

CENTRE FOR MENTAL HEALTH

Seminar Series

The University of Melbourne



MELBOURNE SCHOOL OF
**POPULATION
& GLOBAL
HEALTH**

Can't Stop Scrolling? Problematic Internet Use: An Emerging Compulsive Behaviour

Presenter: Ms Kavya Raj

Thursday 14th October 12.00noon—1.00pm

Via Zoom

**[https://unimelb.zoom.us/j/87989372780?](https://unimelb.zoom.us/j/87989372780?pwd=VXRZa2syTjd3SmhCc2o0WmJDMmJ0Zz09)
[pwd=VXRZa2syTjd3SmhCc2o0WmJDMmJ0Zz09](https://unimelb.zoom.us/j/87989372780?pwd=VXRZa2syTjd3SmhCc2o0WmJDMmJ0Zz09)**

Password: 318864



Ms Kavya Raj is a third-year PhD Candidate at Monash University's BrainPark Research Clinic and the Addiction Impulsivity Research Laboratory.

Her research explores the cognitive drivers of problematic internet use (PIU), with a specific focus on the mental health and academic effects of excessive time online for university students.

Lifestyle interventions such as mindfulness meditation and behaviour change techniques are key components of her work, and her current research involves collaboration with the mindfulness platform Headspace Inc. as an industry partner.

The internet offers countless avenues to escape stressors, feel socially connected, and be entertained. But too much time online and loss of control over our internet use is linked with poorer mental health outcomes and worsened academic performance.

Through two recent studies conducted amongst Australian university students, I discuss how the number of students experiencing mental health problems associated with their internet use is greater than previously anticipated, and that targeting specific mental wellness factors (resilience, trait mindfulness) may be key to protecting students from experiencing academic difficulties due to their internet use.

Additionally, preliminary results on the cognitive drivers of problematic internet use will be presented, and the implications for treatment and policy will be discussed.

These seminars are free. Visitors are welcome to attend.
For more information contact the Centre for Mental Health +61 3 8344 0908