

ADDICTA

The Turkish Journal on Addictions

Volume: 12 • Issue: Suppl. I • October 2025

S2	President's Message
S4	Congress Organizing Committee
S5	International Scientific Committee
S6	Green Crescent Scientific Committee
S7	Congress Program
S12	Session Chairs
S13	Keynote Speakers
S18	Panel Speakers
S45	Oral Presentations
S63	Poster Presentations
S80	Sponsors



ABSTRACTS

6TH GLOBAL CONGRESS ON BEHAVIORAL ADDICTIONS

13-14 May 2025



ADDICTA

ABOUT

Addicta: The Turkish Journal on Addictions is a peer reviewed, open access journal published by the Turkish Green Crescent Society.

Addicta: The Turkish Journal on Addictions is a quarterly journal that is published in English in March, June, September and December.

Abstracting and Indexing

Addicta: The Turkish Journal on Addictions is covered in the following abstracting and indexing databases;

- Web of Science-Emerging Sources Citation Index
- DOAJ
- CNKI
- TUBITAK ULAKBIM TR Index
- EBSCO
- Turkish Psychiatry Index
- InfoBase
- Gale
- Scopus

All content published in the journal is permanently archived in Portico.

Aims, Scope, and Audience

Addicta: The Turkish Journal on Addictions aims to publish studies of the highest scientific and clinical value, and encourages the submission of high-quality research that advances the understanding and treatment of addictions.

Addicta: The Turkish Journal on Addictions covers a wide range of topics related to addiction and related disorders as well as forming a scientific forum by producing quality debate on various disciplines. The journal is interested in publishing original research that addresses important clinical questions and advances the understanding and treatment of these conditions. This may include studies on addictions to tobacco, alcohol, drugs, gambling and technology.

Addicta: The Turkish Journal on Addictions publishes research articles, reviews, case reports, case-based reviews, letters to the editors, and book reviews within its scope. Conference proceedings may also be considered for publication.

The target audience of the journal includes researchers in the area of addiction from health, social, educational, natural and applied sciences fields.

Editor in Chief: Hakan Coşkunol

Address: Turkish Green Crescent Society, Türkiye

E-mail: editor@addicta.com.tr

Publisher: AVES

Address: Halaskargazi Mah. Halaskargazi Cad. No: 38-66E İç Kapı No: 215 Şişli, İstanbul, Türkiye

Phone: +90 212 217 17 00

E-mail: info@avespublishing.com

Web page: avespublishing.com

ADDICTA

INSTRUCTIONS TO AUTHORS

It is strongly advised to review the journal's policies before submitting any manuscripts to ensure compliance with the journal's guidelines.

Manuscript Preparation

Manuscripts submitted for evaluation should be original and not previously presented or published in any electronic or print medium. If a manuscript was previously presented at a conference or meeting, authors should provide detailed information about the event, including the name, date, and location of the organization.

Manuscripts should be prepared in accordance with ICMJE-Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals (updated in May 2023).

Authors are required to prepare manuscripts in accordance with the relevant guideline listed below:

- Randomized research studies and clinical trials: CONSORT guidelines (for protocols, please see the SPIRIT guidance)
- Observational original research studies: STROBE guidelines
- Studies on diagnostic accuracy: STARD guidelines
- Systematic reviews and meta-analysis: PRISMA guidelines (for protocols, please see the PRISMA-P guidelines)
- Experimental animal studies: ARRIVE guidelines and Guide for the Care and Use of Laboratory Animals, 8th edition
- Nonrandomized evaluations of behavioral and public health interventions: TREND guidelines
- Case report: the CARE case report guidelines
- Genetic association studies: STREGA
- Qualitative research: SRQR guidelines
- To find the right guideline for your research, please complete the questionnaire by Equator Network here.

Addicta: The Turkish Journal on Addictions encourages authors to follow the 'Sex and Gender Equity in Research – SAGER – guidelines' when preparing their manuscripts to promote the inclusion of sex and gender considerations in research. Before submission, authors can consult EASE Guidelines for Authors and Translators to produce clear, concise and accurate manuscripts that are easy to understand and free of common errors and pitfalls.

The style of manuscripts should follow the Publication Manual of the American Psychological Association (APA), Seventh Edition (2020).

Manuscripts can only be submitted through the journal's online manuscript submission and evaluation system. Manuscripts submitted via any other medium and submissions by anyone other than one of the authors will not be evaluated.

In addition to the manuscript files, authors are required to submit the following during the initial submission:

- Copyright Agreement and Acknowledgement of Authorship Form, and
- ICMJE Disclosure Form (should be filled in by all contributing authors) These forms are available for download at <https://www.addicta.com.tr/EN>.

Preparation of the Manuscript

Title page: A separate title page should be submitted with all submissions and this page should include:

- The full title of the manuscript as well as a short title (running head) of no more than 50 characters,
- Name(s), affiliations, highest academic degree(s), and ORCID IDs of the author(s),
- Grant information and detailed information on the other sources of support,
- Name, address, telephone (including the mobile phone number), and email address of the corresponding author,

ADDICTA

- Acknowledgment of the individuals who contributed to the preparation of the manuscript but who do not fulfill the authorship criteria.
- If the author(s) is a member of the journal's Editorial Board, this should be specified in the title page.

Abstract: An abstract should be submitted with all submissions except for Book Reviews and Letter to the Editors. The abstract of Research Articles should be unstructured. Please check Table 1 below for word count specifications.

Extended Abstract: As of 2020, Addicta: The Turkish Journal on Addictions publishes Turkish extended abstracts of the articles in the journal's webpage for educational purposes. Therefore, the Turkish authors are required to submit a 1000 word-long Turkish extended abstract of their article during initial submission. International authors, on the other hand, are expected to submit the extended abstract in English. The Turkish Green Crescent Society will translate English extended abstracts before publication. Extended abstracts should include Introduction, Methods, Results, and Discussion subheadings. Please do not include references.

Keywords: Each submission must be accompanied by a minimum of three to a maximum of six keywords for subject indexing at the end of the abstract. The keywords should be listed in full without abbreviations. The keywords should be selected from the National Library of Medicine, Medical Subject Headings database (<https://www.nlm.nih.gov/mesh/MBrowser.html>).

Main Points: All submissions except letters to the editor should be accompanied by 3 to 5 "main points." These main points should highlight the most important results of the study and emphasize the main message of the manuscript. The main points should be structured as a list and should be written in a clear and straightforward manner. Since the main points are intended for experts and specialists in the field, they should be written in plain language that is easy to understand. By including main points with the manuscript, authors can help ensure that the most important findings and messages of their study are conveyed clearly to the reader.

Manuscript Types

Original Articles: Original articles provide new information based on original research. The acceptance of original articles is typically based on the originality and importance of the research. The main text of an Original Article should be structured with subheadings, including Introduction, Material and Methods, Results, and Discussion.

Limitations, drawbacks, and the shortcomings of original articles should be mentioned in the Discussion section before the conclusion paragraph.

Please check Table 1 for the limitations for Original Articles.

Clinical Trials

Addicta: The Turkish Journal on Addictions adopts the ICMJE's clinical trial registration policy, which requires that clinical trials must be registered in a publicly accessible registry that is a primary register of the WHO International Trials Registry Platform (ICTRP) or in ClinicalTrials.gov. By registering clinical trials in a publicly accessible registry, authors can help to promote transparency and accountability in their research.

Instructions for the clinical trials are listed below.

- Clinical trial registry is only required for the prospective research projects that study the relationship between a health-related intervention and an outcome by assigning people to different groups.
- To have their manuscript evaluated in the journal, authors should register their research to a public registry at or before the time of first patient enrollment.
- Based on most up to date ICMJE recommendations, Addicta: The Turkish Journal on Addictions accepts public registries that include minimum acceptable 24-item trial registration dataset.
- Authors are required to state a data sharing plan for the clinical trial registration. Please see details under the "Data Sharing" section.
- For further details, please check ICMJE Clinical Trial Policy and COPE Data and Reproducibility guidelines.

ADDICTA

Reporting Statistical Analysis

Statistical analysis to support conclusions is usually necessary. Statistical analyses must be conducted in accordance with international statistical reporting standards (Altman DG, Gore SM, Gardner MJ, Pocock SJ. Statistical guidelines for contributors to medical journals. *Br Med J* 1983; 7; 1489-93). Information on statistical analyses should be provided with a separate subheading under the Materials and Methods section and the statistical software that was used during the process must be specified.

When reporting statistical data in a research paper, it is important to present the values in a clear and consistent manner. P values, confidence intervals (CIs), and other statistical measures should be rounded appropriately and expressed according to the guidelines provided. For example, P values should be expressed to two digits to the right of the decimal point unless the first two digits are zeros, in which case three digits should be provided (eg, instead of $P < .01$, report as $P = .002$). However, values close to .05 may be reported to three decimal places because .05 is an arbitrary cut-off point for statistical significance (eg, $P = .053$). P values less than .001 should be designated as $P < .001$ rather than providing the exact value (eg, $P = .000006$).

Units should be prepared in accordance with the International System of Units (SI).

Review Articles

Review articles that are written by authors with extensive knowledge and expertise in a particular field and a strong track record of publication are welcomed. These authors may even be invited to contribute a review article to the journal. Review articles should provide a comprehensive overview of the current state of knowledge in studies on addictions to tobacco, alcohol, drugs, gambling, and technology and should include discussions and evaluations of relevant research. The subheadings of the review articles can be planned by the authors. However, each review article should include an "Introduction" and a "Conclusion" section. Please check Table 1 for the limitations for Review Articles.

Case Reports

The journal has limited space for case reports, and prioritizes publishing reports on rare cases or challenging conditions that provide new insights into diagnosis and treatment, offer novel therapies, or reveal knowledge not yet included in the literature. Interesting and educational case reports are also welcomed for publication. The text of a case report should include Introduction, Case Presentation, and Discussion sections. An unstructured abstract should also be included. Please check Table 1 for the limitations for Case Reports.

Case-Based Reviews

Case-based reviews are reports on rare cases or conditions that constitute challenges in diagnosis and treatment. They should incorporate a short literature review of similar cases published in the literature, including a description of the search strategy and a summary table of the cases found. These manuscripts should provide insight into the diagnosis and treatment of these challenging cases and highlight the importance of considering rare conditions in clinical practice. Please check Table 1 for the limitations of Case-Based Reviews.

Letters to the Editor

A "Letter to the Editor" is a type of manuscript that discusses important or overlooked aspects of a previously published article. This type of manuscript may also present articles on subjects within the scope of the journal that are of interest to readers, particularly educational cases. Readers can also use the "Letter to the Editor" format to share their comments on published manuscripts. The text of a "Letter to the Editor" should be unstructured and should not include an abstract, keywords, tables, figures, images, or other media. The manuscript that is being commented on must be properly cited within the "Letter to the Editor."

Editorial Comments

Invited editorial comments on selected articles are published in the journal to provide expert insight and critical analysis of the research presented. These comments are written by authors who have demonstrated expertise or a high reputation in the topic of the research article. The journal carefully selects and invites these authors to contribute their comments. The editorial comments should not exceed 1000 words in length and should not include an abstract, keywords, tables, figures, images, or other media.

Book Reviews

The journal welcomes reviews of contemporary and noteworthy books within the journal's scope, provided that they have been reviewed by an external expert on the relevant topic. These reviews should provide a critical evaluation of the book, highlighting its strengths and weaknesses, as well as its relevance to the journal's readership. Please refer to Table 1 for the limitations of Book Reviews.

ADDICTA

Table 1.
Limitations for each manuscript type

Type of manuscript	Word limit	Abstract word limit	Reference limit	Table limit	Figure limit
Original Research	4000	200	35	6	5 or total of 10 images
Review Article	5000	250	50	6	10 or total of 15 images
Case Report	1200	200	15	No tables	4 or total of 8 images
Letter to the Editor	400	No abstract	5	No tables	No media
Case-based Review	2500	250	40	2	2
Editorial Comments	2500	No abstract	5	No tables	No media

*Word limit should not include the abstract, references, tables, and figure legends.

Tables

Tables should be included in the main document, after the reference list, and they should be numbered consecutively in the order they are referred to within the text. Each table should have a descriptive title placed above it, and any abbreviations used in the table should be defined below the table by footnotes (even if they are defined in the main text). Tables should be created using the “insert table” command of the Word processing software, and they should be arranged clearly to make the data easy to read and understand. The data presented in the tables should not be a repetition of the data presented in the main text, but should support and enhance the main text.

Figures and Figure Legends

Figures should be submitted as separate files in TIFF or JPEG format, and they should not be embedded in the Word document or the main manuscript file. If a figure has subunits, each subunit should be submitted as a separate file, and the subunits should not be merged into a single image. The figures should not be labeled (a, b, c, etc.) to indicate subunits. Instead, the figure legend should be used to describe the different parts of the figure. Thick and thin arrows, arrowheads, stars, asterisks, and similar marks can be used on the images to support figure legends. Images should be anonymized to remove any information that may identify individuals or institutions. The minimum resolution of each figure should be 300 DPI, and the figures should be clear and easy to read. Figure legends should be listed at the end of the main document. Figures should be referred to within the main text, and they should be numbered consecutively in the order in which they are mentioned.

Abbreviations

All acronyms and abbreviations used in the manuscript should be defined at first use, both in the abstract and in the main text. The abbreviation should be provided in parentheses following the definition, and it should be used consistently throughout the paper.

Identifying products

When mentioning a drug, product, hardware, or software program in a manuscript, it is important to provide detailed information about the product in parentheses. This should include the name of the product, the producer of the product, and the city and country of the company. For example, if mentioning a Discovery St PET/CT scanner produced by General Electric in Milwaukee, Wisconsin, USA, the information should be presented in the following format: “Discovery St PET/CT scanner (General Electric, Milwaukee, WI, USA).” Providing this information helps to ensure that the product is properly identified and credited.

References

Both in-text citations and the references must be prepared according to the Publication Manual of the American Psychological Association (APA), Seventh Edition (2020).

ADDICTA

When citing publications, preference should be given to the latest, most up-to-date sources. Citing the latest sources can help to ensure that the paper is relevant and timely, and that it reflects the latest developments in the field.

It is the responsibility of the authors to ensure the accuracy of the references in their article. All sources must be properly cited, and the citations must be formatted correctly.

To avoid plagiarism, it is necessary to acknowledge other sources in your paper through in-text citations. For every in-text citation, a corresponding reference list entry must be provided.

The APA in-text citation style includes the author's last name and the year of publication, such as (Field, 2005). If quoting directly from a source, the page number should also be added, such as (Field, 2005, p. 14).

If an ahead-of-print publication is cited, the DOI number should be provided in the reference list.

The reference styles for different types of publications are presented in the following examples.

Journal Article: Edwards, A. A., Steacy, L. M., Siegelman, N., Rigobon, V. M., Kearns, D. M., Rueckl, J. G., & Compton, D. L. (2022). Unpacking the unique relationship between set for variability and word reading development: Examining word- and child-level predictors of performance. *Journal of Educational Psychology*, 114(6), 1242 – 1256. <https://doi.org/10.1037/edu0000696>

Book Section: Zeleke, W. A., Hughes, T. L., & Drozda, N. (2020). Home – school collaboration to promote mindbody health. In C. Maykel & M. A. Bray (Eds.), *Promoting mind – body health in schools: Interventions for mental health professionals* (pp. 11 – 26). American Psychological Association. <https://doi.org/10.1037/0000157-002>

Books with a Single Author: Haslwanter, T. (2022). *An introduction to statistics with Python*. New York, NY: Springer International Publishing.

Editor(s) as Author: Rhodewalt, F. (Ed.). (2008). *Personality and social behavior*. Psychology Press.

Thesis: Valentin, E. R. (2019, Summer). *Narcissism predicted by Snapchat selfie sharing, filter usage, and editing* [Master's thesis, California State University Dominguez Hills]. CSU ScholarWorks. <https://scholarworks.calstate.edu/concern/theses/3197xm925?locale=en>

Websites: Chandler, N. (2020, April 9). What's the difference between Sasquatch and Bigfoot? howstuffworks. <https://science.howstuffworks.com/science-vs-myth/strange-creatures/sasquatch-bigfootdifference.htm>

Epub Ahead of Print Articles: Muldoon, K., Towse, J., Simms, V., Perra, O., & Menzies, V. (2012). A longitudinal analysis of estimation, counting skills, and mathematical ability across the first school year. *Developmental Psychology*. Epub ahead of print. doi:10.1037/a0028240.

In the seventh edition, up to 20 authors should now be included in a reference list entry. For sources with more than 20 authors, after the 19th listed author, any additional authors' names are replaced with an ellipsis (...) followed by the final listed author's name: Author, A. A., Author, B. B., Author, C. C., Author, D. D., Author, E. E., Author, F. F., Author, G. G., Author, H. H., Author, I. I., Author, J. J., Author, K. K., Author, L. L., Author, M. M., Author, N. N., Author, O. O., Author, P. P., Author, Q. Q., Author, R. R., Author, S. S., . . . Author, Z. Z.

Production

Once a manuscript has been accepted for publication, it goes through a copy-editing process by professional language editors to ensure that it is clear and well-written. This process may involve correcting grammar, punctuation, and formatting errors, as well as making changes to improve the overall clarity and readability of the manuscript.

After the copy-editing process is complete, the manuscript is published online as an “ahead-of-print” publication, which means that it is available to readers before it is included in a scheduled issue of the journal. This allows readers to access the latest research as soon as it becomes available.

ADDICTA

Before the manuscript is officially published, the corresponding author is sent a PDF proof of the accepted manuscript for review. The corresponding author is asked to review the proof and approve it for publication within a specified time period, typically 2 days. This is an important step in the publication process, as it allows the author to catch any errors or make any final changes before the manuscript is published.

DISCLAIMER

Statements or opinions expressed in the manuscripts published in Addicta: The Turkish Journal on Addictions reflect the views of the author(s) and not the opinions of the editors, the editorial board, or the publisher; the editors, the editorial board, and the publisher disclaim any responsibility or liability for such materials. The final responsibility regarding the published content rests with the authors.

World Health Organization defines behavioral addictions as a complex public health issue that negatively affects individuals' psychological, social, and cognitive functioning, leading to societal and economic changes and harm. New forms with addictive potential—such as digital gaming, social media, online gambling, problematic pornography use, and compulsive shopping—are becoming increasingly widespread and form an invisible risk area due to the rapid pace of technological transformation. This dynamic structure necessitates multidisciplinary analyses, comprehensive prevention efforts, and universal intervention strategies.

As Turkish Green Crescent Society, empowered by our 105-year legacy, we not only continue our prevention and awareness activities, but also develop a holistic approach to addressing the issue that includes early diagnosis, intervention, and rehabilitation stages. Enhancing psychosocial resilience, systematically analyzing addiction risks, and strengthening society through evidence-based practices are among our core priorities. We have organized numerous symposiums, congresses, and scientific meetings at both national and international levels in the field of behavioral addictions since 2010, conducted various academic studies and contributed to scientific publications. One of the most remarkable events organized by Turkish Green Crescent Society is the International Congress on Technology Addiction. The first congress was held in 2012, followed by the second in 2013, the third in 2016, and the fourth in 2017. Most recently, the 6th Global Congress on Behavioral Addictions, which we organized as a continuation of the 5th International Congress on Technology Addiction, will address both national and global developments in this field.

The conceptual framework of our congress holds particular significance. Topics such as the prevention of behavioral addictions, the neurobiological and psychological dimensions of digital addictions, their societal impacts, and the development of healthy digitalization policies are not only crucial for academic knowledge production, but also serve as a guiding resource for policymakers and practitioners.

Developing an effective global strategy to combat addiction requires not only the advancement of scientific knowledge but also its dissemination on an international level and its transformation into joint action plans. For this reason, we believe that our congress will not only serve as a platform for knowledge exchange, but also as a foundation where interdisciplinary collaborations are strengthened, and innovative solutions are cultivated through collective insight.

As Turkish Green Crescent Society, we are firmly committed to deepening the scientific knowledge in the field of addiction, strengthening international collaborations, and promoting a culture of well-being by organizing symposiums, contributing to academic meetings and conferences, developing original projects, and enhancing public awareness through high-quality publications. I sincerely hope that the 6th Global Congress on Behavioral Addictions will contribute to the development of novel approaches and strategies in tackling addictions, and that its outcomes will foster a highly impactful exchange of ideas enriched by scientific, social, and ethical dimensions.

Mehmet Dinç
President of the Turkish Green Crescent Society

Table of Contents



S2 President's Message

S4 Congress Organizing Committee

S5 International Scientific Committee

S6 Green Crescent Scientific Committee

S7 Congress Program

S12 Session Chairs

S13 Keynote Speakers

S18 Panel Speakers

S45 Oral Presentations

S63 Poster Presentations

S80 Sponsors

▶ **Osman Tolga Arıcak**

Turkish Green Crescent Society Scientific Committee
Hasan Kalyoncu University, Türkiye

▶ **Muhammed Tayyib Kadak**

Turkish Green Crescent Society
Istanbul University, Cerrahpaşa, Türkiye

▶ **Murat Şentürk**

Turkish Green Crescent Society
Turkish Green Crescent Society Scientific Committee
Istanbul University, Türkiye

▶ **Merih Altıntaş**

Turkish Green Crescent Society Scientific Committee
Istanbul Kartal Dr. Lütfi Kırdar City Hospital, Türkiye

▶ **Adem Başpınar**

Turkish Green Crescent Society Scientific Committee
Kırklareli University, Türkiye

▶ **İlyas Kaya**

Turkish Green Crescent Society Scientific Committee
Istanbul University, Türkiye

▶ **Eren Murat Dinçer**

Turkish Green Crescent Society Scientific Committee
Mimar Sinan Fine Arts University, Türkiye

International Scientific Committee



▶ **Mehmet Dinç**

Turkish Green Crescent Society
Hasan Kalyoncu University, Türkiye

▶ **Muhammed Tayyib Kadak**

Turkish Green Crescent Society
Istanbul University – Cerrahpaşa, Türkiye

▶ **Murat Şentürk**

Turkish Green Crescent Society
Turkish Green Crescent Society Scientific Committee
Istanbul University, Türkiye

▶ **Osman Tolga Arıca**

Congress Organizing Committee
Turkish Green Crescent Society Scientific Committee
Hasan Kalyoncu University, Türkiye

▶ **Merih Altıntaş**

Turkish Green Crescent Society Scientific Committee
Istanbul Kartal Dr. Lütfi Kırdar City Hospital, Türkiye

▶ **Adem Başpınar**

Turkish Green Crescent Society Scientific Committee
Kırklareli University, Türkiye

▶ **Joël Billieux**

Catholic University of Louvain
Laboratory for Experimental Psychopathology and the
Internet and Gambling Disorders Clinic, Saint-Luc University
Hospitals, Belgium

▶ **Alex Blaszczynski**

University of Sydney, Australia
Gambling Treatment Clinic, Australia

▶ **Zsolt Demetrovics**

Flinders University, Australia
ELTE Eötvös Loránd University, Hungary

▶ **Eren Murat Dinçer**

Turkish Green Crescent Society Scientific Committee
Mimar Sinan Fine Arts University, Türkiye

▶ **Wei Hao**

Central South University, China
WHO Collaborating Centre for Psychosocial Factors, China

▶ **Susumu Higuchi**

WHO Collaborating Centre for Research and Training on
Substance Use and Addictive Behaviours, Japan

▶ **İlyas Kaya**

Turkish Green Crescent Society Scientific Committee
Istanbul University, Türkiye

▶ **Daniel King**

Flinders University, Australia

▶ **Hans-Jürgen Rumpf**

University of Lübeck, Germany

▶ **Kristiana Siste Kurniasanti**

Universitas Indonesia, Indonesia

▶ **Heather Wardle**

University of Glasgow
Gambling Research Glasgow, United Kingdom

▶ **Sunghwan Yi**

University of Guelph, Canada

▶ **Hediyetullah Aydeniz**

Marmara University, Türkiye

▶ **Şaziye Senem Başgöl**

Hasan Kalyoncu University, Türkiye

▶ **Rabia Bilici**

Istanbul Ticaret University, Türkiye

▶ **Hakan Coşkunol**

Addicta: The Turkish Journal on Addictions, Türkiye

▶ **Peyami Çelikcan**

Istinye University, Türkiye

▶ **Toker Ergüder**

World Health Organization Country Office, Türkiye

▶ **Yusuf Genç**

Sakarya University, Türkiye

▶ **Mustafa Necmi İlhan**

Gazi University, Türkiye

▶ **Çiğdem Karakükcü**

Erciyes University, Türkiye

▶ **Recep Erol Sezer**

Türkiye

▶ **Zeynep Esra Abay Çelik**

University of Health Sciences, Türkiye

▶ **Esra İşmen Gazioğlu**

Istanbul University, Cerrahpaşa, Türkiye

▶ **Hasan Volkan Kara**

Istanbul University, Cerrahpaşa, Türkiye

▶ **Mustafa Otrar**

Republic of Türkiye Ministry of National Education, General Directorate of Special Education and Guidance, Türkiye

▶ **Ahmet Özdiñ**

Istanbul University, Cerrahpaşa, Türkiye

▶ **Perihan Torun**

University of Health Sciences, Türkiye

▶ **Abdullah Uçar**

Sakarya University, Türkiye

Congress Program

6TH GLOBAL CONGRESS ON BEHAVIORAL ADDICTIONS 13 MAY 2025

09.00 - 09.30 REGISTRATION

09.30 - 10.00 OPENING SPEECH - HALL A

Mehmet Dinç, *The Turkish Green Crescent Society*

Mücahit Öztürk, *Board of Trustees, The Turkish Green Crescent Society*

Mahinur Özdemir Gökteş, *Republic of Türkiye Ministry of Family and Social Services*

Cevdet Yılmaz, *Head of the High Council of Fight against Addiction, Presidency of the Republic of Türkiye*

10.00 - 11.00 KEYNOTE SPEECH I - HALL A

Session Chair: Mücahit Öztürk

Keynote Speaker: Marc Potenza “New Perspectives from Theory to Intervention on Behavioral Addictions”

11.00 - 11.15 Coffee Break*

11.15 - 12.30 SESSION 1 - HALL A

Session Chair: Marc Potenza

Speaker: Sabrina Molinaro “Behavioral Addictions in Gen Z: Trends, Transformations, and Links to Other Risky Behaviors in Europe”

Speaker: Hae Kook Lee “Policy Support for Regulating Digital Media Use to Promote Adolescent Mental Health”

Speaker: Emmanuel Kuntsche “Past, Present, and Future of Artificial Intelligence in Addiction Research”

12.30 -13.30 LUNCH BREAK

13.30 - 14.30 KEYNOTE SPEECH II - HALL A

Session Chair: Sabrina Molinaro

Keynote Speaker: David C. Hodgins “Development and Impact of Public Lower Risk Gambling Guidelines”

14.30 - 15.00 Coffee Break*

*Poster presentations will be held during coffee breaks

15.00 - 16.15 **SESSION 2 - HALL A**

Session Chair: Eren Murat Diñer

Speaker: Aleksandar Štulhofer “Longitudinal Relationship between Pornography Use and Adolescent Sexuality and Well-being: Insights from the PROBIOPS Project”

Speaker: Süleyman Agah Demirgöl “Cross-sectional and Longitudinal Associations Between Problematic Pornography Use and Body Dissatisfaction in a Nationally Representative Sample of Young Hungarian Adults”

Speaker: Beata Böthe (virtual) “Exploring Recent Findings in Compulsive Sexual Behaviors Research”

15.00 - 16.15 **SESSION 3 - HALL B**

Session Chair: İlyas Kaya

Speaker: Cüneyt Evren “Internet Gaming Disorder and the Transition to Gambling Disorder”

Speaker: Norharlina Bahar “Gaming, Social Media, and the Stolen Childhood: A Developmental Perspective”

Speaker: Hande Ayraler Taner “Gaming Disorder Diagnosis and Treatment in Children and Adolescents”

16.15 - 16.30 **Coffee Break***16.30 - 17.45 **ORAL PRESENTATIONS - HALL A**

Session Chair: Şaziye Senem Başgöl

1. **Speaker:** Süreyyanur Kitapçioğlu “Weaving Hopes and Gaining Strength: Working with Internet Gaming Disorder from a Narrative Therapy Perspective”

2. **Speaker:** Büşra Bilgi “Examining Parental Experiences in Managing Screen Use in Early Childhood: Development of a Narrative-Based Support Guide”

3. **Speaker:** Tuğba Bozdemir “Demographic, Addiction, and Psychological Characteristics of Adults with Gaming Disorder”

4. **Speaker:** Oğuzhan Zengin “Gaming Addiction in Adolescents: The Relationship between Perceptions of Social Support and Attachment Styles”

5. **Speaker:** Ferhat Bayoğlu “Evaluation of the Effect of the ‘Changing Me’ Group Intervention Programme Prepared to Prevent Problematic Internet Use on High School Students’ Internet Use Behaviours”

*Poster presentations will be held during coffee breaks

16.30 - 17.45 ORAL PRESENTATIONS - HALL B

Session Chair: Hakan Çetin

1. **Speaker: Ashhan Eslek** “The Effectiveness of Psychodrama in Gambling Disorder Through a Case Study”
2. **Speaker: Nisa Nur Çalışkan Şen** “Understanding Family Characteristics in Gambling Disorder”
3. **Speaker: Ersin Alpaslan** “Comorbidity of Gambling Disorder and Alcohol-Substance Use Disorder: A Retrospective Study”
4. **Speaker: Veysi Aka** “The Historical Transformation of Gambling in Türkiye from Marginality to Sociality”
5. **Speaker: Hümeyra Mutlutürk** “Examination of Social Risk Level Differences in Behavioral Addictions”

16.30 - 17.45 ORAL PRESENTATIONS - HALL C

Session Chair: Şahin Bayzan

1. **Speaker: Nihan Sönmez** “Age-Related Differences in Internet Addiction: Findings from a Large-Scale Study Using the Turkish Version of Young’s Internet Addiction Test Short Form”
2. **Speaker: Oğuzhan Koyuncu** “Psychometric Development and Validation of the Hyperfocus Questionnaire for Children and Adolescents: Associations with Internet Addiction”
3. **Speaker: Mehmet Büyükcörok** “Enhancing University Adjustment and Reducing Digital Addiction: A Positive Psychology Approach”
4. **Speaker: Hülya Yaman** “The Relationship Between Social Media Addiction, Sleep Quality, and Occupational Balance Among Generation Z University Students”
5. **Speaker: Onour Impram** “Digital Addiction and Psychological Intervention: The Impact of Cognitive Behavioral Therapy on University Students”

6TH GLOBAL CONGRESS ON BEHAVIORAL ADDICTIONS 14 MAY 2025

09.30 - 10.15 **SESSION 4 - HALL A**

Session Chair: Hakan Coşkunol

Speaker: Attila Szabo “Exercise Addiction: The Roadblock to Clinical Assessment”

Speaker: Nicole Avena “The Science of Food Addiction: Implications for Obesity and Public Health”

10.15 - 10.30 **Coffee Break***

10.30 - 11.30 **KEYNOTE SPEECH III - HALL A**

Session Chair: Emmanuel Kuntsche

Keynote Speaker: Hae Kook Lee “Lesson from Korean Game Addiction Cohort Study”

11.30 - 11.45 **Coffee Break***

11.45 - 12.45 **KEYNOTE SPEECH IV - HALL A**

Session Chair: İhsan Karaman

Keynote Speaker: Joshua Grubbs “Beyond Behavior: Understanding Subjective Distress and Moral Incongruence in Problematic Pornography Use”

12.45 - 13.45 **LUNCH BREAK**

13.45 - 15.00 **SESSION 5 - HALL A**

Session Chair: Merih Altıntaş

Speaker: Charles Livingstone “The Global Growth of Gambling and Gambling Harm: What We Can Do to Prevent and Reduce the Harms of Gambling”

Speaker: Stig Erik Sørheim “Policy Matters. Why NGOs are Getting Involved in Gambling Policy”

Speaker: Sari Castrén “New Risks and Challenges in Behavioral Addictions (Gaming, Gambling, or Social Media)”

15.00 - 15.15 **Coffee Break***

*Poster presentations will be held during coffee breaks

15.15 - 16.30	SESSION 6 - HALL A
	<p>Session Chair: Müge Bozkurt</p> <p>Speaker: Joshua Grubbs “Sports Gambling in the 21st Century: Insights and Challenges”</p> <p>Speaker: Alexandre Kieslich da Silva “Gambling Disorder and the Online Betting Boom in Brazil: A Clinical Perspective”</p> <p>Speaker: Elisa Benedetti “Adolescent Risk Behaviors in the South Mediterranean region: Insights from the MedSPAD Survey in North Africa and the Middle East”</p>
15.15 - 16.30	SESSION 7 - HALL B
	<p>Session Chair: Murat Şentürk</p> <p>Speaker: Hediyeullah Aydeniz “Game Rating Systems and a Guest for ‘Child Friendly Game Information System”</p> <p>Speaker: Oğuz Gülleb “Game Rating Systems: Reflection of Current Practices on Games through Game Analyses”</p>
16.30 - 16.45	Coffee Break*
16.45 - 18.00	SESSION 8 - HALL A
	<p>Session Chair: M. Tayyib Kadak</p> <p>Speaker: David C. Hodgins “The Long and Winding Road to Gambling Disorder Treatment and Recovery”</p> <p>Speaker: Burcu Akın Sarı “The Comorbidity of Internet Gaming Disorders”</p> <p>Speaker: Dilara Demircan “Intervention, Treatment, and Recovery in Gambling Disorder: Insights from the YEDAM Model”</p>
16.45 - 18.00	SESSION 9 - HALL B
	<p>Session Chair: Adem Başpınar</p> <p>Speaker: Hüseyin Hayri Nuroğlu “The Economy of Addiction and Türkiye: The Size, Strategies, and Impacts of the Addiction Economy”</p> <p>Speaker: Zeliha Traş “Digital Addiction in Children”</p> <p>Speaker: Aydoğan Aykut Ceyhan “‘Improving Me’ Group Intervention Programs for Internet-Based Addiction Symptoms “</p>
18.00 - 18.10	Closing Remarks

*Poster presentations will be held during coffee breaks

Session Chairs

Merih Altıntaş

Istanbul Kartal Dr. Lütfi
Kırdar City Hospital,
Türkiye

Şaziye Senem Başgül

Hasan Kalyoncu
University, Türkiye

Adem Başpınar

Kırklareli University,
Türkiye

Şahin Bayzan

Information Technologies
and Communication
Authority, Türkiye

Müge Bozkurt

Istanbul University,
Türkiye

Hakan Çetin

Turkish Green Crescent
Society, Türkiye

Hakan Coşkunol

Addicta: The Turkish
Journal on Addictions,
Türkiye

Eren Murat Dinçer

Mimar Sinan Fine Arts
University, Türkiye

M. Tayyib Kadak

Istanbul University,
Cerrahpaşa, Türkiye

İhsan Karaman

Medistate Kavacak
Hospital
Istanbul Health and
Technology University,
Türkiye

İlyas Kaya

Istanbul University,
Türkiye

Emmanuel Kuntsche

La Trobe University,
Australia

Sabrina Molinaro

National Research
Council, Institute of
Clinical Physiology, Italy

Mücahit Öztürk

Ibn Haldun University,
Türkiye

Marc N. Potenza

Wu Tsai Institute, Yale
University, U.S.A.

Murat Şentürk

Turkish Green Crescent
Society Scientific
Committee
Istanbul University,
Türkiye



KEYNOTE SPEAKERS



Beyond Behavior: Understanding Subjective Distress and Moral Incongruence in Problematic Pornography Use

Joshua Grubbs 

Center on Alcohol, Substance Use, and Addictions, University of New Mexico, Albuquerque, USA

Problematic pornography use (PPU) presents a significant challenge for individuals, clinicians, and researchers, often characterized by feelings of compulsion, distress, and functional impairment. In this presentation, Dr. Joshua Grubbs will synthesize over a decade of his research investigating the psychological underpinnings of PPU. Moving beyond simplistic models focused solely on frequency or duration of use, Dr. Grubbs' work highlights the paramount importance of subjective experience, particularly the concepts of self-reported feelings of addiction and moral incongruence.

By reviewing empirical studies that demonstrate that self-perceptions of addiction and the associated psychological distress are often more linked to both pornography use itself and to a conflict between an individual's moral or religious values and their pornography use. This latter phenomenon, termed moral incongruence, appears central to understanding why some individuals experience profound guilt, shame, and anxiety related to their viewing habits, leading them to identify as "addicted."

Dr. Grubbs will present key findings from studies utilizing diverse methodologies, exploring the relationship between religiosity, personality, moral beliefs, and self-reported PPU. He will discuss the development and validation of measures assessing these constructs and the implications for differentiating high but non-problematic use from use that causes significant personal suffering.

This presentation will challenge attendees to adopt a more nuanced perspective on PPU, emphasizing the critical role of internal conflict and subjective distress. Dr. Grubbs will discuss the crucial implications of this research for accurate assessment, effective clinical intervention – which may need to focus on resolving moral conflicts rather than solely on cessation – and reducing stigma surrounding pornography use and related concerns. Attendees will gain a deeper, evidence-based understanding of the complexities driving problematic use and the factors central to perceived addiction.

Development and Impact of Public Health Lower Risk Gambling Guidelines

David C. Hodgins 

Department of Psychology, University of Calgary, Alberta, Canada

In 2021, a set of workable, evidence-based quantitative limits on gambling behaviour associated with low risk of harm were published. This international collaboration included analysis of epidemiological data from over 60,000 people who gamble from 8 different countries. The Lower Risk Gambling Guidelines (LRGGs) recommend that individuals spend no more than 1% of household income (before tax) per month on gambling, gamble no more than 4 days per month, and not regularly gamble on more than two different types of gambling. Evidence shows that the guidelines generally have been viewed positively and are seen as helpful by both the public and policymakers. They also align well with the steps people take

naturally to limit their gambling involvement. As a result, the LRGGs have been adopted or promoted in many jurisdictions in Canada and internationally. However, measurement of impact is rare and challenging.

This presentation will: (1) provide a brief overview of the research conducted and key deliverables emerging from the LRGG project; (2) review the various jurisdictions around the world that have adopted and used the LRGGs in their public health efforts to reduce gambling-related harm; and (3) discuss barriers to implementation, and efforts underway to evaluate their effectiveness.

Lessons from the Korean Game Addiction Cohort Study

Hae Kook Lee 

Department of Psychiatry, The Catholic University of Korea, Bucheon, South Korea

The cohort studies—designed to investigate the natural course of a specific illness, including its onset, persistence, remission, and exacerbation—are essential for understanding the concept of the problem and its contributing factors. In South Korea, a cohort study aimed at identifying the mechanisms and risk factors for gaming disorder was conducted between 2014 and 2019. The study followed a population-based sample of 2,300 elementary and middle school students, achieving a high follow-up rate of 91.7% over two years. At baseline, 45 participants (1.9%) met the diagnostic criteria for Internet Gaming Disorder (IGD) according to the DSM-5. One year later, among the 2,206 students successfully followed up, 56 individuals (2.5%) were diagnosed with IGD. Of the original 45 IGD cases, 31 had recovered to a normal state after one year, while 14 individuals (31.1%) continued to meet the criteria for IGD. Additionally, 42 new cases of IGD (1.9%) emerged at the one-year

follow-up. The study also identified significant risk factors. Among those with comorbid psychiatric disorders, the incidence of IGD was 14.5 times higher at one year and 4.8 times higher at two years. Other baseline factors associated with the development of IGD included depression, aggression, poor communication with parents, early age of gaming initiation, and longer duration of daily game use. Regarding adverse outcomes, those with IGD exhibited significantly more physical symptoms and had higher rates of comorbid psychiatric conditions such as ADHD and depression. Based on these findings, the authors conclude that gaming disorder is a clinically stable mental and behavioral condition with identifiable risk factors. They propose that evidence-based prevention and medical intervention strategies are necessary for the appropriate management of gaming disorder.

[KS-4]

New Perspectives from Theory to Intervention on Behavioral Addictions

Marc N. Potenza 

Yale University, New Haven, USA

The availability and usage of digital technologies have changed rapidly, generating new psychiatric concerns that may relate to specific groups differently. In this presentation, current advances in understanding specific types and patterns of internet use in the context of psychiatric concerns will be presented, considering sex/gender and other individual differences. Dr. Potenza will provide a theoretical framework for considering behavioral addictions, drawing on proposed models such as the Interaction of Person, Affect, Cognition and Execution (I-PACE) model. He will present data from multiple sources including from work of an international Lancet Psychiatry Commission on Problematic Usage of the Internet (PUI), a World Health Organization workgroup developing screening and assessment instruments

applicable across jurisdictions and large-scale studies including the Adolescent Brain Cognitive Development (ABCD), a longitudinal study of over 11,000 developing youth. In his presentation, Dr. Potenza will present on these international activities and how gender/sex relate to engagement in types and patterns of internet use. He will present on the rise of online sports gambling and how youth and young adults, especially males, may be impacted. He will present on individual differences relating to youth engagement in social media, including novel data on how online social activities relate to subsequent ADHD symptomatology and not vice versa, especially for girls. How to identify and treat different types of PUI will be considered, as will novel digital interventions.



PANEL SPEAKERS



The Comorbidity of Internet Gaming Disorders

Burcu Akın Sarı 

Department of Child and Adolescent Psychiatry, Başkent University Faculty of Medicine, Ankara, Türkiye

Introduction: Internet gaming disorders (IGD) are defined by continuous and repeated involvement with video games, often leading to significant daily, work and / or educational disruptions and has been suggested by America Psychiatric Association (APA) as a tentative psychiatric disorder that requires further study. IGD is an increasingly common type of addiction in the new world. The prevalence rate of IGD was 0.8% in the United States and European countries. On the other hand, the prevalence rate of 13.8% yielded by a previous Korean study. Comorbidity with psychiatric diseases is high. When faced with IGD, additional psychiatric disorders should be considered.

Method: In this session, the comorbid psychiatric disorders will be discussed. A growing body of research suggests that gaming disorders are associated with several other mental health disorders, including depression, anxiety, problematic substance use, and

personality disorders. Regarding psychiatric comorbidities, some studies have reported no differences in the prevalence of alcohol use disorder between problematic game users and usual users; however, illicit drug use is prevalent in problematic game users. Of the numerous psychiatric comorbidities of IGD, attention-deficit/hyperactivity disorder (ADHD) is considered the most frequent, due to its prevalence and conceptual overlap. It is identified as the shared features of impulsivity and hostility in ADHD and IGD.

Results: A preventive strategy for IGD and problematic game use is needed for game users who are more likely to be addicted, such as younger male users. In addition, mental health screening and appropriate treatment for both game addiction and comorbid psychiatric disorders should be provided to individuals with IGD and problematic game use.

The Science of Food Addiction: Implications for Obesity and Public Health

Nicole Avena 

Icahn School of Medicine at Mount Sinai, New York, USA

The concept of food addiction has gained increasing scientific attention as researchers explore the parallels between highly processed foods and addictive substances. While traditional models of obesity emphasize caloric intake and metabolic dysfunction, emerging evidence suggests that ultra-processed foods (UPFs) rich in sugar, fat, and refined carbohydrates can trigger neurobiological responses similar to drugs of abuse. This presentation reviews the current scientific literature on food addiction, with a focus on neuroimaging, behavioral, and clinical studies.

Neurobiological research, including PET and fMRI studies, has demonstrated that hyper-palatable foods activate the brain's dopamine reward system, similar to substances like nicotine and alcohol. Chronic exposure to these foods may lead to downregulation of dopamine receptors, increased compulsive consumption, and withdrawal-like symptoms upon restriction. Behavioral studies further support this model, with individuals meeting criteria for food addiction displaying patterns of craving, loss of control, and continued consumption despite negative consequences—hallmarks of substance use disorders.

The public health implications of food addiction are substantial, given the global rise in obesity and diet-related diseases. Understanding the addictive properties of UPFs challenges conventional dietary guidelines and suggests the need for policy interventions, such as food reformulation, taxation of high-risk products, and restrictions on marketing to vulnerable populations. Additionally, treatment approaches traditionally used for addiction, including cognitive-behavioral therapy and pharmacological interventions targeting dopamine signaling, may hold promise for individuals struggling with compulsive overeating.

This presentation will critically examine the strengths and limitations of the food addiction model, address ongoing debates in the field, and discuss its potential role in shaping future obesity prevention and treatment strategies. Recognizing the addictive nature of certain foods may be key to developing more effective public health policies and clinical interventions.

Game Rating Systems and a Quest for “Child Friendly Game Information System”

Hediyetullah Aydeniz 

Department of Public Relations and Publicity, Marmara University Faculty of Communication, İstanbul, Türkiye

Video game content rating systems are a set of guidelines used to determine the appropriate age and content level for video games, which vary in purpose, initiative, and actor, such as the professional goals of the gaming industry, legal requirements of governments, or civil society efforts. Given the increasing number of players and video games each year, rating systems, such as the smart labels (age classification) used in the television and movie industry, are important and necessary to inform players and prevent potential harm, especially for children, by classifying games according to age. Digital game content ratings are a fundamental need for both educators and parents in guiding child gamers under the age of 18 (2023), who constitute 20% of the gaming market, educators, policy makers, industry professionals and parents in choosing video games.

Classifications made by considering the content that is inappropriate for children, such as violence, pornography, sexual themes, drug use, use of medications, profanity, insults, etc., vary from country to country. When dimensions such as culture, belief, ideology and the world of values are taken into consideration, although there are many dimensions to be discussed and emphasized, the classification and rating of games according to age is much more important, especially for children, as it may have irreparable harmful consequences in terms of physical and mental health.

The question of what can be done at the country level or internationally becomes even more important when considering the criteria developed specifically for digital games and the differences in how games are classified according to these criteria, in relation to age-appropriate or rating systems that serve as informative and advisory guidance on the type of content a television program, a movie, or a game contains, whether it carries harmful content, and which age group is suitable to watch or play it. Considering that digital games can cause irreparable harm when it comes to children, it is clear that the age-appropriateness rating criteria and content regulation of digital games, with their varying applications from country to country, deserve to be one of Türkiye’s agenda items. In this context, when looking at the situation in Türkiye, it is difficult to say that the rating of games has been sufficiently discussed and studied, both at the academic level and in terms of practical application. Most importantly, Türkiye does not have a developed game rating system.

Looking at the literature in the field, Türkiye does not yet have a developed game rating system, although the first studies on this issue were brought to the agenda at an early date (2008) in the reports issued by public institutions. Therefore, in this presentation, the existing rating systems developed and in use for digital games, especially video games, will be discussed, and

the importance and necessity of Türkiye developing its own rating system will be emphasized by considering the diversity in rating systems that play an important role in the global gaming industry. The need for

establishing a Digital Game Rating System that considers ‘child-friendly games’ and ‘the well-being of the child’ will be raised as a call, and attention will be given to what can be done to address this need.

Gaming Disorder Diagnosis and Treatment in Children and Adolescents

Hande Ayraler Taner 

Department of Child and Adolescent Psychiatry, Başkent University Faculty of Medicine, Ankara, Türkiye

Introduction: Digital games have been in our lives at an increasing rate since the 1990s. In the following years, it has been determined that these games may have possible adverse effects. In recent years, gaming disorder (GD) has gained recognition as a significant mental health concern among children and adolescents. In 2013 The American Psychiatric Association included Internet Gaming Disorder as a potential diagnosis, highlighting the need for further research to clarify its etiology and diagnostic criteria. Gaming disorder is defined in the 11th Revision of the International Classification of Diseases (ICD-11) as a pattern of digital or video gaming behavior. Especially in children and adolescents, recognizing this condition and the correct guidance afterward is of great importance. In addition, the treatment process in the child and adolescent age group is another important issue.

Method: Literature data on the subject published in Pubmed/Medline, Scopus, and Web of Science databases since 2010 were scanned.

Results: The literature shows us there is still controversy among clinicians and researchers as to how the diagnosis should be made. It was noteworthy that scales addressing different criteria were particularly prominent in the diagnosis of GD. The distinction between ‘hazardous gaming’ and GD is also one of the issues investigated in the literature. Although there is no treatment algorithm for the treatment of GD in children and adolescents, cognitive behavioral therapy and treatment of comorbidities are recommended. However, the literature on the treatment of GD, especially under 12 years of age, is limited.

Conclusions: It is particularly important to diagnose GD during childhood and adolescence when play is an important part of life. For this reason, it is of great importance to develop diagnostic criteria appropriate to the characteristics of the child and adolescents and treatment modalities appropriate to the age period.

[PS-5]

Gaming, Social Media, and the Stolen Childhood: A Developmental Perspective

Norharlina Bahar

Department of Child And Adolescent Psychiatry, Prince Court Medical Centre, Kuala Lumpur, Malaysia

Gaming and social media have redefined childhood and adolescence, shaping learning, creativity, and social connections. However, problematic digital media use can disrupt essential developmental processes, particularly in vulnerable populations struggling with impulse control, self-regulation, and social skills. This is not merely a child's issue but a relational one that evolves as children grow.

This presentation explores the cognitive and behavioral impact of digital media across different developmental stages, emphasizing how childhood experiences are being reshaped in the digital age. As children transition into adolescence, greater

autonomy and peer influence shift the dynamic, making self-regulation and identity formation critical concerns. This presents new challenges for parents, requiring them to adapt alongside their children.

By examining these developmental differences and their relational impact, this presentation highlights the need for tailored strategies that evolve with children. Understanding how digital media shapes both individual growth and family dynamics fosters a balanced approach that preserves childhood while preparing adolescents for responsible digital engagement.

Adolescent Risk Behaviors in the South Mediterranean Region: Insights from the MedSPAD Survey in North Africa and the Middle East

Elisa Benedetti 

National Research Council, Institute of Clinical Physiology, Pisa, Italy

In recent years, research on adolescent risk behaviours, particularly gambling, gaming, and social media use, has surged significantly. This trend has been driven by the rapid increase in Internet use, especially in Africa and the Middle East, where, however, research in this field remains scarce.

For the first time, the MedSPAD survey provides unique and representative data on these behaviours among adolescent students, offering comparability with their European peers.

With the support of the Council of Europe, MedSPAD — a cross-national, nationally representative, and comparable survey on adolescent risk behaviours — was conducted in Egypt, Lebanon, Morocco, and Tunisia between 2021 and 2022. Inspired by ESPAD, this survey collected data on gambling, gaming, and social media use from approximately 50,000 adolescent students.

The MedSPAD results reveal that despite gambling being prohibited for citizens, 17% of students report

gambling in the past year, compared to one-fifth of adolescents in Europe. Offline gambling and card/dice games are the most common forms. Furthermore, 2% of students have been identified as at-risk gamblers, while 3% as problem gamblers.

Both the prevalence and intensity of social media use appear lower than in Europe. However, a higher percentage of students exhibit problematic behaviour. Similarly to Europe, 43% of students reported using video games during the week, with a significant proportion perceiving their usage as problematic.

MedSPAD has provided highly needed data, revealing that, despite differing socio-cultural contexts, these behaviours are also widespread among North African and Middle-East adolescents. Notable differences emerge in comparison to Europe, offering essential evidence for professionals to tailor and adapt prevention efforts.

[PS-9]

Exploring Recent Findings in Compulsive Sexual Behaviors Research

Beáta Bóthe 

Department of Psychology, University of Montreal, Quebec, Canada

Compulsive sexual behaviors (CSBs) research has expanded significantly in the past two decades, culminating in the inclusion of Compulsive Sexual Behavior Disorder as a new diagnosis in the 11th edition of the International Classification of Diseases. However, most prior work in the field was characterized by simplistic methodological designs and often lacked quality measurements and theoretical integration. Typically, these prior studies relied on homogenous, relatively small samples (e.g., men or university students) from WEIRD (Western, Educated, Industrialized, Rich, and Democratic) countries, resulting in significant knowledge gaps concerning culturally-, sexually-, and gender-diverse

individuals. The overarching objective of this presentation is to offer insights into CSBs from a cross-cultural angle, considering gender- and sexual-orientation-related differences. It will overview findings from recent state-of-the-art large-scale, cross-cultural, and artificial intelligence-based studies, placing emphasis on assessment-related issues, risk and protective factors, and potential outcomes of CSBs. This presentation aims to offer insights for enhancing the theoretical understanding of CSBs and identifying potential targets for prevention and intervention programs, with a special focus on populations that are underserved and underrepresented in CSBs research and care.

New Risks and Challenges in Behavioral Addictions (Gaming, Gambling, or Social Media)

Sari Castrén 

Finnish Institute for Health and Welfare, Helsinki, Finland

As we navigate the ever-evolving landscape of behavioral addictions, we encounter a convergence of gaming and gambling that presents new challenges and risks. This intersection, where gaming mechanics increasingly incorporate gambling-like elements such as loot boxes and in-game betting, raises concerns about addictive behaviors across diverse demographics.

While research indicates that individuals may experience these risks differently, it is crucial to address the broader implications for all users. Adolescents,

in particular, are vulnerable as they may struggle to differentiate between entertainment and harmful use (addiction), leading to potential disruptions in their social and academic lives.

Our focus should be on developing comprehensive strategies that promote digital literacy and informed choices, helping individuals navigate these digital spaces safely and healthily. Through targeted education and policy-making, we can work towards mitigating the impact of these behavioral addictions and fostering a balanced approach to digital engagement.

“Improving Me” Group Intervention Programs for Internet-Based Addiction Symptoms

Aydoğın Aykut Ceyhan 

Department of Guidance and Psychological Counseling, Anadolu University, Eskişehir, Türkiye

Today, the need for secondary prevention and intervention efforts targeting young people at risk of internet-related addictions is growing steadily, especially for group-based programs alongside individual interventions. In this context, a series of intervention and support programs that can be implemented by school psychological counselors were developed through program development process, in collaboration and coordination with the General Directorate of Special Education and Guidance Services under the Ministry of National Education. Two of the programs are 10-session “Improving Me” group intervention programs aimed at middle and high school students identified as at-risk due to symptoms of internet-related addiction. The first four sessions focus on raising awareness of addiction symptoms, reviewing existing internet usage patterns, linking internet usage motivations to underlying needs, and evaluating behaviors related to internet use to promote self-regulation. The subsequent fifth and sixth sessions aim to enable students to take action by creating and implementing an action plan for change in their current internet use patterns and behaviors, as well as to support efforts to shift their thinking styles related to internet use. The sessions following the first six are intended to promote and sustain

the students’ behavioral changes through empowering activities focused on building life skills. In this context, the three sessions prior to the final session were designed in a modular structure. Seven modules (Peer Influence, Emotion Regulation, Coping with Stress, Self-Awareness and Acceptance, Problem Solving, Time Management, Enhancing Hope) were developed based on the anticipated needs of students in the risk group. During implementation, it is expected that three of the seven modules will be selected based on the developmental needs of the group members, the common needs of the majority, and the nature of their change in internet use, and will be used as the content of the seventh, eighth, and ninth sessions. The seven empowering modules can also be added optionally, and the number of sessions can be increased. In addition, during the program development process, group support programs were created for parents (5 sessions) and teachers (3 sessions), with the aim of indirectly supporting the effectiveness of the group intervention programs. Program development studies, in-service practitioner trainings, and implementation results demonstrated that these programs can be effectively used within the context of preventive guidance services in schools.

Intervention, Treatment, and Recovery in Gambling Disorder: Insights from the YEDAM Model

Dilara Demircan 

Green Crescent Counselling Center, Adana, Türkiye

Gambling disorder is a behavioral addiction characterized by persistent and recurrent problematic gambling behavior, leading to significant impairment in personal, social, and financial domains. Individuals experiencing gambling disorder often struggle with cognitive distortions, emotional dysregulation, and impaired decision-making, which contribute to the maintenance of their gambling behavior. Given the severe consequences associated with this disorder, effective intervention and treatment strategies are essential for supporting affected individuals and facilitating long-term recovery.

The YEDAM Model integrates evidence-based practices to provide holistic and individualized support for individuals experiencing gambling disorder. This model incorporates cognitive-behavioral approaches, motivational interviewing, and psychoeducational interventions, with a strong emphasis on self-regulation, cognitive restructuring, and emotional regulation. In addition to addressing individual psychological factors, the model also acknowledges the

critical role of social influences in the recovery process. Factors such as stigma and social support play a significant role in shaping an individual's motivation and ability to maintain abstinence from gambling-related behaviors.

This presentation will highlight the importance of intervention, tailored treatment plans, and long-term support mechanisms in gambling disorder treatment. By discussing data and insights from YEDAM's implementation, it will provide an overview of how structured interventions can contribute to sustained recovery.

By presenting the YEDAM Model and discussing relevant data, this presentation aims to contribute to the broader discourse on gambling disorder treatment and recovery. It will offer valuable perspectives for clinicians, researchers, and policymakers seeking to enhance intervention strategies, reduce gambling-related harm, and improve treatment outcomes for individuals affected by gambling disorder.

Cross-sectional and Longitudinal Associations Between Problematic Pornography Use and Body Dissatisfaction in a Nationally Representative Sample of Young Hungarian Adults

Süleyman Agah Demirgöl^{1,2,3}, Zsolt Demetrovics^{4,1,5},
Andrea Czakó^{1,5}, Borbála Paksi⁶, Gyöngyi Kökönyei¹, Beáta Bóthe^{7,8}

¹Institute of Psychology, ELTE Eötvös Loránd University, Budapest, Hungary

²Doctoral School of Psychology, ELTE Eötvös Loránd University, Budapest, Hungary

³Department of Psychology, Trauma Intervention and Research Center/Global and Regional Studies Center, Necmettin Erbakan University, Konya, Türkiye

⁴College of Education, Psychology and Social Work, Flinders University, Adelaide, Australia

⁵Centre of Excellence in Responsible Gaming, University of Gibraltar, Gibraltar

⁶Institute of Education, ELTE Eötvös Loránd University, Budapest, Hungary

⁷Department of Psychology, University of Montreal, Canada

⁸The Interdisciplinary Research Center on Intimate Relationship Problems and Sexual Abuse (CRIPCAS)

This study examined the associations between problematic pornography use and body dissatisfaction cross-sectionally and longitudinally in a representative sample of Hungarian young adults. In the present study we performed an autoregressive cross-lagged analysis with a multi-group approach with 2801 individuals ($M_{age} = 28$ years, $SD = 4.75$, 47.69% men and 52.30% women). Problematic pornography use was cross-sectionally associated with higher body dissatisfaction among men and women. In addition, longitudinally, the findings demonstrated a bidirectional association, with higher levels of problematic pornography use predicting greater body dissatisfaction

one year later, and higher body dissatisfaction similarly predicting increased problematic pornography use. Given this bidirectional associations, clinicians should address problematic pornography use and body dissatisfaction together in the treatment such as by focusing on body dissatisfaction symptoms alongside decreasing problematic pornography use may increase the effectiveness of the treatment for men and women.

Keywords: problematic pornography use, body dissatisfaction, longitudinal design, adults

Internet Gaming Disorder and the Transition to Gambling Disorder

Cüneyt Evren 

Liman Psychiatry and Psychotherapy Center, Türkiye

First, the definition of IGD will be made and the place of this disorder in the DSM-5 diagnostic system will be explained. It will be emphasized that IGD is seen especially in online games based on the reward mechanism and that it creates negative effects on impulse control, reward addiction and psychosocial functioning in individuals. Then, the factors affecting the transition from IGD to GD will be emphasized. Neurobiological similarities, especially common activations in the dopaminergic system and the reward expectation cycle will

be detailed. Behaviorally, it will be explained that elements such as loot boxes, micropayments and chance-based rewards used in games can pave the way for gambling behavior. Psychosocial factors affecting this transition process will be examined. It will be discussed how individuals' stress, depression and anxiety levels and social isolation can direct gambling behavior. In addition, awareness, regulatory policies and therapy approaches will be included for the prevention of this process and early intervention.

Sports Gambling in the 21st Century: Insights and Challenges

Joshua Grubbs 

Center on Alcohol, Substance Use, and Addictions, University of New Mexico

Sports gambling is now more accessible than at any other point in history. The development of mobile betting technologies and the proliferation of online sportsbooks globally has led to a widespread expansion in access to and engagement in sports gambling behaviors. At the same time, an ever-growing body of research strongly suggests that sports gambling is distinct from other forms of gambling with regards to the audience participating in this gambling and the potential risks associated with it. The present work will review research from around the globe to discuss the global state of sports gambling. Additionally, results from a three year longitudinal study of sports gamblers in the United States will also be discussed.

In Spring of 2022, over 4,000 American adults were sampled and studied with regards to their sports gambling behaviors. These adults were then followed for three years, assessing a variety of problem gambling behaviors, other addictive behaviors, and overall psychological well-being. Using longitudinal modeling techniques such as latent growth curve modeling, the present work discusses how sports gambling naturally progresses over time, how it relates to other addictive behaviors, and how it relates to problem gambling. The combination of global research and recently collected longitudinal findings in the United States will allow for a number of research, clinical, and regulatory recommendations.

Game Rating Systems: Reflection of Current Practices on Games through Game Analyses

Oğuz Gülleb 

Department of Publishing Management, Marmara University Faculty of Communication, İstanbul, Türkiye

Today's video games, with their realism and virtual experience capabilities, have evolved from being merely an entertainment tool into versatile digital platforms that offer new experiences and research environments in various fields, from education to health, art to sports. Thanks to their interactive structures, these contents, which are not solely aimed at passing time, provide players with virtual worlds where they may face moral dilemmas and ethical choices and influence individuals' decision-making processes, value judgments, and approaches to social norms. With the development of digital technologies, the social and cultural impact of video games has increased, transforming into content that gives players a deeper sense of representation and promotes cultural diversity.

Globally, with more than 3 billion active gamers, the video game industry is projected to exceed 260 billion dollars by 2025, with an annual growth rate of between 4% and 6% (Howarth, 2023). Approximately 1 million new games are released annually across all gaming platforms. In Türkiye, there are more than 40 million gamers, and the industry's volume exceeds 1.2 billion dollars (Sayar, 2022, p. 42). In such a widespread and influential domain, protecting child users and providing accurate information to parents is of great importance. At this stage, systems that serve to assess the age appropriateness of video games come to the forefront. The

most widely used systems in the global gaming industry are the Europe-based PEGI (Pan European Game Information) and the US-based ESRB (Entertainment Software Rating Board) systems. However, countries like Germany, Russia, Japan, China, South Korea, and Iran have their own national video game rating systems, which are regulated and implemented according to their specific national norms.

When examining existing video game rating systems, it is observed that they classify games based on content such as "violence," "bad language," "fear," "sexuality," "drugs," "discrimination," "gambling," and "in-game purchases." However, there are differences between the systems in terms of both category names and content filtering processes. In particular, differences in what constitutes harmful or inappropriate content for children under the headings of "sexuality," "religion/beliefs," and "advertisements for the game" support the view that these systems should be specifically regulated for each country.

This study will examine video game rating systems through a few video games, attempting to reveal how these systems classify the games differently based on age and their understanding of childhood. From this point of view, it will contribute to a data-based discussion that will contribute to the development of a "child-friendly" game rating system that considers cultural differences, is transparent and based on ethical foundations.

The Long and Winding Road to Gambling Disorder Treatment and Recovery

David C. Hodgins 

Department of Psychology, University of Calgary

Background: It is often noted that treatment-seeking rates among people with gambling problems are low. A better understanding of the recovery process might provide clues to structuring treatment options to maximize their impact.

Methods: A Canadian national survey of people who gamble regular (N = 10,000) assessed problem gambling status, and details of past year change attempts. A survey of people in treatment (N= 65) obtained descriptions of their trajectories toward recovery.

Results: The national survey revealed that a surprisingly large number of people with gambling problems made a serious attempt to change in the year before the survey. Over 90% of those reporting a change attempt indicated that these attempts were

personal (“I did it on my own”) but a significant minority reported that they sought help from family or friends, professionals such as physicians and clergy or specialized gambling treatment services. This presentation will review differences in people’s reasons for choosing different options between people who seek help from different sources, as well as what they find helpful in each option. We will also present information from the treatment study including how individuals learned about their treatment options, their previous treatment experiences, and the trajectories they followed.

Conclusions: Our goal is to develop a nuanced understanding of the diverse paths people follow in seeking help for gambling-related issues.

Gambling Disorder and the Online Betting Boom in Brazil: A Clinical Perspective

Alexandre Kieslich da Silva 

Universidade do Vale do Taquari, Lajeado, Brazil

Gambling disorder (GD) is a behavioral addiction characterized by compulsive gambling that leads to financial, emotional, and social distress. Classified in the DSM-5 as a substance-related and addictive disorder, GD shares neurobiological and psychological mechanisms with substance use disorders. Cognitive distortions, such as the illusion of control and near-miss effects, reinforce compulsive gambling despite severe consequences.

As a psychiatrist specializing in addiction in Brazil, I have witnessed an increasing number of patients struggling with online gambling. Many individuals start gambling recreationally but develop compulsive patterns, accumulating significant debts and experiencing psychiatric comorbidities such as anxiety, depression, and substance use disorders. In my clinical practice, I have treated patients who lost homes, destroyed relationships, and faced legal issues due to gambling-related financial losses. The rapid access to online betting platforms—available 24/7—has made gambling addiction harder to control, especially among young adults.

In recent years, Brazil has seen an explosion in online betting, with 22.4 million Brazilians engaging in gambling. The industry now generates R\$60-100 billion annually, and in 2024, Brazilians lost R\$23.9 billion to online betting. Particularly concerning is the R\$3 billion spent by welfare recipients, highlighting the risks for vulnerable populations.

Treatment for GD should prioritize abstinence, following structured interventions such as cognitive-behavioral therapy (CBT), motivational interviewing, and pharmacological approaches like SSRIs and naltrexone. In my experience, abstinence-focused programs, including self-exclusion measures and peer support groups such as Gamblers Anonymous, have been essential in achieving recovery.

Regulatory measures in Brazil, such as the R\$30 million licensing fee for operators and blocking of 2,000 illegal sites, are crucial but need to be accompanied by public awareness campaigns and stricter gambling restrictions to curb this growing crisis.

[PS-19]

Past, Present, and Future of Artificial Intelligence in Addiction Research

Emmanuel Kuntsche 

Centre for Alcohol Policy Research (CAPR), School of Psychology and Public Health, La Trobe University

This presentation provides an overview of artificial intelligence (AI), machine learning, and deep learning, and their application in addiction research. Between 2010 and 2020, machine learning was used in substance use disorder treatment to facilitate diagnosis by classifying patients based on their history or symptom severity, and to predict treatment outcomes, such as smoking relapse. Machine learning also reduced the burden on clinicians by analysing large amounts of complex data and served as an analytic tool for researchers.

A case study will highlight how deep learning can identify alcohol exposure in media, such as song lyrics and online images. Furthermore, the

potential benefits of zero-shot learning will be discussed. This AI technique requires no further training or annotated data, less computer science expertise, and fewer computational resources than developing and fine-tuning a dedicated supervised deep learning algorithm. Zero-shot learning can be applied flexibly to various problems and identify contextual or additional information, though it is often less accurate in distinguishing between similar objects.

In conclusion, AI has been used in addiction research to provide answers at a scale previously impossible, highlighting its enormous potential to solve future challenges and research questions.

Policy Support for Regulating Digital Media Use to Promote Adolescent Mental Health

Hae Kook Lee 

Department of Psychiatry, The Catholic University of Korea

Adolescents are especially vulnerable to digital media addiction due to ongoing brain development, making them more susceptible to highly stimulating content such as SNS and short-form videos. Such addiction can negatively affect their mental health, leading to issues like emotional distress and suicidal ideation.

Since the COVID-19 pandemic, adolescent use of these platforms has surged, with AI-driven algorithms amplifying addictive behaviors by endlessly recommending stimulating content. In response, several countries have introduced laws to limit smartphone

use, account creation, and AI algorithm application for youth.

These policies aim to protect the right of adolescents and parents to avoid addictive media use, shifting responsibility to tech companies. However, concerns remain over potential overreach into personal freedoms and corporate interests. As scientific evidence on policy effectiveness is still limited, successful implementation will require both alternative resources for youth, strong regulatory accountability for companies, and further research on policy outcomes.

The Global Growth of Gambling and Gambling Harm: What We Can Do to Prevent and Reduce the Harms of Gambling

Charles Livingstone 

Monash University School of Public Health and Preventive Medicine, Monash University, Clayton, Australia

Gambling is growing rapidly, at the global and national levels, particularly in low- and middle-income countries. This has been facilitated by the expansion of mobile technology, and by a lack of effective regulation in many countries. Gambling may appear to be an avenue for countries to garner tax revenue, but this is illusory, as the costs of gambling harm are high, and rapidly growing. Mobile gambling is forecast to reach global revenues of \$750 million in 2025, and the most recent estimate indicates that at least 80 million people across the world are experiencing very significant gambling harm, with another 450 million experiencing any harm from gambling.

Gambling harms are significant, ranging from financial disaster to family breakdown, physical and mental health problems, increased crime and imprisonment, and suicide. However, better regulation, international cooperation, adoption of a public health approach, and some specific interventions can prevent and reduce these harms. In this presentation, I will outline the growth of gambling, discuss the nature and evidence for gambling harms, identify effective interventions to prevent and reduce harm, and argue for a cooperative international approach to the prevention and reduction of gambling harm.

Behavioral Addictions in Gen Z: Trends, Transformations, and Links to Other Risky Behaviors in Europe

Sabrina Molinaro 

National Research Council, Institute of Clinical Physiology, Pisa, Italy

Over the past decades, the landscape of behavioral addictions among adolescents has shifted dramatically, shaped by generational differences and increasing digital exposure. The European School Survey Project on Alcohol and Other Drugs (ESPAD) offers a longitudinal analysis of substance use and behavioral addictions among 16-year-olds across Europe, providing a unique perspective on how each generation—from Gen X to Millennials and now Gen Z—has exhibited its own vulnerabilities to addiction.

While previous generations faced substance-related and gambling behaviors, today's Gen Z adolescents navigate a world where digital and behavioral addictions are deeply intertwined with daily life. The rise of social media, gaming, and digital gambling has created new addictive patterns, fueled by constant online engagement, instant gratification, and social validation mechanisms. As exposure to these stimuli has intensified, so has the prevalence of anxiety-related disorders, highlighting a

shift from risk-taking behaviors toward compulsive coping mechanisms.

ESPAD data suggest that while traditional risky behaviors persist, the way they manifest is evolving. Gen Z appears more cautious in some areas yet highly vulnerable to compulsive digital engagement, anxiety, and emotional distress. Each generation seems to develop its own form of behavioral fragility, shaped by the sociocultural and technological environment of its time.

Understanding these shifts requires rethinking our monitoring and prevention strategies, moving beyond a moralistic approach to adopt a systemic, adaptive framework that accounts for the complex interplay between digital environments and adolescent mental health. As ESPAD continues to track these trends, this study aims to provide critical insights into how generational vulnerabilities evolve and what interventions are needed to address them effectively.

The Economy of Addiction and Türkiye: The Size, Strategies, and Impacts of the Addiction Economy

Hüseyin Hayri Nuroğlu 

Department of Business Administration, Turkish-German University Faculty of Economics and Business Administration, İstanbul, Türkiye

This study aims to systematically analyze the costs of addictions to Turkey's economy. Turkey's young population, high digital penetration (over 80% smartphone usage), and the illegal gambling market (1.9 trillion TL annually) make evaluating addiction's economic burden critical. Using the Swiss Federal Office of Public Health (BAG, 2017) report and Manthey et al. (2021) meta-analysis, it examines impacts via the Cost of Illness approach.

The BAG report categorizes costs as direct (healthcare, judicial), indirect (productivity losses), and intangible (quality-of-life loss). The study analyzes addiction's burden in four areas: (1) household costs, (2) healthcare costs, (3) social costs, and (4) productivity losses.

Addictions cause serious health issues. Tobacco-related healthcare costs consume 9% of Turkey's health budget, alcohol 2.4%. Behavioral addictions like gambling (2-3% prevalence) and internet addiction (10-15% prevalence, especially youth) burden

healthcare through psychological issues and treatment costs.

Productivity losses arise from premature deaths, absenteeism, and reduced efficiency. Internet and gaming addiction cause academic and workforce losses; 10% of 1.5-2 million youths (15-25) affected means 7.5-15 billion TL lost annually. Social costs include family conflicts, drunk-driving accidents, and judicial burdens.

Lacking comprehensive data on behavioral addictions, the study estimates Turkey's situation using prevalence rates from similar countries (e.g., 5-15% social media addiction) and global literature. Manthey et al.'s (2021) weighting method standardizes estimates by addressing missing data. Economic mechanisms of addictions are also briefly assessed.

The study seeks to quantify addiction's economic cost, providing a data-driven guide for the Ministry of Health and Yeşilay's prevention policies.

Policy Matters. Why NGOs are Getting Involved in Gambling Policy

Stig Erik Sørheim 

Europe for Action on Drugs (EURAD), Oslo, Norway

The gambling market in many countries is changing rapidly. Part of the reason is technological developments in the past 15-20 years, but part of it is also related to policy changes that have expanded access to gambling in many markets.

These policy changes have impacted on the size of the gambling market, and the prevalence of gambling related problems. However, policy can also limit the size of the market and reduce the number of people with gambling problems.

There are many similarities between gambling policy and policies that regulate other addictive substances,

such as alcohol and tobacco. Policies on price, availability and advertising are likely to affect the size of the problems in all these fields, but policy changes are also opposed by strong financial interests.

NGOs in many countries have been at the forefront of the issue, identifying the problem, providing help and raising awareness. Going forward, NGOs have an important role, both in awareness raising, as watchdogs, in policy advocacy, as well as in providing services and self-help groups to people who are experiencing gambling problems.

[PS-25]

Longitudinal Relationship between Pornography Use and Adolescent Sexuality and Well-being: Insights from the PROBIOPS Project

Aleksandar Štulhofer 

Department of Sociology, University of Zagreb, Faculty of Humanities and Social Sciences, Zagreb, Croatia

The PROBIOPS project is a six-wave, two-sample large-scale longitudinal study of the associations between pornography use in adolescence and a variety of sexuality-related outcomes. It was conducted over three years among an age cohort (15-16-year-olds at baseline) of high school Croatian students from two cities. In the presentation, I intend to present and critically evaluate methodological aspects of the research study and its main results. I will focus on

the prospective findings related to: (1) links between pornography use and adolescents' psychological well-being, (2) empirical testing of the influential Confluence model (N. Malamuth), and (3) the prevalence and stability of problematic pornography use among male adolescents. Study limitations, particularly those related to attrition, will also be addressed. I will conclude with recommendations for future research on pornography use among young people.

Exercise Addiction: The Roadblock to Clinical Assessment

Attila Szabo 

Department of Psychology, Széchenyi István University Faculty of Health and Sport Sciences, Győr, Hungary

Exercise addiction is a widely researched topic as reflected by the over 2000 peer-reviewed and published articles. However, fewer than a dozen clinically significant cases are available in the scholarly literature apart from the 100 internet-based testimonials, potentially qualifying for clinical diagnosis, we reported in a content analysis. The proportion of cross-sectional research published in academic papers to clinical or genuinely problematic cases suggests significant, unresolved, and problematic issues in this field of research. Relying on the Components Model of Addiction (CMA), we were able to locate 100 cases on the internet that could fit the eligibility criteria for this (yet clinically undiagnosable) dysfunction. However, we expanded the typical CMA symptoms to ensure a closer clinical relevance. Hence, these cases also had to involve physical, psychological, and social damage to the person, which is a criterion that distinguishes passion from addiction. Adding the damage criterion, we could still identify 100 cases quickly.

Accordingly, we found support for genuine cases of exercise addiction. However, they cannot be identified through the current research methodologies. Indeed, the voluminous research on exercise addiction uses questionnaires, which are not diagnostic tools. None of the existing instruments can establish whether there was some damage because of problematic exercise behavior and, thus, could only infer a certain ‘risk level’ of exercise addiction, which may never materialize in dysfunction. Furthermore, most current research is conducted with healthy exercisers, a relatively nonrepresentative sample since individuals exhibiting morbid exercise patterns are unlikely to surface in these samples. They are more likely to end up in emergency rooms and orthopedic units. Consequently, new avenues of investigation are needed to bridge the gap between research and clinical practice. First and foremost, the research direction should complement surveys with clinical follow-ups of the problematic cases using a pyramid model.

Digital Addiction in Children

Zeliha Traş 

Department of Psychological Counselling and Guidance, Necmettin Erbakan University Faculty of Education, Konya, Türkiye

Digital addiction can be explained as children spending enough time with digital tools to neglect their daily lives. Some digital activities such as watching cartoons and playing educational games should not be considered as addiction. Children neglect their sleep, nutrition, daily habits and social life in order to spend more time with digital devices (Young, 2009). Children having digital devices or encountering digital games at an early age may increase the risk of digital addiction due to digital game addiction. In the American Psychiatric Association DSM-5 manual, Internet gaming disorder is classified as a disorder that is likely to increase in the future and needs to be researched.

The effects of digital addiction on children can be observed physically and biologically in the form of sitting / posture disorders, weakening of motor skills, dry eyes, nutritional irregularities. Due to their inability to communicate face-to-face with people in social environments, skills such as self-expression, recognition of emotions, problem solving may not develop. Since they cannot share their peers, they may become tense, irritable and their social skills and their ability to initiate and maintain friendships may weaken. Cognitive perception and attention/learning processes may be negatively affected. Creative thinking and positive problem solving may be affected.

Self-discipline and emotion regulation skills may regress in children. At the same time, reward sensitivity may develop as internal control and impulse control decrease. Thus, the desire to spend more time on digital devices can be observed. As a result of all these, there is a risk of decline in academic achievement, withdrawal from social environments, withdrawal, and psychologically insufficient self-confidence in children.

Among the symptoms of digital addiction in children, increasing the time spent on the internet, restlessness when there is no internet connection or digital device, sleep problems due to postponement of physical needs, excessive fatigue, and changes in dietary patterns are frequently observed. I wonder how long, for what purpose or where children use digital tools and at the end of which they carry the risk of addiction? This situation should be evaluated depending on the child's age, developmental level, academic and social status, and the extent to which it negatively affects daily life. The fact that children lie about the time they spend using digital devices, move away from their family and friends, ask for digital devices even at school or in social environments, and want to use their digital device as soon as possible may suggest that there is a problem.



ORAL PRESENTATIONS



The Historical Transformation of Gambling in Türkiye from Marginality to Sociality

Veysi Aka 

Department of Social Work, Bingöl University Faculty of Science and Letters, Bingöl, Türkiye

Gambling behavior, which has a very old history in daily life, has a special historical process in Türkiye. Knowing the historical process of gambling, which is expressed as a type of behavioral addiction today, is important in understanding the phenomenon. Dividing this historical process into certain periods will make it easier to see the current situation. (1) The period from the foundation of the Republic until the 1940s was a period in which there was a prohibitive attitude towards gambling as a continuation of the Ottoman Empire. However, despite these prohibitions, coffeehouses and clubs stand out as illegal gambling venues and it is seen that this understanding continues even today. (2) The 1940s-1960s is the period in which gambling was publicized under the name of racing or games of chance. During this period, institutions such as horse racing, sports toto and the national lottery administration were formalized through various processes. (3) Between 1983 and 1997, there was a period in which casinos operated legally in Türkiye. In order to bring foreign currency to the country, the casinos, which had been operating only for tourists, opened their doors to Turkish

citizens and gambling became more widespread in the society. (4) From the 2000s to the present day, there is a process in which gambling is mostly played digitally, whether it is games of chance, racing and sports betting at the official level or online betting and casino games at the illegal level. On the other hand, there is a process in which stock exchanges and cryptocurrency exchanges can also be traded as a form of gambling in terms of the results they create. Coffee houses and clubs also continue to exist.

When the above-mentioned historical process is evaluated, it is understood that the marginality of gambling in society has been stretched. The reasons for this situation are (1) Increased accessibility of gambling by moving it to the virtual environment, (2) Emphasizing and formalizing the 'chance' and 'entertainment' factors of gambling and spreading it to all segments of the society, (3) Stock exchange and cryptocurrency trading, which can be considered as gambling in terms of its results and usage, are in demand in all segments of the society.

Comorbidity of Gambling Disorder and Alcohol-Substance Use Disorder: A Retrospective Study

Ersin Alpaslan¹, Dilara Demircan², Büşra Yamanel-Özsoy³,
Yasin Kavla⁴, Gökhan Umut⁵

¹Green Crescent Counselling Center (YEDAM), Konya, Türkiye

²YEDAM, Adana, Türkiye

³YEDAM, Istanbul, Türkiye

⁴Department of Mental Health and Diseases, Faculty of Medicine, İstanbul University-Cerrahpaşa Faculty of Medicine, İstanbul, Türkiye

⁵University of Health Sciences, İstanbul, Türkiye

Background: Studies have recently started to show that gambling disorder (GD) and substance use disorder (SUD) frequently co-occur. Epidemiological studies and meta-analyses have reported that a significant proportion of those diagnosed with GD also meet criteria for alcohol and substance use disorders (Armoon et al., 2023). Although comorbidity is widely described, gaps remain in understanding the psychological and behavioural characteristics of individuals with both disorders. This study aims to examine these characteristics in a treatment-seeking population to better inform clinical assessment and intervention strategies.

Methods: This retrospective study examined the characteristics of 99 individuals diagnosed with both GD and SUD who sought treatment at Green Crescent Counselling Center (YEDAM) between 2020 and 2024. The participants completed the assessment forms for both types of addiction at different time points. The Gambling Risk Screening Scale was used to measure GD severity, and the Addiction Profile Index (API) was used to assess SUD severity. Mental characteristics were measured with the API Clinical Form.

Results: Participants had a mean age of 35; 99% were male and 77.8% were employed. The average onset age for gambling was 21.4 years, with casino games being the most preferred type (57.6%). In the SUD group, the mean onset age was 23.0 years, and alcohol was the most commonly used substance (48.5%). A high severity of GD was observed in 92.9% of participants. Anger control difficulties, lack of assertiveness and depression were found at high risk level in comorbidity of GD and SUD.

Conclusions: The findings indicate that individuals with co-occurring GD and SUD exhibit both overlapping and distinct psychological characteristics. This reflects the heterogeneity of psychological profiles and highlights the need for group-specific intervention strategies. Consistent with prior research (Park et al., 2010; Han et al., 2017; Lee & Kim, 2019), the study underscores the importance of accounting for GD-SUD comorbidity in both clinical assessment and treatment planning. In insight of these findings, addressing such comorbidities in clinical practice may facilitate the development of more comprehensive and effective therapeutic approaches.

Evaluation of the Effect of the ‘Changing Me’ Group Intervention Programme Prepared to Prevent Problematic Internet Use on High School Students’ Internet Use Behaviours

Ferhat Bayoğlu¹, Fatih Şengel²

¹Psychological Counselling and Guidance Center, Anadolu University, Eskişehir, Türkiye

²Ministry of National Education, Kütahya, Türkiye

Background: Problematic Internet Use (PIU) has emerged as a growing concern among adolescents, particularly high school students who are at heightened risk for developing maladaptive digital habits (Kuss & Lopez-Fernandez, 2016). Despite school-based preventive efforts, a significant proportion of students continue to engage in excessive and uncontrolled internet behaviors, leading to academic, emotional, and social difficulties (Young, 1998). This study aims to evaluate the effectiveness of a structured group intervention program titled “Changing Me” (Değişen Ben), designed to address ongoing PIU among adolescents.

Method: Utilizing a qualitative case study design, the intervention was administered to 12 high school students over the course of 10 weeks. The program is grounded in Cognitive Behavioral Therapy (CBT) and Reality Therapy principles (Glasser, 1998; Beck, 2011), consisting of 7 core sessions and 3 supplementary sessions selected from 6 optional modules, tailored to participants’ individual needs. Purposeful

sampling was used, and data were collected via semi-structured interviews. Thematic analysis was conducted using inductive coding to identify emergent themes (Braun & Clarke, 2006).

Results: Although the analysis is ongoing, preliminary coding suggests themes such as: (1) Increased self-awareness (e.g., recognizing emotional triggers and behavioral patterns); (2) Improved self-regulation (e.g., development of coping strategies and time management); and (3) Behavioral change (e.g., reduced screen time and improved daily routines). Participants reported a subjective sense of empowerment and greater control over their digital habits.

Conclusions: The “Changing Me” program appears to be a promising psychoeducational intervention that fosters cognitive insight and behavioral modification in adolescents with PIU. These findings may contribute to the development of school-based mental health programs that address technology-related behavioral issues.

Demographic, Addiction, and Psychological Characteristics of Adults with Gaming Disorder

Tuğba Bozdemir¹, Hümeysra Mutlutürk¹, Büşra Yamanel-Özsoy¹,
Yasin Kavla², Gökhan Umut³

¹Green Crescent Counselling Center (YEDAM), İstanbul, Türkiye

²Department of Mental Health and Diseases, İstanbul University-Cerrahpaşa Faculty of Medicine, İstanbul, Türkiye

³University of Health Sciences, İstanbul, Türkiye

Background: A comprehensive understanding of risk and protective factors is essential for accurately identifying and diagnosing the risk of developing Gaming Disorder (GD) and informing effective treatment strategies. Investigating factors that contribute to or result from GD and addictive traits in a treatment-seeking population may offer deeper insights into the disorder's nature. Additionally, existing GD research primarily focuses on children and adolescents, resulting in limited knowledge about adults. This study aimed to examine the demographic, addiction, and mental characteristics of adults presenting to Green Crescent Counseling Centers for GD treatment.

Method: The study was conducted with 1,064 clients who sought psychosocial treatment for gambling disorder between 2020 and 2024. In the study, the Internet Gaming Disorder Scale - Short Form was used to assess the severity of gaming addiction, and the API-C was utilized to evaluate mental characteristics. The research was designed using a retrospective

method, involving the collection of past data. The information about the participants is presented in frequency (N, %) tables.

Results: When the clients are evaluated by age groups based on risk levels, the percentage of individuals in the low-risk group is 30.8% for those aged 18 and over, and 39.0% for all clients. In the medium-risk group, 48.3% of individuals aged 18 and over fall into this category, and the proportion for all clients is 49.3%. In the high-risk group, 21.0% of individuals aged 18 and over are in this category, and the percentage for all clients is 11.7%.

Conclusions: The findings of our study indicate an increase in mental health problems among adults, similar to those observed in children and adolescents. These issues may be both a cause and a consequence of GD. It is believed that incorporating psychological factors into treatment will enhance the effectiveness of interventions.

Balancing Screens and Well-being: A Positive Psychology Approach to Digital Addiction in First-Year Students

Mehmet Büyükçorak 

Psychological Counselling and Educational Research and Application Center, Ibn Haldun University, İstanbul, Türkiye

This study examines the potential impact of a targeted educational intervention, titled “Positive Psychology and University Life Preparation,” designed to assist first-year university students in adapting to university life and addressing challenges related to excessive digital technology use. The program’s core goals are to promote students’ mental well-being, strengthen their resilience (the ability to manage stress and adversity), enhance their social connectedness, and support healthier, more balanced digital device use.

To evaluate the effectiveness of this program, data were collected from participating students at two time points: once at the beginning of the academic year and again at the end. The study employed validated instruments, including the Life Satisfaction Scale (to assess psychological well-being), the UCLA Loneliness Scale (for social connectedness), the Adult Resilience Scale, and the Digital Addictions Scale. These measures allowed for a multi-dimensional understanding of students’ emotional, social, and behavioral adjustment.

The focus of the research is not only to understand if students improve across these domains, but also to examine how digital technology-related problems

(e.g., smartphone or social media overuse) affect students’ ability to adjust to the demands of university life. The program incorporates research-based strategies from the field of positive psychology to help mitigate the negative consequences of digital overuse while preparing students to succeed in a technology-driven academic environment.

From the matched data set of students who completed both the pre- and post-assessments (N = 5), a comparative analysis revealed the following key findings:

Psychological well-being scores decreased from an average of 3.60 at the beginning to 2.60 at the end of the semester, potentially reflecting elevated academic stress or broader emotional strain over time. Social connectedness showed a slight improvement, rising from 2.45 to 2.65, suggesting enhanced student engagement and interpersonal integration as the year progressed. Resilience levels, reflecting students’ coping capacities, also improved modestly, increasing from 3.40 to 3.56. Digital addiction scores, reflecting problematic digital usage, decreased from 2.81 to 2.64, suggesting that students may have developed healthier digital habits over time, possibly influenced by the intervention.

These outcomes point to a positive effect of the program on social and behavioral domains, particularly in enhancing digital self-regulation and supporting social adaptation. While the decrease in life satisfaction warrants further investigation—possibly due to academic workload or contextual stressors—the overall trend supports the usefulness of structured positive psychology-based interventions in facilitating adjustment among university students.

In conclusion, this study contributes to the growing understanding of how positive psychology principles can be effectively applied in university settings to promote adaptive functioning and mental health in an increasingly digitalized educational context. The findings offer practical insights for the design of future educational programs aimed at supporting student well-being and digital literacy.

Understanding Family Characteristics in Gambling Disorder

Nisa Nur Çalışkan Şen¹, Dilara Demircan², Büşra Yamanel³,
Yasin Kavla⁴, Gökhan Umut⁵

¹Green Crescent Counselling Center (YEDAM), Balıkesir, Türkiye

²Green Crescent Counselling Center (YEDAM), Adana, Türkiye

³Green Crescent Counselling Center (YEDAM), İstanbul, Türkiye

⁴Department of Mental Health and Diseases, Cerrahpaşa Faculty of Medicine, İstanbul University-Cerrahpaşa Faculty of Medicine, İstanbul, Türkiye

⁵University of Health Sciences, İstanbul, Türkiye

Background: Gambling Disorder (GD) is a multifaceted condition that impacts not only the individual but also disrupts family functioning. It can lead to role ambiguity, emotional disconnection, financial hardship, caregiving challenges, and psychological strain within the family (Browne et al., 2020; Black et al., 2014). Dysfunctional parenting, low family cohesion, poor social support, and negative role modeling are identified as risk factors for the development of gambling behaviors (Hearn et al., 2021; Dowling et al., 2021; Shaffer & Martin, 2011; Mishra et al., 2019; Hardoon et al., 2004). This study aims to investigate the distribution of familial characteristics across different levels of GD severity.

Methods: The study sample comprises 6,671 individuals who applied to YEDAM for gambling disorder and received family counseling between 2021 and 2024. The Gambling Risk Screening Scale was used

to measure GD severity, and the Addiction Profile Index-Family (BAPI-A) was used to assess family characteristics.

Results: The families of participants in the high-risk group for GD have higher scores in parenting skills, conflict resolution skills, family members' attitudes, and overall family relationships (more dysfunctional familial characteristics) compared to the families of participants in the low-risk group ($p < 0.05$).

Conclusions: The study shows that individuals with severe GD have more dysfunctional family traits than those with mild GD. These families struggle with conflict resolution, hold negative views on addiction, and have damaged relationships. Findings highlight the need for family involvement in GD treatment, as improving family dynamics may support long-term recovery.

Psychodrama in Gambling Disorder Through a Case Study

Aslıhan Eslek¹, Özge Serinrüzgar²

¹Izmir University of Economics Faculty of Medicine, Medicalpoint Hospital, İzmir, Türkiye

²Private Practice, İzmir, Türkiye

Objective: The effectiveness of group therapies in addiction has been evident in the active and ongoing use of sharing and support groups such as AA since the 1940s. According to the 2020 reports of the Substance Abuse and Mental Health Services Administration (SAMHSA), 93% of different treatment institutions apply group therapy to addicts who are receiving follow-up and treatment (SAMHSA Advisory, 2021). There are many clinical applications and literature on the effective use of psychodrama, a group therapy, in addiction (Toker Uğurlu et al., 2020; Eslek, 2021). However, the effectiveness of therapeutic applications regarding the use of psychodrama in Gambling Disorder is only beginning to be demonstrated (Serinrüzgar, 2024). Our aim is to draw attention to the fact that regular participation in psychodrama group therapy increases the duration of remission through our case.

Method: H.B is 46 years old, married with a child, works as a manager in a company. He first applied to addiction treatment 20 years ago due to alcohol addiction. His gambling behavior started 15 years ago and quickly met the diagnostic criteria for gambling

disorder. He applied for treatment for this purpose in 2018 and continued with individual interviews/therapy and pharmacotherapy until the pandemic. Although it was suggested, he did not join a group. In 2020, he accepted group participation because he could only achieve short remission periods of 1-2 months with the current treatment process. Since then, he has been attending psychodrama groups regularly, first weekly, then every two weeks and now every three weeks. We continue psychodrama groups as an open group. We have two separate groups: addicts in remission in less than 6 months and addicts in remission longer than 6 months. Our alcohol, substance and gambling addiction patients are included in the same groups.

Results: The activity is expressed in our report with the remission period. The longest remission period before 2020 was 2 months, while the longest remission period after 2020 was 1 year. During the participation in psychodrama groups, the most frequent replay occurred after 4 months. While the periods of play before psychodrama lasted at least a week, this process lasted an average of 48 hours after psychodrama.

Digital Addiction and Psychological Intervention: The Impact of Cognitive Behavioral Therapy on University Students

Onour Impram^{ORCID}, Dilara Sürü^{ORCID}

Psychological Counselling and Educational Research and Application Center, Ibn Haldun University, İstanbul, Türkiye

This study aims to examine the effects of psychological interventions on preventing and treating digital addiction among university students. The research began by administering a digital addiction scale to university students. The results were used to identify students at high risk of digital addiction. Students who sought help from the guidance and psychological counseling unit were offered therapy support. The therapies provided consisted of two different approaches: cognitive-behavioral therapy (CBT) and schema therapy.

In the first phase, after the digital addiction scale was applied, the therapy process was initiated. Students involved in the therapy process learned various strategies to combat digital addiction and manage the

psychological effects associated with it. After the therapy process, participants were re-administered the digital addiction scale, and the effects of the therapy were evaluated.

The study investigates the effects of psychological approaches such as CBT and schema therapy in reducing digital addiction and reveals that these approaches can have positive outcomes on university students. This study highlights the importance of psychological interventions in combating digital addiction and demonstrates that such therapies can be effective in making students' digital habits healthier. Ultimately, the results show the benefits of seeking professional psychological support in the fight against digital addiction.

Gaming Addiction in Adolescents: The Relationship between Perceptions of Social Support and Attachment Styles

Ümran Keşir¹, Oğuzhan Zengin²

¹Local and Refugee Assistance Association, Ankara, Türkiye

²Department of Social Work, Karabük University, Karabük, Türkiye

This study examines the relationship between gaming addiction, perceived social support, and attachment styles in adolescents. The research sample comprises 310 voluntary adolescents aged 14 to 19. Data were collected using the Digital Game Addiction Scale-7 (Yalçın Irmak & Erdoğan, 2015), the Social Support Appraisal Scale for Children and Adolescents (Gökler, 2007), and the Three-Dimensional Attachment Styles Scale (Erzen, 2016).

The findings reveal that gaming addiction does not significantly differ based on demographic factors such as age, parental education level, household income, family structure, or birth order. However, a statistically significant yet weak negative correlation was observed between gaming addiction and perceived social support from family, teachers, and peers. This suggests that adolescents who receive higher levels of social support tend to exhibit lower gaming addiction levels.

Furthermore, a weak positive correlation was found between attachment styles and gaming addiction.

Specifically, adolescents with insecure attachment styles demonstrated a slightly higher tendency toward gaming addiction, indicating that attachment characteristics may play a role in gaming behaviors. These findings highlight the importance of fostering secure attachment relationships and enhancing social support networks to mitigate excessive gaming behaviors in adolescents.

This study contributes to the existing literature by providing empirical evidence on the interplay between gaming addiction, attachment patterns, and social support systems. Future research should explore the underlying mechanisms of these relationships and assess potential interventions aimed at reducing problematic gaming behaviors among adolescents.

Keywords: Gaming Addiction; Social Support; Attachment Styles; Adolescents

Weaving Hopes, Gaining Strength: A Narrative Approach to Internet Gaming Disorder

Süreyyanur Kitapçioğlu¹, İlyas Kaya²

¹Hasan Kalyoncu University, Gaziantep, Türkiye

²Department of Child and Adolescent Psychiatry, İstanbul University Faculty of Medicine, İstanbul, Türkiye

In recent years, therapeutic interventions for Internet Gaming Disorder (IGD) have garnered increasing academic interest. Nevertheless, empirical studies focusing on effective treatment modalities remain scarce. This case report presents the therapeutic processes of two male adolescents (aged 15 and 16) diagnosed with IGD, each exhibiting distinct clinical characteristics. Framed within a narrative therapy perspective, the study underscores the importance of recognizing the adolescents' engagement with and knowledge of gaming as a meaningful entry point for therapeutic dialogue. Central to this approach is the respect for clients' agency in articulating their

experiences through personally meaningful language. Both participants demonstrated a notable reduction in time spent gaming and showed clinically significant improvement in IGD-related symptoms by the conclusion of the intervention. Additionally, standardized assessments indicated a decline in comorbid symptoms, including those related to ADHD and anxiety. Importantly, the adolescents appeared to transition from a passive and consumption-oriented interaction with gaming to a more active and self-determined stance. These findings offer preliminary but meaningful insights into the application of narrative therapy in the treatment of adolescent IGD.

Examining Parental Experiences in Managing Screen Use in Early Childhood: Development of a Narrative-Based Support Guide

Merve Koca¹, Büşra Bilgi² 

¹Sinop University, Sinop, Türkiye

²Istanbul Sabahattin Zaim University, İstanbul, Türkiye

The increasing digitalization of modern life has led to earlier and higher exposure of children to screens. Studies show that 91.3% of children use the internet primarily for watching videos and gaming, increasing the risk of behavioral addiction (TÜİK, 2021; TÜİK, 2024). Behavioral addiction, including internet and video game addiction, occurs when certain behaviors provide short-term rewards but lead to long-term negative consequences (Grant et al., 2010; Karim & Chaudhri, 2012). Excessive screen use negatively impacts mental health, academic success, and social relationships (Beard, 2005; King & Delfabbro, 2020). Early exposure to gaming increases the likelihood of addiction-like behaviors (Grüsser et al., 2007).

Most research on screen-related behavioral addictions has focused on older children, while studies on early childhood remain limited and mainly quantitative. Parents acknowledge the negative effects of excessive screen use but struggle to implement restrictions (Mercan-Uzun et al., 2023). This study qualitatively examines parental experiences with early childhood screen use (0-8 years) and aims to develop a narrative therapy-based parental support guide to help manage these challenges.

The study follows a qualitative design with descriptive analysis. Participants included eight parents, selected through purposive and snowball sampling. Data was collected via in-depth, semi-structured interviews. Parents provided informed consent, and confidentiality was maintained by assigning codes (e.g., P1, P2). Interviews were transcribed, coded, and analyzed using a thematic framework (Yıldırım & Şimşek, 2006).

Six key themes emerged from the analysis: (1) parental attitudes toward screen use, (2) concerns about screen addiction, (3) the impact of parents' screen use on children, (4) psychosocial effects of screen use on children, (5) parental strategies for limiting screen time, and (6) the need for social and individual support.

Findings highlight parents' varied attitudes and concerns regarding screen exposure. While some impose strict limitations, others opt for controlled and educational use. Parents struggle with screen dependency, its psychosocial impact, and managing their own screen habits. They also express a strong need for guidance and resources. In response, a narrative therapy-based parental support guide will be developed to help parents navigate screen challenges, strengthen coping strategies, and improve family interactions.

Psychometric Development and Validation of the Hyperfocus Questionnaire for Children and Adolescents and Associations with Problematic Internet Use

Oğuzhan Koyuncu¹, Mehmet Sezgin¹, Yavuz Meral¹,
Yasin Çalışkan², Alperen Bıkmazer¹, Vahdettin Görmez³

¹Department of Child and Adolescent Psychiatry, Istanbul Medeniyet University, Göztepe Prof. Dr. Süleyman Yalçın City Hospital, İstanbul, Türkiye

²Department of Child and Adolescent Psychiatry, Başakşehir Çam Sakura City Hospital, İstanbul, Türkiye

³Hamad Bin Khalifa University, Doha, Qatar

Background: While attention problems are often defined by deficits such as inattention and distractibility, excessive forms of attention like hyperfocus have received limited recognition. Emerging research suggests that hyperfocus may contribute to behavioral addictions, including problematic internet use, particularly among youth. Despite this potential link, hyperfocus remains under-investigated, and no validated instruments exist to assess it in child and adolescent populations.

Objective: This study aimed to develop and validate two new scales—the Hyperfocus Questionnaire – Parent (HFQ-P) and the Hyperfocus Questionnaire – Self-Report (HFQ-SR)—for individuals aged 6 – 18. It also examined whether hyperfocus is associated with, and predictive of, problematic internet use symptoms.

Method: The sample consisted of 321 children and adolescents referred to a psychiatry outpatient clinic. Diagnostic evaluations were conducted using the K-SADS-PL-DSM-5-TR. The psychometric properties of the HFQ-P and HFQ-SR were assessed. Internet addiction was evaluated using the Young Internet Addiction Test – Short Form (YIAT-SF) as self-report. Correlational and regression analyses were performed.

Results: Factor analyses confirmed a two-factor structure for the HFQ-P and a three-factor structure for the HFQ-SR. Both scales showed strong internal consistency ($\alpha = .91$ for HFQ-P; $\alpha = .84$ for HFQ-SR) and high test-retest reliability. HFQ-SR scores were strong positively correlated with YIAT-SF scores ($r = .62, p < .001$). Linear regression showed that hyperfocus significantly predicted YIAT-SF score severity,

explaining 38.3% of the variance ($R^2 = .383$, $\beta = .619$, $p < .001$). Specifically, each one-point increase in hyperfocus score was associated with a 0.653-point increase in YIAT-SF score.

Conclusion: Our findings confirm that the Hyperfocus Questionnaires are valid and reliable instruments for assessing hyperfocus in children and adolescents. Our findings revealed that hyperfocus is not only a distinct attentional construct but also a significant

cognitive contributor to problematic internet use in youth. The strong predictive power of hyperfocus on internet addiction underscores the importance of recognizing excessive attentional states—alongside attentional deficits—in understanding behavioral addictions. Integrating hyperfocus assessment into clinical evaluations may enhance early identification and targeted intervention strategies for at-risk children and adolescents.

Examination of Social Risk Level Differences in Behavioral Addictions

Hümeýra Mutlutürk¹, Emine İlme¹, Büşra Yamanel-Özsoy¹,
Yasin Kavla², Gökhan Umut³

¹Green Crescent Counselling Center (YEDAM), İstanbul, Türkiye

²Department of Mental Health and Diseases, Cerrahpaşa Faculty of Medicine, İstanbul University-Cerrahpaşa Faculty of Medicine, İstanbul, Türkiye

³University of Health Sciences, İstanbul, Türkiye

Background: The aim of this study is to examine the differences in social risk levels in behavioral addictions. Behavioral addictions, unlike chemical addictions, are associated with a process reinforced by the repetition and performance of a specific behavior. In the literature, types of behavioral addictions include gambling disorder.

Method: The study was conducted with 3,368 clients who sought psychosocial treatment for internet use disorder and gambling disorder between 2020 and 2024. The research was designed using a retrospective method, involving the collection of past data. Descriptive data on the participants' sociodemographic information and social risk levels are presented in frequency (N, %) tables. The Chi-Square Test was used in the analysis of the data. Additionally, a statistical significance level of $p < 0.05$ was considered in the study.

Results: It was found that participants with gambling disorder are at a higher risk in terms of economic,

environmental, and legal issues compared to participants with internet use disorder. Participants with internet use disorder, on the other hand, are at a higher social risk in areas such as occupation, education, leisure time, friendships, social skills, physical issues, and life challenges. The study found no significant differences in social risk levels between the two groups in the areas of housing, health insurance, and family relationships.

Conclusions: Research has found that clients with gambling disorder face higher social risks in economic, environmental, and legal domains, whereas clients with internet use disorder experience greater social risks in occupational, educational, leisure, friendship, social skills, physical health, and life difficulty domains. Clinically, the risk factors that need to be addressed vary depending on the type of addiction. In this regard, it can be suggested that further research is needed to examine these differences specific to each type of addiction.

Age-Related Differences in Internet Addiction: Findings from a Large-Scale Study Using the Turkish Version of Young's Internet Addiction Test Short Form

Nihan Sönmez¹, Hakan Çetin¹, Zeynep Korkmaz¹, Duygu Dinçer²

¹Turkish Green Crescent Society, İstanbul, Türkiye

²Department of Guidance and Psychological Counseling, Istanbul Aydın University, İstanbul, Türkiye





Background: As internet use becomes increasingly widespread, it is important to understand how internet addiction varies across age groups for developing effective prevention and intervention strategies. This study examines age-related patterns of internet addiction using the Turkish version of the Young's Internet Addiction Test - Short Form (YIAT-SF), a widely used tool originally developed by Young (1998), and adapted into Turkish by Kutlu et al. (2016).

Method: The study included 69137 participants from five age groups: 27578 middle school students (ages 10 – 13), 22716 high school students (ages 14 – 17), 6361 young adults (ages 18 – 24), 12482 adults (ages 25 – 40) and 5123 older adults (ages above 40). Data was collected via an online survey on tbm.org.tr between 2022 and 2024. The total sample consisted of 30349 males and 43911 females. Descriptive and Multivariate Analysis of Variance (MANOVA) analyses were conducted to examine age- and gender-related differences in internet addiction scores.

Results: The results showed clear age-related differences in internet addiction scores. Adolescents and young adults had the highest average scores (Adolescents: $m=31.53$, $sd=10.98$; Young Adults: $m=30.21$, $sd=10.06$), suggesting greater vulnerability to problematic internet use ($p<0.001$). In contrast, middle school students and adults reported lower scores (e.g., Adults: $m=24.57$, $sd=9.16$). Across all age groups, male participants consistently scored higher than females. The data also revealed age-specific differences in internet usage patterns, which will be presented in detail.

Conclusion: These findings show that the risk of internet addiction changes at different ages, with adolescents and young adults being at higher risk. Knowing these patterns can help create age-appropriate prevention and support strategies. Future studies should investigate further the underlying mechanisms behind these differences, such as psychological, social, and environmental factors.

The Relationship Between Social Media Addiction, Sleep Quality, and Occupational Balance Among Generation Z University Students

Hülya Yaman¹, Sena Erarslan¹, Zeynep Bahadır², Müşerref Uslu², Enes Yılmaz², Sedanur Karagöz²

¹Department of Ergotherapy, Istanbul Medipol University, İstanbul, Türkiye

²Department of Ergotherapy, University of Health Sciences, İstanbul, Türkiye

Background: Generation Z, born in 2000 and later, has grown up with technological advancements and spends a significant portion of their lives using social media platforms such as Instagram, YouTube, WhatsApp, and Twitter. The excessive use of social media may lead to addiction, negatively affecting sleep quality and occupational balance. This study aims to investigate the relationship between social media addiction, sleep quality, and occupational balance among Generation Z university students.

Method: A cross-sectional study design was employed, involving 136 university students. Data was collected through a sociodemographic information form, the Social Media Addiction Scale, the Pittsburgh Sleep Quality Index (PSQI), and the Occupational Balance Questionnaire. Statistical analyses, including independent sample t-tests, ANOVA, chi-square tests, post hoc tests, and Pearson correlation analysis, were conducted using IBM SPSS 25.0.

Results: A significant difference was found between social media addiction and gender ($p < .05$), with women being more active users. A positive, low, and

significant correlation was identified between social media addiction and sleep quality ($p < .05$), indicating that higher social media addiction is associated with poorer sleep quality. Similarly, a positive, low, and significant correlation was observed between social media addiction and occupational balance ($p < .05$). No significant differences were found based on participants' birth year, place of residence, or preferred social media platform.

Conclusions: The findings highlight that social media addiction affects both sleep quality and occupational balance among Generation Z university students. Targeted interventions to reduce social media addiction could enhance students' well-being and academic performance. Further research is needed to explore the long-term impact of social media usage on mental and physical health.

Keywords: Social media addiction, sleep quality, occupational balance, Generation Z.



POSTER PRESENTATIONS

Comprehending Religion-Based Cyberbullying: A Psycholinguistic Perspective on Digital Aggression

Merve Armağan-Boğatekin¹, Merve Güçlü-Aydoğan²

¹University of Health Sciences, İstanbul, Türkiye

²Ibn Haldun University, İstanbul, Türkiye


Digital addiction and online aggression increasingly threaten adolescent well-being, leading to negative psychological, social, and cognitive consequences. Among these challenges, identity-based cyberbullying—especially when targeting religion—poses unique risks. Attacks on religious identity not only harm individuals but also reflect broader cultural and political tensions, intensifying social conflict and alienation. Understanding the linguistic and emotional dynamics of this form of aggression is essential for developing effective prevention strategies.

This study aims to explore the psycholinguistic features of religion-based cyberbullying on social media using LIWC-22 (Linguistic Inquiry and Word Count). A publicly available dataset of 47,693 tweets labeled by cyberbullying category—including religion, gender, ethnicity, and age—was analyzed. Approximately 8,000 tweets categorized as religion-based cyberbullying were compared with a matched control group labeled as “not cyberbullying.” LIWC-22 was selected for its ability to evaluate emotional tone, authenticity, analytical thinking, clout, and cognitive processing (e.g., insight, causation, tentativeness), along with social and moral language indicators.

The results showed that religion-based cyberbullying tweets had significantly lower emotional tone and authenticity scores, suggesting hostile and emotionally distant expression. Frequent use of second-person (“you”) and third-person (“they”) pronouns indicated interpersonal and group-based targeting. High levels of all-or-none thinking, causation, and tentative expressions revealed patterns of indirect or defensive aggression. Additionally, morally charged and conflict-related language, along with keywords related to religion, ethnicity, and politics, were more prominent in bullying content.

These findings underscore the utility of LIWC-22 in detecting identity-based aggression and support the need for both automated detection systems and school-based interventions. Programs that promote digital literacy, empathy-building, and peer-led dialogue can help students recognize and respond to harmful online behavior, contributing to healthier digital environments.

The Mediating Role of Alcohol Use Levels in Gamblers Between Near Miss and Gambling Craving and Gambling Disorder

Hatice Arslan¹, Lut Tamam² 

¹İyiyim Psychological Counselling and Guidance Centre, İstanbul, Türkiye

²Department of Internal Medical Sciences Mental Health and Diseases, Çukurova University Faculty of Medicine, Adana, Türkiye

Gambling can be defined as risking something valuable in the hope of gaining something more valuable. Gambling has existed since the early history of humanity. Gambling can be done by betting on all types of games or sports. Lotteries, horse races, cock-fights, numerical lotto, sports lotto-toto, card games, slot machine games in casinos, roulette, blackjack etc., online gambling and live betting, and the stock market are the first types of gambling that come to mind. While gambling behavior is for entertainment purposes in some individuals, it can turn into an addiction in others. Gambling disorder is included in DSM-5 under the names of substance related disorders and addiction disorders. The nature of gambling disorder also includes genetic factors, environmental risk factors and cognitive factors. Although it produces many negative consequences, the individual with gambling disorder persistently repeats his gambling behavior.

In this study, the relationship between loss near gain, gambling craving, alcohol use level and gambling disorder of individuals who gamble and do not gamble;

The mediating effect of the alcohol use level variable in the relationship between near-win loss and gambling disorder and the mediating effect of the alcohol use level variable in the relationship between gambling craving and gambling disorder were examined. In the research, Personal Information Form, Gambling Disorder Screening Test, Near Miss Scale, Gambling Craving Scale and Bapirt-Alcohol Test were applied to the participants. The data obtained from the research were analyzed statistically using the SPSS 25 package program. Within the scope of analyses; Descriptive statistics, confirmatory factor analysis for validity, Cronbach's alpha coefficient for reliability, and process macro mediation effect developed by Hayes were used for the mediation effect. According to the research findings, a partial mediating role of alcohol was determined in the relationship between both near miss and gambling craving and gambling disorder.

Keywords: Alcohol Use Level, Gambling, Gambling Craving, Gambling Disorder, Near Miss

Effects of Narrative and Cognitive Behavioural Therapy Based Group Therapy Programmes on Gambling Behaviour

Hilal Aslan Deniz^{ID}, Feyza Topçu^{ID}

Hasan Kalyoncu University, Gaziantep, Türkiye

Aim: Gambling behaviour is a common activity worldwide. Global estimates indicate that 1.2% of the world's adult population has a gambling disorder. Gambling behaviour affects the family, health and social life of the person and causes serious problems, becoming an individual and social threat. Thus, the widespread spread of gambling behaviour and the fact that it has become a public health problem that concerns the whole society with its transformation into addiction has increased the need for treatment studies.

In our country, it is known that psychotherapy approaches and techniques for the treatment of problematic gambling behaviour are mainly based on traditional Cognitive Behavioural Therapy (CBT). In recent years, there has been a growth in “third wave” therapies including present moment awareness and meditation techniques. This study is the first Narrative-based experimental research on problem gambling behaviour in Türkiye.

It was thought that conducting this comparison study would provide an alternative treatment approach to both individuals with problematic gambling disorder and practitioners. For these reasons, Narrative

Therapy and CBT-based Group Therapy Programmes were developed within the scope of this research and their effects on the addiction levels of gambling individuals were examined.

Method: The sample of the study consisted of 36 young adults over the age of 24 who applied to the group therapy programme. For 10 weeks, while no intervention was applied to the waiting group, Narrative and CBT group therapy programme were applied to the experimental groups.

The analysis of the data in the study was carried out with SPSS 25 programme. Two-Factor ANOVA for Mixed Designs was used to examine whether there was a significant difference between the groups according to the mean scores obtained from the pre-test and post-test measurements of the South Oaks Gambling Screening Test, Automatic Thoughts and Willpower and Determinism scales before and after the application of Narrative Therapy, CBT and control groups.

Results: It is seen that there is no significant difference between the mean total scores obtained from the South Oaks Gambling Screening Test (SOKTT)

pre-test and post-test scores of the subjects in the Narrative, CBT and control groups ($p < .05$). It is seen that the difference between the mean scores obtained from the Gambling Screening Test pre-test and post-test measurements of the subjects in the Narrative Therapy group is significant ($q = 4.115$, $q > 3.49$). No significant difference was observed between the pre-test and post-test mean scores of the subjects in the control group, and there was no change in the problematic gambling level of the individuals ($q = 0.149$, $q < 3.49$).

Discussion and Conclusion: The results of the study show that both Narrative Therapy and CBT are

effective in reducing problematic gambling behaviour. These findings show that Narrative Therapy is as effective an approach as traditional CBT in reducing problematic gambling behaviour of individuals. In addition, it was observed that the willpower scores of the individuals in the Narrative group increased significantly after the application. Thus, it was seen that experts can enrich their content by including willpower approaches in their own applications. It is thought that repeating similar studies will provide important contributions to literature.

Keywords: Gambling Disorder, Group Therapy, Narrative Therapy, Cognitive Behavioural Therapy

Qualitative Content Analysis Research Examining the Relationship of Popular Content in TikTok Application with Social Media Use Disorder

İrem Azak¹, Sevinç Sütü²

¹Department of Psychological Counselling and Guidance, Burdur Mehmet Akif Ersoy University, Burdur, Türkiye

²Department of Gerontology, Burdur Mehmet Akif Ersoy University Faculty of Health Sciences, Burdur, Türkiye

Social media content production involves providing interaction by producing content that attracts attention and interest for the target audience on digital platforms (Lugat, n.d.). However, the fact that some of the content produced can be harmful to the audience and disrupt the flow of daily life poses a risk for social media use disorder (Kang et al., 2020). For TikTok, a popular platform for content sharing, the WeAreSocial 2024 report states that the total number of views of content shared with the hashtag #fyp (For You Page) has reached 55.5 trillion (WeAreSocial, 2024). This research aims to reveal the existing, new and potential risks and dangers of certain types of content on TikTok, a platform with a wide reach, regarding social media use disorder. In this regard, a qualitative content analysis method was used, and a total of 40 TikTok accounts consisting of popular

and niche Mukbang, ASMR, and Splitscreen creators were selected for the sample. Approximately 15 accounts were identified for each content type. The video contents were analyzed in terms of the number of views, likes, and comments, the age distribution of the audience, and the level of interaction. The findings indicate that users passively consume the content leaving significantly fewer comments compared to the number of views. ASMR content was found to be more popular among adults, while Split-screen videos were mostly watched by children. Content comments were categorized under certain themes and content perception was analyzed over a total of 1,380 comments. As a result of the analysis, it was determined that TikTok content changed media consumption habits and poses a risk factor for social media use disorder in some users.

Addiction As a Public Health Issue: A Study on Newspaper News

Muhammet Ali Bölükbaş^{id}, İnci Arıkan^{id}, Muammer Yılmaz^{id}

Department of Public Health, Kütahya Health Sciences University Faculty of Medicine, Kütahya, Türkiye

Background: In modern society, various forms of addiction, such as social media addiction, gaming addiction, virtual betting and gambling addiction, and electronic cigarette addiction, are increasingly prevalent and can have a significant negative impact on individuals' lives (Doğan Keskin&Aral,2021; Sussan et al.,2015). Newspapers, as an important component of the media, report on addiction-related issues and disseminate this information to their readership. This study aims to examine the representation of addiction in newspaper articles and analyze how it is portrayed.

Method: In this descriptive study, five high-circulation national newspapers were selected for data collection. Online news items accessible between January 2023 and December 2024 were retrieved using the keyword "addiction" on the search engines on the official websites of the selected newspapers. The data were analyzed using SPSS statistical software.

Results: Among the 327 newspaper news analyzed, 121 (37.0%) published on digital addiction, 19 (5.8%)

on gambling addiction, 50 (15.3%) on tobacco addiction, and 75 (22.9%) on drug addiction. A total of 223 (68.2%) news were published in 2024. Notably, 15 (78.9%) of the gambling addiction news covered virtual gambling/betting, while 42 (34.7%) of the digital addiction news addressed screen addiction. Regarding content type, 127 (38.8%) were informative, 64 (19.6%) featured official statements, 62 (19.0%) provided warnings/advice, and 29 (8.9%) focused on social responsibility.

Conclusions: The increasing prevalence of digital addiction has been reflected in the media through newspaper news and has become the most reported addiction issue. There has also been an increase in the number of new topics appearing on the agenda, such as virtual betting. More space should be given to scientific research and expert opinions in news about addiction, and it should not be forgotten that the media can play an effective role in raising awareness among readers as part of their responsibility to report on addiction.

The Rise of AI-Generated Pornography: Ethical Dilemmas and Potential Pitfalls for Problematic Pornography Consumption

Süleyman Agah Demirgül¹, Iskender Volkan Sancar²,
Zsolt Demetrovics³, Beáta Bóthe⁴

¹Eötvös Lorand University, Budapest, Hungary

²Gendarmerie and Coast Guard Academy, Ankara, Türkiye

³Flinders University, Adelaide, Australia

⁴Montreal University, Quebec, Canada

Currently, artificial intelligence (AI) is widely used across various fields such as healthcare, education, research, and marketing. In particular, Generative AI (GenAI) has become increasingly popular for individual learning, organization, and recreational purposes. With the integration of advanced search and deep search features, GenAI is now functioning as a form of search engine as well. Beyond these uses, GenAI is rapidly gaining popularity for generating diverse pornographic content. The ability to create personalized, user-oriented content may raise concerns about potential problems, especially in relation to problematic usage patterns and ethical implications. From a psychological perspective, previous studies have shown that novelty plays a crucial role in activating the brain's dopaminergic system. Given that GenAI allows individuals to produce limitless variations of content tailored to their own preferences including the use of real-life images of past or imagined encounters it offers far more personalization than traditional pornography platforms. This hyper-personalization may

contribute to problematic pornography use rather than traditionally produced content. On the ethical side, the use of GenAI in creating pornographic content poses significant concerns regarding privacy, transparency, explainability, and trustworthiness. For instance, in terms of privacy, generating explicit content that involves real individuals without consent constitutes a major ethical violation. Concerning with transparency, the lack of clarity about which images are used to train GenAI systems raises concerns about the opaque nature of content creation. These so-called "black box" systems are difficult to interpret, which undermines their explainability and diminishes user trust. Given these issues, this study aims to explore and evaluate the potential risks of GenAI-generated pornographic content in developing problematic pornography use by conducting a rapid review of the existing literature.

Keywords: content creation, problematic pornography use, ethics, generative AI, potential risks

The Relationship Between Lecture Listening Barriers and Problematic Screen Use Among University Students: A Medical School Example

Ali Enes Hamarat¹, Emin Eren Zeybek¹, Özgün Soy²,
Ömer Faruk Tekin²

¹Kütahya Health Sciences University Faculty of Medicine, Kütahya, Türkiye

²Department of Public Health, Kütahya Health Sciences University Faculty of Medicine, Kütahya, Türkiye

Background: Addiction is defined as a pathological behavior that disrupts the individual's mental, physical and social life. Problematic screen use is considered to be the state of using devices that require looking at a screen for a long time and not being able to stop using these devices even when unnecessary (Demirci & Eker, 2017; Göger & Çevirme, 2022). Problematic screen use is considered one of the factors that may influence academic performance (Elmas et al., 2015). This study aims to examine the relationship between problematic screen use and barriers to lecture engagement among university students, along with associated factors.

Method: This cross-sectional study was conducted among 958 students enrolled at the Faculty of Medicine, Kütahya Health Sciences University. The sample size for the study was determined as at least 275 people. The sample was divided into strata according to the number of students in the stage. The questionnaire form includes questions on sociodemographic characteristics and screen usage characteristics, the Multiple Screen Addiction Scale (MSAS) and

the Listening Barriers Scale for University Students (LBSUS). Statistical analyses were evaluated with the SPSS 25 package program.

Results: Of the 296 participants included in the study, 166 (56.1%) were in the preclinical (Stage 1-2-3) stage and 188 (63.5%) were female. The MSAS mean of the study participants was 42.5 ± 10.8 and the LBSUS mean was 110.6 ± 9.3 . Participants who reported higher academic success had significantly lower MSAS scores. No significant relationship was found between MSAS and LBSUS scores.

Conclusions: The level of problematic screen use among medical students was found to be slightly below average. Although problematic screen use did not appear to affect lecture listening, it was identified as one of the factors contributing to reduced academic performance. It is suggested that screen use may influence academic success through indirect pathways. It is recommended that students be offered awareness-raising activities on problematic screen use, along with intervention programs focused on time management.

High School Teachers' Awareness of Online Gambling and Betting

Gülay Kalkan¹, Şeyma Güldal²

¹Ümraniye Guidance and Research Center, İstanbul, Türkiye

²İstanbul 29 Mayıs University, İstanbul, Türkiye

Empirical studies in international academic literature frequently highlight that adolescents and young individuals exhibit higher rates of gambling behavior compared to adults. They are also more vulnerable to the adverse consequences of gambling, experiencing harm more rapidly and severely. Although gambling is legally restricted for individuals under 18 in many countries, research indicates that nearly three-quarters of adolescents engage in gambling to varying degrees. Furthermore, the prevalence of pathological gambling among adolescents is reported to be twice as high as that among adults. Early initiation into gambling is associated with an increased likelihood of developing more severe gambling behaviors and encountering more detrimental outcomes in later life (George & Murali, 2005; Burge, Pietrzak & Petry, 2006; Aslan, 2020). Given that adolescents spend a significant portion of their time in school, high school teachers' awareness of gambling-related issues is crucial for both identifying the extent of the problem and designing preventive and intervention strategies.

This study employed a descriptive research design to examine the relationship between high school teachers' demographic factors (e.g., gender, age, professional tenure, and school type) and their awareness of online gambling and betting. The sample consisted of 330 high school teachers working in Istanbul during the 2024 – 2025 academic year. Data were collected through a 16-item online questionnaire developed by researchers. Ethical approval was obtained from Istanbul 29 Mayıs University. The data were analyzed using frequency and percentage analyses, chi-square tests, and content analysis.

Findings reveal that 52.7% of teachers suspected students' engagement in online gambling but lacked detailed information, while 32% had no opinion. Additionally, 47.6% felt inadequately prepared to prevent students from engaging in gambling. These results underscore the necessity of enhancing educational initiatives to raise awareness of gambling-related risks.

The Effect of Mindfulness Based Education Program on Smartphone Addiction and Investigation of Mediator Role of Rumination; Pretest-Posttest Semi Experimental Study

Hilal Özçakmak Altınay¹, Deniz Odabaş²

¹Department of Social Psychiatry, Ankara University, Ankara, Türkiye

²Department of Public Health, Ankara University Faculty of Medicine, Ankara, Türkiye

It is observed that it has reached the level of addiction with the spread of online applications and the excessive use of smartphones, with which we can handle many things, with the effect of the pandemic in our country as well as all over the world. It is thought that a method that can be effective on problematic smartphone use, which is one of the behavioral addictions, which is a new concept in the literature, may be conscious awareness-based applications. Studies have shown that Mindfulness-based programs provide therapeutic effects on many psychological problems such as depression, anxiety and stress. In this study, the effect of the Mindfulness-based program given by the Mindfulness Trainer Certified trainers randomly selected among the online Mindfulness Training Programs was examined together with the rumination variable, and a semi-experimental study was carried out by applying the scales pretest and posttest the program to the program participants between the ages of 18-65 and using smartphones. An 8-week Mindfulness Based Training was given to the volunteer participants

by the volunteer Mindfulness Trainers. Our sample consists of PRETEST n:51 and POSTTEST n:21 people. Mindfulness-Based Education Program applications in data collection, the Five-Factor Wise Awareness Scale adapted to Turkish by Ayalp and Şahin (2018), the validity and reliability scale of the Mobile Addiction Scale by Fidan (2016), and the Ruminative Scale adapted to Turkish by Karatepe (2010). Thoughts Scale was used. Analysis of the data was done using SPSS© 18.0. Descriptive statistics are shown as mean, standard deviation, median/median, mode/peak, minimum, maximum, and percentage. Mann Whitney Utest, Kruskal Wallis test, Spearman Correlation Analysis and Chi-square test were used in statistical analysis. Almost all of the participants are women. In our study, a significant inverse relationship was found between age and mobile phone addiction scale mean scores. Mobile Smartphone Addiction Scale score PRETEST (n=51) mean 76.75 ± 22.27 , PRETEST (n=21) mean 75.19 ± 21.83 , and POSTTEST(n=21) $61,81 \pm 16,67$ mean. While the Mindfulness Scale

score was 61.81 ± 16.67 , PRETEST (n=51) mean 63.78 ± 13.82 , PRETEST (n=21) mean 60.81 ± 14.96 , and POSTTEST (n=21) mean. Ruminative Thoughts Scale mean score of 74.10 ± 11.38 and PRETEST (n:51) group was 90.51 ± 25.15 , PRETEST (n:21) mean group 95.43 ± 26.09 , POSTTEST (n=21) group mean is 71.14 ± 26.47 . As a result of the analysis of the data of the people who participated in the research both pretest and posttest the program, there was a negative significant relationship between the Rumination

Scale score and the Mindfulness Scale Score, while a positive significant relationship was found between the Mobile Smartphone Addiction Scale score and the Rumination Scale Score. According to our Pretest and Posttest research findings, the relationship between the Mobile Smartphone Addiction Scale score and the Mindfulness Scale score is negatively significant. It is thought that the results obtained will shed light on diagnostic, preventive and therapeutic studies on smartphone addiction.

Predictive Relationships Among Digital Addiction, Cyberbullying, and Family Relationships in Generation Alpha

Kemal Öztemel¹, Umay Bilge Baltacı², Zeliha Traş³

¹Psychological Counseling and Guidance Program, Gazi University Faculty of Education, Ankara, Türkiye

²Psychological Counseling and Guidance Program, Kırşehir Ahi Evran University Faculty of Education, Kırşehir, Türkiye

³Psychological Counseling and Guidance Program, Necmettin Erbakan University Faculty of Education, Konya, Türkiye

Individuals born after 2010, commonly referred to as Generation Alpha (McCrindle, 2021), represent the first cohort to be raised in an environment deeply integrated with digital technologies. The substantial amount of time these individuals spend in online settings renders them particularly susceptible to digital addiction, which, in turn, may increase their likelihood of engaging in high-risk behaviors such as cyberbullying. These risks do not apply equally to all children; however, the growing visibility of such behaviors suggests the importance of early preventive efforts. Identifying factors that influence these outcomes can contribute to the development of evidence-based educational and psychological interventions tailored to this age group. The presence of protective factors in children's lives is therefore critical in mitigating these risks. Among such factors, the quality of family relationships is considered a key protective variable against the development of digital addiction. The present study aims to examine the predictive relationships among digital addiction, cyberbullying, and family relationships in children. Employing a correlational research design within the

quantitative research paradigm, the study was conducted with children aged between 9 and 14 years. Data collection instruments included the Digital Addiction Scale developed by Hawi et al. (2019) and adapted into Turkish by Öztemel and Traş (2023), the Cyberbullying Scale developed by Arıca et al. (2012), the Family Relationships Scale for Children developed by Demirtaş Zorbaz and Korkut Owen (2013), and a demographic information form designed by the researchers. Data analysis will be carried out using SPSS and Jamovi software. Descriptive statistics will be used to summarize the demographic characteristics of the participants; correlation analysis will examine the associations among the variables. Moreover, General Linear Model (GLM) based mediation analysis will be used to test the potential mediation role between the variables. The findings will be interpreted and discussed in light of the existing literature.

Keywords: Generation Alpha, Digital Addiction, Cyberbullying, Family Relationships

The Importance of Providing Effective and Comprehensive Mental Health Services in Primary Health Care in Combating Behavioral Addictions

Sündüs Sema Sancakoğlu¹, İrem Elif Çetintaş², Emrullah Şanlan³

Çekmeköy District Health Directorate Healthy Life Center, İstanbul, Türkiye

Primary health care, which is the basis for achieving universal health coverage, is of great importance in terms of accessible, continuous, comprehensive, coordinated and people-centered health services. Healthy Life Centers (HLC) are multi-purpose institutions established within the Ministry of Health in Türkiye, with the aim of protecting individuals and society from health risks, encouraging a healthy lifestyle, and strengthening primary health care services and facilitating access to these services.

In addition, behavioral addictions, which include technological addictions such as internet, gaming and gambling, which cannot be based on a physical substance, are also an important public health problem. As in addictions such as cigarette, alcohol and drug addiction, it includes characteristics such as the inability to quit the addicted behavior, the inability to control it, the amount of use or the duration of use are gradually increased each time, causing the person to spend most of their time with the addicted behavior.

In order to continue the effective fight against behavioral addictions, it is of great importance to ensure

that Healthy Life Centers provide effective and comprehensive counseling services within the scope of primary health care services. Providing preventive mental health services for children, adolescents and their families and all adults in Healthy Life Centers and providing mental health counseling for children, adolescents, their families and all adults experiencing problems is of great importance in combating behavioral addictions. In this context, providing psychological support to individuals and their families who have problems with behavioral addictions and to all adults, by psychologists in Healthy Life Centers, and providing social support by social workers, and in addition, providing clinical or therapy services in terms of the accredited training areas are to mean to provide multifaceted services to complement secondary and tertiary mental health services. Finally, in order to ensure that Healthy Life Centers provide effective and comprehensive services, it is important to integrate them with secondary and tertiary health services together with Family Medicine practice and ensure that they are coordinated.

Problematic Social Media Use and Body Dissatisfaction: Exploring the Mediating Roles of Perceived Reality and Internalization

Emine Nur Şen¹, Süleyman Agah Demirgöl², Seher Akdeniz¹, Mehmet Birekul¹

¹Necmettin Erbakan University, Konya, Türkiye

²Eötvös Loránd University, Budapest, Hungary

Prior studies examining problematic social media use and body dissatisfaction have yielded inconsistent findings. Here, in this study we aimed to identify underlying factors that could mediate this relationship. Particularly, we examined the associations between problematic social media use and body dissatisfaction through the perceived reality in social media and the internalization of idealized bodies, individually and serially. Problematic social media use → perceived reality → body dissatisfaction; Problematic social media use internalization → internalization → body dissatisfaction; Problematic social media use → perceived reality → internalization → body dissatisfaction. We used a cross-sectional design with 303 Instagram users aged 19 to 56 years ($M_{\text{age}} = 24$ years, $SD = 7.77$), including 236 (78%) women and 67 (22%) men. The results indicated that the direct effects of problematic social media use and social media use frequency on body dissatisfaction were

not significant. However, when internalization was included as a mediator, the association became significant only for problematic social media use, indicating an indirect effect. However perceived reality was not significant in both individually and serially. Our finding indicates an indirect-only mediation on this association between problematic social media use and body dissatisfaction suggesting that the impact of problematic social media use on body dissatisfaction is meaningful via internalization of appearance ideals than a direct pathway. Clinicians should take into consideration individuals' psychological engagement with social media (i.e., Instagram) and address internalization, which may serve as a protective factor against body dissatisfaction.

Keywords: problematic social media use, social media use frequency, body dissatisfaction, internalization, perceived reality, adults

The Recovery Process of a Client with Pornography and Gambling Problems: A Case Presentation

Emre Yılmaz 

Istanbul Medipol University, İstanbul, Türkiye

The aim of this case report is to discuss the course of recovery of a client with pornography and gambling problems. The client, 41 years old, university graduate, stated that he had problems with behavioral addiction types and applied due to the problems he had experienced with his environment. The client stated that he had been gambling for many years and that the frequency and duration of pornographic images had increased in the last few months, and that his life was going in a negative direction due to his systematic gambling behavior. He stated that he thought that the client should seek professional support because of his low motivation to recover in the first place and his loss of faith in his recovery. In the first stage with the client, agendas were formed within the scope of psychoeducation and motivational interviewing. In the

course of the interviews, efforts were made to cope with the request and to prevent recurrence. The case was evaluated within the scope of DSM-V diagnostic criteria and the South Oaks Gambling Screening Test was applied. The client was interviewed on the basis of Motivational Interviewing and Cognitive Behavioral Therapy. His spouse was also included in the process as he thought that he was also harming his relationship. The positive effect of his spouse's participation in the treatment on the recovery process was observed. As a result of the 14-month process with the client, a significant decrease in the frequency and time allocated to sexually explicit images for gambling problems was observed.

What Do Post-Pandemic Graduate Theses Reveal About Behavioral and Digital Addictions? A Bibliometric Analysis

Tuğba Yılmaz, Yusuf Ziya Koç^{ORCID}, Melis Kul

Department of Psychology, Marmara University, İstanbul, Türkiye

The aim of this study is to examine theses on addiction conducted in Türkiye. For this purpose, graduate theses related to addiction, covering the post-pandemic period from 2021 to 2024 and available in the National Thesis Center, were analyzed. Titles and contents containing the term “addiction” were identified using the keyword “bağımlı*.” A total of 1,299 master’s theses, 178 medical specialization theses, and 126 doctoral theses were retrieved. After applying exclusion criteria to 195 theses with restricted access, 1,604 studies were included in the evaluation. **Method:** Using the document analysis method, data such as thesis numbers, authors, publication years, topics, sample age ranges, group sizes, types of addiction, and subcategories of addiction were entered into an Excel document and subsequently analyzed. **Findings:** Some key findings from the study are as follows: In 2018, there were 229 theses on addiction, which increased to 452 in 2019. During the pandemic year of 2020, the number dropped to 274 but rose again to 440 in 2021. In the following years, the number of theses on addiction was recorded as 398 in 2022, 463 in 2023, and 498 in 2024. The study

examined substance-related, behavioral/digital, and other types of addictions, while non-psychological or non-psychiatric terms (e.g., addiction to educational materials) were excluded from the analysis. **Discussion:** The findings indicate that the number of addiction-related theses increased after the pandemic, with a particularly notable rise in theses focusing on behavioral and digital addictions. This trend suggests that contemporary problem areas are reflected in academic research and investigated in theses required for specialization. The most common disciplines for addiction-related theses were identified as Psychology, Sports, Education and Instruction, Family Medicine, Nursing, and Psychiatry. Among addiction types, digital addictions were the most frequently studied, followed by substance-related addictions. Many addiction-related theses were at the master’s, doctoral, and medical specialization levels, whereas proficiency in arts theses paid significantly less attention to this topic.

Keywords: addiction, dependency, behavioral addiction, digital addiction, bibliometric analysis.

Sponsors



Communication Sponsors

