

# IADliber

## SURVEY ON PUBLIC AWARENESS ON INTERNET ADDICTION DISORDER (IAD)

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The IADliber Consortium conducted focus groups among adult educators within each partner country in order to obtain a snapshot of the level 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. The countries investigated were Romania, Spain, Cyprus, Turkey, Portugal, Poland and Malta.

### 7 FOCUS GROUPS

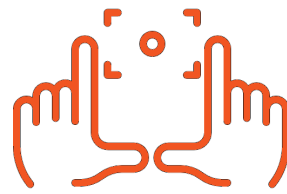
# 49 PARTICIPANTS

33 FEMALE, 16 MALE



### MINDFULNESS

Participants had a relatively high level of awareness in relation to mindfulness, but not of its application in IAD. Whilst mindfulness was regarded as an effective technique, awareness did not translate into effective practice. Participants consequently highlighted a great need for structured, practical and easy to follow mindfulness exercises in IAD to facilitate their application.



### OTHER METHODS OF FOCUS

These methods were regarded by participants as not only being effective in relation to IAD, but also highly practical. Despite the availability of information and resources concerning these methods, the biggest challenge remained recognising problematic behaviour in IAD. Hence, more training for educators is required to facilitate their application when addressing IAD.



### SELF-AWARENESS & RELIABLE ASSESSMENT

The benefits here were immediately recognised by participants. Self-awareness & reliable assessment were regarded as fundamental ingredients in addressing IAD. However, very little awareness or information was reported by participants in relation to their applications. Participants' knowledge and their level of understanding was too abstract to assist them in their efforts for preventing internet misuses among adult learners.



### IAD PREVENTION AMONGST ADULTS

Prevention was considered an important aspect in overcoming IAD and participants disclosed an overall increased recognition of the consequences of IAD among the general public. However, they also explained how such consequences are not regarded in the same way by everyone. A lack of training in relation to established guidelines when identifying & recognising IAD was reported as the primary factor hindering efforts in prevention.

## Theoretical awareness is relatively present, but knowledge of its practical applications remains scarce.

Despite the highly positive disposition and overall general awareness of the methods explored among participants, it was evident that awareness does not automatically translate into the effective application of methods. Moreover, the lack of knowledge related to proper identification of problematic internet use often limits intervention to situations that become visibly severe, highlighting the need for better identification guidelines to facilitate the educator's capacity to prevent IAD.

Participants also highlighted the need for resources that simplify the use of methods by providing practical and easy to follow techniques for application.

for more information please visit:

[www.iadliber.erasmus.site](http://www.iadliber.erasmus.site)

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