



The Internet Abuse Identification and personaliseD withdrawal strategies (I-AID) project aims at empowering adults to deal with situations of excessive preoccupation with Internet/screen abuse, equipping them with the skills and the tools to modify their behaviour. 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. I-AID aims at using and duly tailoring existing tools and approaches from the fields of clinical and addiction psychology, cognitive behavioural therapy, reflective learning theories, and enhanced learning approaches and ICT, to support adults with excessive preoccupation with the Internet to implement personalised moderation plans and screen moderation strategies through a personalised learning approach.

The main objectives of the project are to design, develop, test, implement, and disseminate an innovative training framework and a hands-on service that will enable adult individuals with excessive Internet or computer activity to modify their behaviour towards healthier use, thus improving also their social life.

I-AID’s kick off meeting took place in Edinburgh in January 2020. Currently, the partnership has proceeded with the validation of the model of Internet users to support the design of the digital tool and will produce a partnership report on the validation of this model, as well as define the desirable situations for the behaviour modification. The milestones of the project will be pursued by the partnership in the coming months, as follows:



The I-AID project is funded by Erasmus + (2019-1-UK01 KA204-062021) and its consortium includes one University and five companies from the United Kingdom, Cyprus, Greece, Poland and Portugal.

More information about I AID can be found here:

<https://i-aid.erasmus.site/>

<https://www.facebook.com/I-AID-111554527170749/>

<https://www.linkedin.com/company/43278158/admin/>