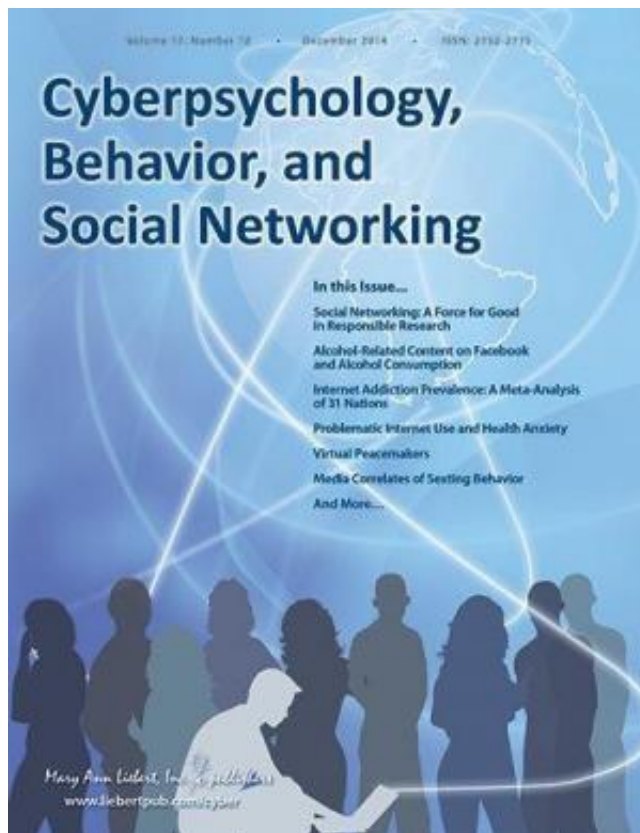


# Internet addiction affects six percent of people worldwide

December 18 2014

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Credit: Mary Ann Liebert, Inc., publishers

Internet addiction is an impulse-control problem marked by an inability to inhibit Internet use, which can adversely affect a person's life, including their health and interpersonal relationships. The prevalence of Internet addiction varies among regions around the world, as shown by

data from more than 89,000 individuals in 31 countries analyzed for a study published in *Cyberpsychology, Behavior, and Social Networking*.

In the article "[Internet Addiction Prevalence and Quality of \(Real\) Life: A Meta-Analysis of 31 Nations Across Seven World Regions](#)," Cecelia Cheng and Angel Yee-lam Li, The University of Hong Kong, present 164 Internet addiction prevalence figures, with an overall global prevalence estimate of 6.0%. Prevalence ranged from a low of 2.6% in Northern and Western Europe to a high of 10.9% in the Middle East. The authors describe factors associated with higher Internet addiction prevalence and how it relates to individuals' quality of life.

"This study provides initial support for the inverse relationship between quality of life and Internet Addiction (IA). It, however, finds no support for the hypothesis that high Internet accessibility (such as the high penetration rates in northern and western Europe), promote IA," says Editor-in-Chief Brenda K. Wiederhold, PhD, MBA, BCB, BCN, Interactive Media Institute, San Diego, California and Virtual Reality Medical Institute, Brussels, Belgium.

**More information:** The article is available free on the [Cyberpsychology, Behavior, and Social Networking](#) website until January 18, 2015.

Provided by Mary Ann Liebert, Inc

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