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A study on the effects of the mindfulness and wisdom comprehensive as an intervention strategy for college student internet addiction

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Studies showed that the excessive use of the internet is caused by its high prevalence and harmfulness, attracting public attention gradually (Kruss, 2015). The purpose of this study is to investigate the effect of mindfulness and wisdom intervention on college students' internet addiction.

Students are analyzed by attending two full weeks of intensive mindfulness and wisdom comprehensive meditation retreat. Samples are screened by using an internet addiction disorder diagnostic questionnaire (IAD-DQ). A quasi-experimental pretest and posttest design were used as the research design. Participants were required to complete the internet addiction questionnaire and subsidiary questionnaires about emotional control before and after the intervention. The finding showed that mindfulness and wisdom intervention appeared to be effective in reducing internet addiction and increasing the ability of self-control. In addition, researchers used the semi-

structured interview method to ask the participants about their changes after the intervention. The participants reported positive changes, including the reduction of internet use, an increase of awareness, self-control, and concentration, and a more positive lifestyle. Hence, mindfulness and wisdom intervention appeared to be effective in reducing internet addiction.

Biography

Lee Peitzu is currently an Assistant Professor in the counseling psychology field. At present, her research focuses on mindfulness related interventions, counseling and psychotherapy, the relationship between the mind and behavior, mindfulness-based group therapy, effective learning methods and the benefits of spiritual counseling.

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