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Sugar report

TWEETING ALL THE WAY TO REHAB

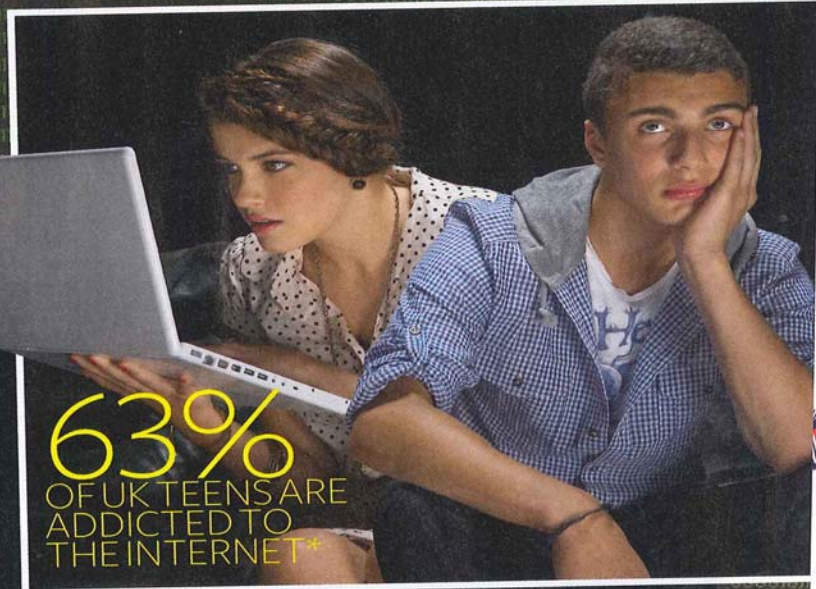
THE WEIRD
TRUTH
ABOUT YOUR
INTERNET
HABIT

Is it time to step away from the Facebook status update? **Sugar** investigates online addiction...

So, what are you up to later? Chances are, you'll be IMing your BFF and watching *The X Factor* highlights on YouTube. A whole evening will pass with you staring owl-eyed at your computer before you tumble into bed. This – bear with us here – could be Sign Number One of an addiction. Arguing with Mum about time spent online is Sign Number Two. And flipping out at Dad when he interrupts your Xbox marathon... it may be time for rehab.

We know it sounds like a case of adults gone mad, but don't turn the page yet. London's Catio Nightingale Hospital, which has treated celebrities like Kate Moss, says internet addiction is real, and 63% of teens suffer from it*.

Dr Richard Graham, a Young Person's Technology Addiction consultant – no, we didn't know they existed, either – told us it's because the web kills your social



63%
OF UK TEENS ARE
ADDICTED TO
THE INTERNET*

skills: "You get the same buzz playing online games as you do playing football, so you wind up thinking, 'What's the point in leaving the house?'" he says. A recent study of 1,000 teens proved that you're twice as likely to suffer from depression if you are online

too much – even in those teens "who are initially free of mental

health problems," according to Dr Lawrence Lam, who ran the study.

So if you find yourself getting twitchy the next time you're ordered off the 'puter, you know it's time to take a REAL break. For reals.

TECHADDICT?

According to Dr Graham, you're in danger of internet addiction when you:

- Think about your computer when you're doing other things
- Avoid nights out to spend more time online
- Check messages or emails before doing anything else
- Prefer online chats to face-to-face conversations