the Council of Europe Pompidou Group on the classification of good practices for addressing risks of online gambling and video gaming. He has published over 800 articles in journals and books.

Zoom Meeting (For participants who couldn't attend the Seminar in person)

<https://hku.zoom.us/j/6985555998?pwd=V05yTGJWNTlzaZd2OFZ0Q3FReHVkdz09>

Meeting ID: 698 555 5998 | Password: Psyc

~ All are Welcome ~

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