



***Aiding adult Internet users, parents and educators to deal with excessive***

***Internet activity***

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## **NEWS**

In November of 2019, the “Internet Abuse Identification and personalised withdrawal strategies / i-AID” Project was officially launched, funded through the ERASMUS+ Programme.

The consortium of partners running the project includes CIVIC (UK, the coordinating partner), Emphasys (Cyprus), AKNOW (Greece), CWEP - Centrum Wspierania Edukacji i Przedsiębiorczosci (Poland), Nottingham Trent University (NTU) (UK) and Advancis (Portugal).

### **Background**

The project aims to empower adults dealing with situations of excessive preoccupation with Internet/screen abuse (known as Internet Addictive Behaviour - IAB), and to equip them with the skills and the tools to modify their behavior. It draws on contemporary research findings and considers that Internet/screen overuse is not a “childhood or adolescent disease” but also a growing risk among adults.

### **Aims**

Towards this end, the main objective of the project is to design an innovative training framework and eventually a hands-on service that will enable individuals with excessive Internet or computer activity to modify their behavior towards a healthier use and thus, towards to improving their social life.

### **I-AID Kick off Meeting**

The project kicked off in 27<sup>TH</sup> of January 2019, at CIVIC's offices in Edinburgh. There, the partners discussed the project as a whole and the implementation of the next phases in further detail.

The second transnational project meeting was planned to held in Cyprus, but due to the covid19 outbreak, ,on the 30th of April the partners had an online

meeting. During the meeting, the partners reviewed the work done under Intellectual Output 1 “ Training approach & Internet Addiction Pal” regarding the first two activities:

- A1:User Model Design
- A2: Validation of User Model & Definition of Desirable Situation.

The outcome of these 2 activities is vital for the continuation as the personalised withdrawal/moderation plans will be based on the elaborated User Models and the desirable situations and the definition of the desirable situations in terms of Internet use for each user model. Following an agreement among partners on the final actions for the sign off of Output 1, the discussion proceeded to methods of planning and organising the activities for Output 2. Amongst the rest of the agenda were the overall status of the project progress and the outcomes from the implementation of the quality metrics to Output 1.



Photo: Partners kick-off meeting in Edinburgh (January 2020)

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## HAPPENING SOON

The next step of the project is the development of Internet Addiction Pal, which delivers the personalised withdrawal plans, materialising the training approach of the project.

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## RECOMMENDED RESOURCES

### Resource #1

Article: *Challenges in Internet Addiction Disorder: Is a Diagnosis Feasible or Not?*

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Read the full article [here](#).

### Resource #2

Article: *Internet addiction update: diagnostic criteria, assessment and prevalence*

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Read full text [here](#).

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Co-funded by the  
Erasmus+ Programme  
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Project number: 2019-1-UK01 KA204-062021

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