

W03-02

DEPRESSION AND INTERNET ADDICTION: CORRELATION AND TREATMENT APPROACHES

M. Stojakovic^{1,2}

¹Department of Psychiatry, University Banja Luka, ²Clinic for Psychiatry, Clinical Center Banja Luka, Banjaluka, Bosnia-Herzegovina

Introduction: With increasing use of Internet in everyday life there is the risk of developing Internet dependency that can be correlated with depression. Is the internet an antidepressant or Internet addiction often causes mood-altering side effects?

Objectives: The focus is to examine correlation between depression and Internet addiction, as well as potential treatment approaches.

Aims: The aim of the study was to evaluate treatment approaches and the correlation between depression and Internet addiction(IA) by use of Telepsychiatric service.

Methods: A total of 100 Bosnian clients were studied. Internet Addiction Test (IAT), Beck Depression Inventory (BDI), and the Zung Depression Inventory (ZDI) was used, by Telepsychiatric service, to assess state measures of symptom severity. First, they were evaluated for their severity of Internet addiction with consideration of their behavioral characteristics and their primary purpose for computer use by IAT. Second, we investigated Depression by Telepsychiatry service with BDI and ZDI scale. Third, we investigated correlations between depression and Internet addiction.

Results: The symptoms of IA had been founded at 59% and 41% of patients had no IA. Symptoms of depression had been found at 45% patients. Internet addiction was significantly associated with depressive symptoms; IA and depression had been found at 41% patients ($P < 0.01$).

Conclusions: This study reveals a significant association between Internet addiction and depressive symptoms.