



# IADLIBER

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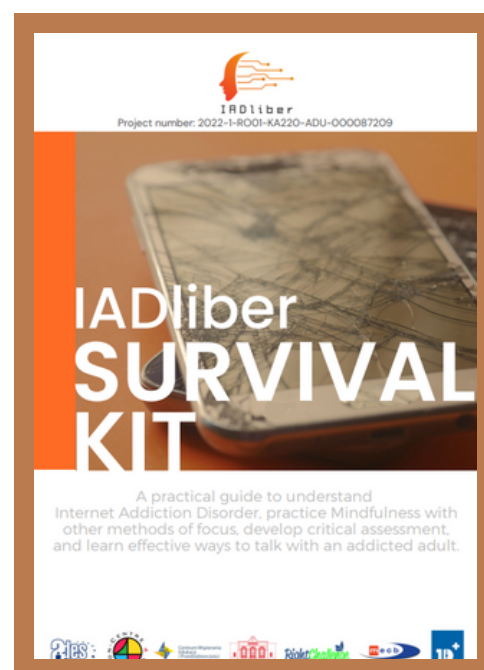
Co-funded by  
the European Union

The IADliber consortium held focus groups with adult educators in each partner country to obtain an overview of public awareness regarding the use of mindfulness, other methods of focus, self-awareness, and reliable assessment of the situation in order to combat and prevent Internet Addiction Disorder (IAD) among adults. Romania, Spain, Cyprus, Turkey, Portugal, Poland, and Malta were among the countries studied.

Some of the outtakes of these focus groups were:

- Participants had a high level of awareness related to mindfulness, however they did not know how to apply it regarding IAD.
- The biggest challenge is recognising problematic behaviour in IAD
- Self-awareness and reliable assessment were regarded as critical components in dealing with IAD
- The primary factor impeding prevention efforts was reported to be a lack of training in relation to established guidelines for identifying and recognising IAD

Despite participants' generally positive attitudes and general awareness of the methods investigated, it was clear that awareness does not always translate into effective method application. For this instance, participants emphasized the need for resources that simplify the use of these methods by providing useful and easy-to-follow application techniques. And so, the IADliber Survival kit was born. The partners have developed 7 different modules that summarized and provides practical exercises regarding the methods mentioned, types of internet addiction and more. To guarantee an exceptional result that covers the target group's need, the survival kit will be tested with stakeholders and translated into the consortium languages to provide a wider reach.



## The Procedure

To ensure that the deliverables are produced efficiently and reach the expected quality level, the partners met in Malta last June 2023 for a Peer-to-Peer knowledge exchange week where they presented the different topics that would compose the survival kit. In this way a level of knowledge was established between the partners that would facilitate the creation of the different modules.



*The partnership met in Mosta, Malta for the Peer-to-Peer Knowledge exchange week*

The consortium also meets frequently online to facilitate the development of activities and create homogeneity in the results. That way, the partners assure that the survival kit will be finalized at the beginning of 2024.

Regarding the second deliverable of the project, the IADliber mobile app for adult educators the consortium will work on creating the action cards and quizzes that will support their work and be an excellent tool for presenting influence to the target group on through mindfulness and other methods of focus, self-awareness and reliable assessment of the situation.

*It is not enough to know the preventive methods,  
we must put them into practice*

## NEXT STEPS

The partnership will carry out the survival kit testing during the months of October and November 2023. For this piloting phase 21 Representatives of Adults who are vulnerable to internet addiction will provide feedback to us regarding the survival kit content and coherence with the target group's needs.

After carrying out the testing phase the partnership will adapt the survival kit following the suggestions obtained and will translate it to the national languages of the consortium to connect and attract a wider public.

Once the first result of the project, the survival kit, is finished, the consortium will start working and developing the IADliber mobile app for adult educators. The aim of this activity is to deliver to the adult educators a mobile application consisting of several necessary educational materials that can successfully support their work and be an excellent tool for presenting influence to the target group on through mindfulness and other methods of focus, self-awareness and reliable assessment of the situation.

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