

Psychiatrist discusses dangers of 'E-personality' in latest podcast

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(PhysOrg.com) -- Psychiatrist Elias Aboujaoude, MD, discusses the Internet's psychological impact and how our online traits are unconsciously being imported into our offline lives in this podcast.

How much of your life is consumed online? In the latest podcast in the Stanford University School of Medicine's "1:2:1" series, [psychiatrist](#) Elias Aboujaoude, MD, discusses the Internet's [psychological impact](#) and how our online traits are unconsciously being imported into our offline lives.

Aboujaoude, clinical associate professor of psychiatry and behavioral sciences and director of Stanford's impulse control and obsessive-compulsive disorder clinics, has written a new book, *Virtually You: The Dangerous Powers of the E-Personality*. Drawing from his clinical work and personal experience, he shows how excessive use of the Internet, cell phones and other technologies can cause us to become more impatient, impulsive, forgetful and narcissistic.

More information: To become a regular subscriber of "1:2:1," a series of conversations about advances in health-care policy and biomedical research, visit iTunes at: [itunes.apple.com/WebObjects/MZ ...
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Provided by Stanford University Medical Center

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