

ADHD and Screen Addiction

Kevin T. Blake Ph.D., P.L.C.
Saturday, October 25, 2025
Presented to SAPA



Announcements, Disclosures and Paperwork



Disclaimer

“Materials that are included in this seminar/webinar may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession’s standards.”

Disclaimer

- **None of the techniques described in this seminar/webinar will work for all persons with attention-deficit/hyperactivity disorder (ADHD). Every person with ADHD is different.**
- **There are no absolutes.**
- **All treatments have negative side effects. Some more than others. The presenter will do his best to cover the most common ones.**
- **The theories described in this webinar do not have the same amount of empirical evidence supporting each one of them. The presenter will do his best to describe the pros and cons of each.**
- **If you are concerned about a treatment technique described in this seminar ask the presenter about it.**

Disclaimer

- **Speaker Disclosure:**
- **Financial:** Kevin Blake maintains an independent practice. He is a stockholder in Amgen, Inc. Dr. Blake receives a speaking honorariums from TPN.Health and royalties from PESI, Inc.
- **Non-financial:** Kevin Blake is a member of the Children and Adults with Attention Deficit Disorders (CHADD) (Chapter Coordinator of CHADD of Tucson), International Dyslexia Association (Orton Oak), Learning Disabilities Association of America, and American Psychological Association.

Children (and Adults) with Attention Deficit Disorder (CHADD) of Tucson

CHADD of Tucson

- **Parent Support Group**
 - Fourth Thursday of every month
 - 7:00 PM to 8:30 PM
 - Via Zoom
 - Facilitator: Kevin T. Blake, Ph.D.
 - Send email, or call the following to be added to the “reminder list”:
 - kblake@drkevintblake.com
 - 520-429-1925

CHADD of Tucson

- **Adult Support Group**
 - Second Wednesday of every month
 - 7:00 PM to 8:30 PM
 - Via Zoom
 - Facilitator: Kevin T. Blake, Ph.D.
 - Send email, or call the following to be added to the “reminder list”:
 - kblake@drkevintblake.com
 - 520-429-1925

Is Internet Gaming Addiction in the DSM-5, TR?

➤ **No. However, it is in Section III Emerging Measures and Models.**

➤ **Symptoms**

- **Consumes life**
- **Not gambling addiction**
- **Withdrawal symptoms: sadness, irritability, anxiety**
- **Tolerance**
- **Can't control participation**
- **Loss of interests outside of games/screens**
- **Deceives others about the amount of use.**

- **Uses to escape “negative” emotions**
- **Loss of relationships, jobs, etc.**
- **8 to 10 hours a day/ 30 hours a week**
- **Comorbidities: ADHD, OCD, major depressive disorder**

DSM-5 (2013). 795-798.

Whose at Risk of Screen Addiction?

- Excessive screen time is associated with conduct disorder, specific learning disorder, speech disorder, ADHD, and autism spectrum disorder.
- Children with excessive screen time can be expected to have a high probability of having one, or more of the above disorders.
- Preschoolers and adolescent boys are most at risk.

Qu, G. et al. (May, 2023). Association between screen time and developmental and behavioral problems among children in the United States: evidence from 2018 to 2020 NSCH. Journal of Psychiatric Research. DOI: <https://doi.org/10.1016/j.jpsychires.2023.03.014>

Internet Gaming Addiction in Children

Research from Italy found that 44% of 11 to 15 year olds with ADHD met criteria for internet gaming addiction, and only 9.5% of those without ADHD did. How impaired the ADHD students were by their internet gaming addiction was directly related to the severity of their ADHD symptoms. The more severe the ADHD symptoms the more impaired they were from internet gaming disorder. More specifically, the ADHD inattentive symptoms appeared to have the closest relationship to the severity of internet gaming addiction.

Berloff, S. et al. (February 22, 2022). Internet Gaming Disorder in Children and Adolescents with Attention Deficit Hyperactivity Disorder. Children. DOI: [10.3390/children9030428](https://doi.org/10.3390/children9030428).

ADHD and Screen Addiction

- **The more severe the symptoms and manifestation of ADHD the higher the risk of severe screen addiction.**

Masi, L. et al. (March 11, 2021). Video Games in ADHD and Non-ADHD Children: Modalities of Use and Association With ADHD Symptoms. Frontiers Pediatrics, Child and Adolescent Psychiatry. DOI: [10.3389/fped.2021.632272](https://doi.org/10.3389/fped.2021.632272).

- **Children with ADHD are 6 to 9 times more at risk of developing “internet addiction disorder” than non-ADHD children.**

Naomy, I.A.B. et al. (November/December, 2024). Internet Addiction and ADHD: Exploring Behavioral and Cognitive Correlations in Children. International Journal of Scientific Advances. DOI: [10.51542/ijscia.v5i6.53](https://doi.org/10.51542/ijscia.v5i6.53)

Internet Addiction Disorder & ADHD in Children

- 5 to 7 percent of children meeting criteria for ADHD worldwide
- About 6% of Children worldwide meet criteria for internet addiction disorder (IAD)
- About 54.1% of children with ADHD have (IAD)
- Compared to an estimated 15% of non-ADHD children
- Adolescents are expected to have higher numbers due to exposure to on-line gaming.

Ardianti Batari Naomy, I. et al. (November-December 2024). Internet Addiction and ADHD: Exploring Behavioral and Cognitive Correlations in Children. International Journal of Scientific Advances. DOI: 10.51542/ijscia.v5i6.53.

Adults with ADHD and Problematic Internet Use

- **Significantly more adults with ADHD had problematic internet use than non-ADHD peers.**
- **Problematic internet use positively predicted ADHD symptom severity in adults with ADHD.**
- **Adults with ADHD with problematic internet use have significantly more difficulty with anxiety, depression, and impulsivity (forethought and perseverance) as well as emotional dysregulation than their ADHD peers without internet difficulties.**

El Archi, S. et al. (April 12, 2022). Co-occurrence of Adult ADHD Symptoms and Problematic Internet Use and Its Links With Impulsivity, Emotion Regulation, Anxiety, and Depression. *Frontiers in Psychiatry*. [10.3389/fpsy.2022.792206/full](https://doi.org/10.3389/fpsy.2022.792206/full)

Sluggish Cognitive Tempo (SCT)/Cognitive Disengagement Syndrome (CDS)

- **“Attention-Deficit/Hyperactivity Disorder, Inattentive Presentation Restrictive:**
 - **SCT/CDS is predictive of having comorbid internet addiction.**
 - **Possibly higher comorbidity than ADHD.**
 - **The daydreaming factor is most predictive.**
 - **Mind wandering is to but not as much.**

Gul, A et al. (January 14, 2023). Sluggish cognitive tempo (Cognitive Disengagement Syndrome) symptoms are more associated with a higher risk of internet addiction and internet gaming disorder than ADHD symptoms: A study with medical students and resident doctors. Research in Developmental Disabilities. DOI: [10.1016/j.ridd.2023.104557](https://doi.org/10.1016/j.ridd.2023.104557)

ADHD and Screens

- **ADHD is a genetic neurobiological condition, excessive screen time does not “cause” it.**
- **Screens may help to calm excess energy and impulsivity in children with ADHD.**
- **Some research indicates ADHD children may be more easily addicted to screens.**
- **Screens disturb sleep due to blue light emissions.**
- **ADHD children have “time blindness” that may worsen screen time.**

Hovde, M. (July 27, 2022). Screen Time and Kids with ADHD. PsychCentral. From website: <https://psychcentral.com/adhd/screen-time-and-children-with-adhd>.

Children, ADHD, & Screens

A study conducted in children with ADHD ages 9 to 13 from France found children with screens in their bedrooms have more sleep disturbances than those children who have ADHD and no screens in their rooms. The researchers suggested that guardians remove screens from children's rooms and restrict screen exposure.

Cavalli, E. et al. (July, 2021). Screen exposure exacerbates ADHD symptoms indirectly through increased sleep disturbance. Sleep Medicine. DOI: [10.1016/j.sleep.2021.03.010](https://doi.org/10.1016/j.sleep.2021.03.010)

Sleep Disorders and AD/HD

- **30 to 56% of those with AD/HD have sleep disorders**
- **Stimulant medications can lengthen sleep onset.**
- **Sleep problems may exacerbate academic/work problems, but if academic/work problems not caused by Sleep problem, better sleep may not translate to fewer waking problems.**
- **Significantly more problems with restless legs, etc.**

Bajorvatn, B. et al. (September 20, 2017). Adults with Attention Deficit Hyperactivity Disorder Report High Symptom Levels of Troubled Sleep, Restless Legs, and Cataplexy. Frontiers in Science. DOI: 10.3389/fpsyg.2017.01621

Diaz-Roman, A. et al. (June, 2018). Sleep in adults with ADHD: Systematic review and meta-analysis of subjective and objective studies. Neuroscience and Biobehavioral Reviews. 89, 61-71. DOI: 10.1016/j.neubiorev.2018.02.014

Sleep and ADHD

- **Children and adolescents with ADHD have significant problems with their sleep.**

Arias-Mera, C. et al. (June, 2023). Relation between sleep disorders and attention deficit disorder with hyperactivity in children and adolescents: A systematic review. Research in Developmental Disabilities. DOI: <https://doi.org/10.1016/j.ridd.2023.104500>

- **Adolescences with ADHD frequently have comorbid sleep disorders and this should be taken into account during assessment.**

Marten, F. et al. (March 11, 2023). Sleep parameters and problems in adolescents with and without ADHD: A systematic review and meta-analysis. Journal of Child Psychology and Psychiatry. DOI: [10.1002/jcv2.12151](https://doi.org/10.1002/jcv2.12151).

- **Adults with ADHD frequently have significant comorbid sleep disorders.**

van der Ham, M. et al. (July 2, 2024). Sleep Problems in Adults With ADHD: Prevalences and Their Relationship With Psychiatric Comorbidity. Journal of Attention Disorders. DOI: [10.1177/10870547241284477](https://doi.org/10.1177/10870547241284477)

ADHD, Screen Time, Physical Activity and Weight

Excessive screen time negatively affects sleep in those with ADHD, and thus can cause them to be overweight, and reduced physical activity.

Hong, G.C.C. et al. (July 14, 2020). Diet, Physical Activity, and Screen Time to Sleep Better: Multiple Mediation Analysis of Lifestyle Factors in School-Aged Children with and without Attention Deficit Hyperactivity Disorder. Journal of Attention Disorders. DOI: [10.1177/1087054720940417](https://doi.org/10.1177/1087054720940417)

ADHD and Screens

- **Although screens cannot cause ADHD they can cause ADHD-like symptoms in non-ADHD kids.**
 - **More inattention, and hyperactivity/inattentive symptoms.**
- **Too much screen time can negatively effect the development of social skills.**
 - **Problems reading facial expressions, causes social anxiety, and irritability**

Author (March 7, 2023). Does Heightened Screen Time Cause Attention-Deficit Disorder (ADHD) In Children? Health Conditions, Brain and Nervous System, Cleveland Clinic. From website: <https://health.clevelandclinic.org/screen-time-and-adhd>.

Games-Based Digital Therapeutics

South Korean investigators found that game-based digital therapeutics can treat depression, anxiety, and attentional difficulties in children and adolescents with such concerns. They continued that such treatments prior to majority can reduce mental health concerns in adult life. Finally, they indicated the sample size in the study was too small and there needs to be several replications to indicate efficacy.

Choi, E. et al. (November 22, 2022). Game-based digital therapeutics for children and adolescents: Their therapeutic effects on mental health problems, the sustainability of the therapeutic effects and the transfer of cognitive functions. Frontiers in Psychiatry. DOI: [10.3389/fpsy.2022.986687](https://doi.org/10.3389/fpsy.2022.986687).

Mental Health Treatments



Mental Health Approaches

- **A study from South Korea found that adolescents with cell phone and internet addiction improved significantly with a combination of music therapy and cognitive behavioral therapy.**
- **They were also found to significantly reduce anxiety and impulsivity.**

Bong, S.H. et al. (February 2, 2021). Effects of Cognitive-Behavioral Therapy Based Music Therapy in Korean Adolescents with Smartphone and Internet Addiction. Psychiatry Investigation. DOI: <https://doi.org/10.30773/pi.2020.0155>.

Mental Health Approaches

Israeli researchers found that students in 7th and 9th grade benefitted from cognitive behavioral therapy by increased self-control and significantly reducing their time on the internet.

Agbaria, Q. (January 20, 2022). Cognitive behavioral intervention in dealing with Internet addiction among Arab teenagers in Israel. International Journal of Mental Health and Addiction. DOI: [10.1007/s11469-021-00733-6](https://doi.org/10.1007/s11469-021-00733-6)

Treatments with Some Evidence of Efficacy In Treating “Screen Addiction”

- **Cognitive Behavioral Therapy (CBT)**
- **Dialectical Behavior Therapy (DBT)**
- **Mindfulness**
- **Family therapy: For psychoeducation, to examine how the family uses screens, to create an home environment to support recovery.**
- **Psychopharmacology: For ADHD, depression, anxiety, etc.**
- **Internet Blocking and Filtering Software**
- **Internet Detox Program: Inpatient**
- **Cell Phone Self-Control Apps**

Treatments with Some Evidence of Efficacy In Treating “Screen Addiction”

- **On-line “Zoom” therapy**
- **Chat therapy**
- **Internet 12 Step Programs:**
 - **Internet and Technology Addicts Anonymous:**
<https://internetaddictsanonymous.org/>
- **Engage in hobbies**
- **Create less down time**

Chadha, Y. et al. (March 4, 2024), Internet Addiction Management: A Comprehensive Review of Clinical Interventions and Modalities. DMIHER Datta Meghe Medical College: Cureus US. DOI: [10.7759/cureus.55466](https://doi.org/10.7759/cureus.55466)

Treatment of AD/HD

“ADHD is currently understood as a neurodevelopmental syndrome with symptoms that are highly heritable and neurobiological in origin.

Pharmacotherapy stands alone as the single most efficacious treatment for ADHD for individuals of all ages.

Medications, psychostimulants in particular are effective in reducing the core symptoms of inattention, hyperactivity and impulsivity.” (p. 3)

Ramsay, R. (2010). Nonmedication Adult Treatments for ADHD. Washington, DC: American Psychological Association Press, p. 3.

- 1. Diagnosis (Step 1: Get Evaluated)**
- 2. Psychoeducation about AD/HD (Step 2: Change Your Mind Set)**
- 3. Medication (Step 3: Change Your Brain)**
- 4. Accommodation: (Change Your Life –Rules for success)**
- 5. Modification**

Barkley, R.A. (2010). Taking Charge of Adult ADHD. New York, NY: Guilford.

Top Interventions for Children with AD/HD

Knowledge of the true impact of the factors that impact learning and performing:

- **Point of performance interventions**
- **Powerful, immediate, and engaging feedback**
- **Multimodal presentations and multimode options for performing and producing work**
- **Strategic teaching principles including: previewing, setting explicit goals, partnering, and efforts to enhance metacognition**
- **(Token economies; Contracting in teens)**

Goldrich, C. (2017). Executive Functions and ADHD in Children . Seminar Presented by PESI, Inc., Eau Claire, WI.

Internet Addiction Disorder & ADHD in Children

Researchers from Indonesia found that children with ADHD are 6 to 9 times more likely to develop Internet Addiction Disorder than their non-ADHD peers. Children with both disorders often are behind in their schoolwork, experience more emotional instability, and social isolation. They have more sleep disturbances and more physical health difficulties. They can have more depression and anxiety, too. Parents and teachers should encourage sports, less screen and time structured routines, as well as screen time should be monitored and counseling should be considered. Cognitive Behavioral Therapy can help by teaching self-regulation, and better coping. Time-management and token economies can be helpful.

Ardianti Batari Naomy, I. et al. (November-December 2024). Internet Addiction and ADHD: Exploring Behavioral and Cognitive Correlations in Children. International Journal of Scientific Advances. DOI: 10.51542/ijscia.v5i6.53.

ADULT AD/HD & TREATMENT

- **Cognitive Behavioral Therapy works with AD/HD adults because they have better developed frontal lobes than children. They still need medication, however.**
- **This means adults with AD/HD can get some good out of social skills training whereas AD/HD children typically do not.**

Barkley, R.A. (2006). Attention-Deficit Hyperactivity Disorder, A Handbook for Diagnosis and Treatment, Third Edition. New York, NY: Guilford.

Ramsay, R. (2010). Nonmedication Treatments for Adult ADHD. Washington, DC: American Psychological Association Press.

- **Recently it was found a combination of cognitive behavioral therapy (CBT) and dialectical behavioral therapy (DBT) was able to lower depression, anxiety and stress in adults with AD/HD over a 6 month period.**

Nasri, B. et al. (February 8, 2017). Group Treatment for Adults With ADHD Based on a Novel Combination of Cognitive and Dialectical Behavior Interventions: A Feasibility Study. [Journal of Attention Disorders](https://doi.org/10.1177/1087054717690231) [10.1177/1087054717690231](https://doi.org/10.1177/1087054717690231).

AD/HD Medication Research Summary

Behavioral Benefits of Stimulants:

- **Increased concentration and persistence**
- **Decreased hyperactivity and Impulsivity**
- **Increased productivity**
- **Decreased absences**
- **Better reading achievement by 18 years**
- **Less likely held back a year**
- **Better emotional control**
- **Less defiance, aggression & antisocial behavior**
- **Lowers chances of substance abuse and smoking**
- **Better compliance**
- **Better internalized speech and Working Memory**
- **Better motor control and handwriting**

AD/HD Medication Research Summary

- Better self-esteem
- Decreased punishment
- Better game awareness in sports
- Improved attention
- Better reaction time in driving and better drivers
- Improves academic production
- Long term treatment possible better annual achievement test scores

- Stimulants are neuroprotective:
- Accelerates brain growth in basal ganglia & cerebellum
 - Shown in 32 studies in children and adults
- Methylphenidate may reduce the reduce the chances of stress fractures in those with AD/HD long term.

Barkley, R.A. (2018). Advances in The Management of ADHD: Evidence-Based Medications and Psychosocial Treatments. Seminar presented by PESI, Inc., Eau Claire, WI.

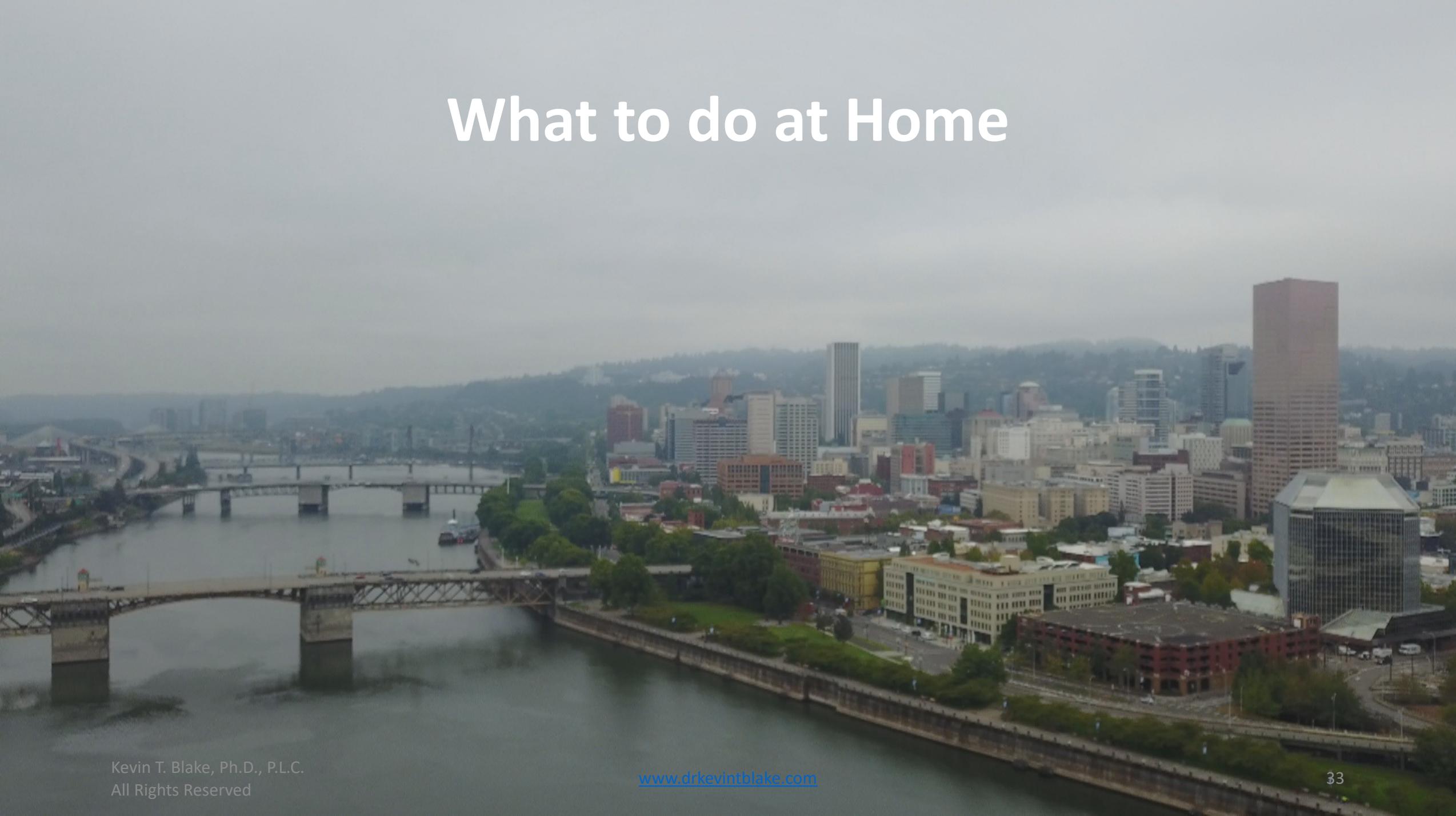
Shermann, H. et al. (March, 2019). Lower risk of stress fractures in young adults with ADHD under chronic treatment with methylphenidate. Bone. DOI: [10.1016/j.bone.2018.09.023](https://doi.org/10.1016/j.bone.2018.09.023).

What Does this Mean?

Children, adolescents and adults with ADHD who struggle with “screen addiction” need their ADHD and addiction treated simultaneously.

Barkley, R.A. (February 7, 2024). Internet Addiction and Gaming Addiction & ADHD. From website: <https://youtu.be/aeP6ntRJP78?si=0ygHgVKn0rlulp4G>

What to do at Home



House Internet Rules

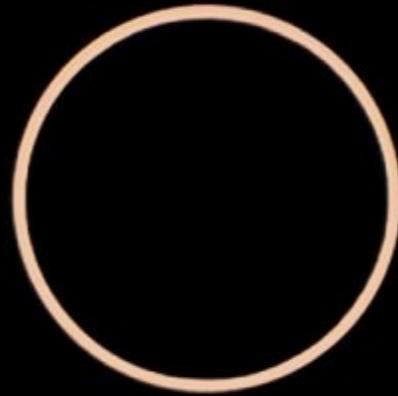
- **Screen time is a privilege not an entitlement.**
 - Entitlements are love, clothing, shelter, food and water
 - **Determine how much screen time they get every day and when.**
 - **Negotiate somewhat.**
 - **Establish a baseline of time they get every day if they do not violate rules (using forbidden apps/websites, online bullying, breaking house digital safety rules, etc.).**
 - **Expect open access to their phone and computer if they follow rules.**
 - **Keep clear, consistent internet rules, and times.**
 - **Use internet as reward for completing homework, chores, etc.**
 - List the specific amount of time each reward will last . (i.e., finish homework 20 minutes, etc.)
 - **Children with ADHD will need a timer and will need a 5 minute warning that time is about to end.**
 - **Rule of thumb: those with ADHD are on developmentally 30% years younger than their non-ADHD peers in hyperactivity, impulsivity, and inattentiveness.**
- “Barkley’s 30% Rule”**

House Internet Rules

- Model limiting you own internet time for child.
- Designate no phones and/or internet times every day for house.
- Consider faraday cages and/or safe for phones and computers during those times.
 - Plenty of those on Amazon, etc.
- Mobicip App for parent monitoring:
<https://www.mobicip.com/>
- Parental spyware
- Phone and screens off an hour prior to bed
- No screens in room

Saline, S. (May 9, 2025). Your Child's Screen Time Is a Privilege, Not an Entitlement. Additude. From website:
<https://www.additudemag.com/how-much-screen-time-for-kids-adhd/>.

Teens



Comorbidity Rate of ADHD & Internet Addiction in Adolescents

- **One in three adolescents with ADHD have comorbid internet addiction.**
- **This represents the highest comorbidity age group for internet addiction in the ADHD population.**

Barkley, R.A. (February 7, 2024). Internet Addiction and Gaming Addiction & ADHD. From website: <https://youtu.be/aeP6ntRJP78?si=0ygHgVKn0rlulp4G>

Digital Device Ethics Manual for Teens

1. Parents **OWN** all devices child/adolescent has access to.

➤ The child/adolescent has permission to use the parents' devices as long as they use them ethically.

Crenshaw, W. (May 22, 2024). Brilliant Idea Alert! An “Ethics Manual” for Your Teen’s Electronics.

Additude. From website:

<https://www.additudemag.com/teens-and-technology-screen-time-rules/>

Rules for all devices:

- Who may use it?
- What may it be used to do?
- When may it be used?
- Where may it be used?
- Why is this rule being set?
- How will this rule be enforced?

Digital Device Ethics Manual

- Write down rules and post the prominently.
- Screen time can disrupt sleep, cause fatigued vision, and headaches.
- If use spyware give a rationale you do not want certain things on your device, or it to visit certain places.
- No nude photos to girlfriend, porn, dark web, etc.
- Emphasis family safety and security.
- Be open to compromise so child can feel they are heard.
- Everyday the child can expect a baseline amount of screen time.
- Let child decide how they want to spend their reward.
- Negotiate how much reward time they get in advance

Crenshaw, W. (May 22, 2024). Brilliant Idea Alert! An “Ethics Manual” for Your Teen’s Electronics. Additude. From website: <https://www.additudemag.com/teens-and-technology-screen-time-rules/>

Family Screen Time Privileges

2. **Develop clear and concise rules and routines for screen time.**
3. **Use extra screen time for rewards for doing chores, special “work tasks”.**
 - a) **Negotiate how much extra time the child gets for every task accomplished.**
 - b) **Negotiate the maximum amount of reward screen time can use a day.**
4. **Recall screen time is incredibly rewarding and caused dopamine to be dumped in large quantities into their brain. The vivid colors, rapid movement, sound/music, and tactile stimulation is designed to be super rewarding. Those with ADHD typically have a much harder time than their non-ADHD friends ending such an activity.**

Crenshaw, W. (May 22, 2024). Brilliant Idea Alert! An “Ethics Manual” for Your Teen’s Electronics.

Additude. From website:

<https://www.additudemag.com/teens-and-technology-screen-time-rules/>

Family Screen Time Privileges

5. Use bonus screen time as an incentive to stop agreed upon screen time.
6. Children with ADHD need a 5 minute warning to the approaching end of their screen time. Place a egg timer next to the child to count down the time.
7. Touch the child on the shoulder and announce they have 5 minutes left.
8. As you talk to them establish eye contact with them.
9. Have them repeat what you said to them.
10. Parents should be aware of their own screen time.
 - a) Establish regular times when no one in the family uses screens.
 - b) Establish family gathering screen times (movie night, etc.).

Saline, S. (May 9, 2025). Your Child's Screen Time Is a Privilege, Not an Entitlement. ADDitude. From website: <https://www.additudemag.com/how-much-screen-time-for-kids-adhd/>.

Screen Ethics Manual for Teens

- **Every device in home has a 5W+H question that goes with it.**
 - a) **Who may use it?**
 - b) **What can it be used for?**
 - c) **When can it be used?**
 - d) **Where can it be used?**
 - e) **Why is there a need for rules?**
 - f) **How will rules be enforced?**
- **Don't use the "trust system". Adolescents are not wired to be that trustworthy.**
- **Explain that you the parent owns the device. You allow them to use it as long as they respect it.**
 - **Say this from the start before the child has a chance to use it.**
 - **Teens tend to see their phones as an extension of themselves so frequent reminders of who owns the phone is suggested.**

Screen Ethics Manual for Teens

- **What can the device be used for?**
 - **If it is a phone: taking “appropriate pictures” (define that in intricate detail) and posting them on Instagram.**
 - **Establish what information can be accessed on the phone (i.e., the weather forecast) and what cannot (pornography, nude photos, on-line gambling, drugs, etc.)**

- **Especially at first they cannot have a phone without restrictions.**

- **Parents should set up filters (Mobicip: <https://www.mobicip.com/>)**

Crenshaw, W. (May 22, 2024). Brilliant Idea Alert! An “Ethics Manual” for Your Teen’s Electronics. Additude. From website: <https://www.additudemag.com/teens-and-technology-screen-time-rules/>

“Recommended” Time Allotment

Recommended “healthy” video game diet is 60 to 90 minutes a day.

Kulman, R. (July 11, 2023). The Neuroscience Behind Video Game Addiction. Additude. From website: https://www.additudemag.com/the-neuroscience-behind-video-game-addiction/?src=embed_link

Other Things That Can Help

- Remember kids with ADHD are more likely to engage in risky behavior than their non-ADHD peers.
 - This could include pornography, sexting, dark web, hacking, etc.
- Turn off TV, or give them sound canceling headphones while doing homework to keep distractions down.
- 7 apps to help teens with ADHD manage everyday challenges. Check out a list of apps that can help kids with ADHD focus, build social skills, and manage money.
 - <https://www.understood.org/en/articles/apps-to-help-teens-with-adhd-manage-challenges>

Gold, J. (No Date). How to help kids with ADHD manage screen time. Understood. From website: <https://www.understood.org/en/articles/at-a-glance-helping-kids-with-adhd-manage-screen-time>

Other Things That Can Help

- **Best Parental Control Apps for 2025**
Give your children a safe online experience:
 - **Top10.com**

Adults with ADHD

Adults with ADHD and Problematic Internet Use

- **Significantly more adults with ADHD had problematic internet use than non-ADHD peers.**
- **Problematic internet use positively predicted ADHD symptom severity in adults with ADHD.**
- **Adults with ADHD with problematic internet use have significantly more difficulty with anxiety, depression, and impulsivity (forethought and perseverance) as well as emotional dysregulation than their ADHD peers without internet difficulties.**

El Archi, S. et al. (April 12, 2022). Co-occurrence of Adult ADHD Symptoms and Problematic Internet Use and Its Links With Impulsivity, Emotion Regulation, Anxiety, and Depression. *Frontiers in Psychiatry*. [10.3389/fpsy.2022.792206/full](https://doi.org/10.3389/fpsy.2022.792206/full)

Adult Behaviors Related to Internet Addiction

- Cannot stop when must
- You get hostile, aggressive, or irritated if they lose access.
- Anxious/depressed when not on-line
- Lie to others about usage
- Find ways to get out of responsibilities to get on internet

- Favorite internet activities dominate your thoughts

Starkman, E. (September 14, 2024). Adult ADHD and Internet Addiction. WebMD. From website: <https://www.webmd.com/add-adhd/adult-adhd-internet-addiction>

Barkley, R.A. (February 7, 2024). Internet Addiction and Gaming Addiction & ADHD. From website: <https://youtu.be/aeP6ntRJP78?si=0ygHgVKnOrlulp4G>

Suggestions for Adults with ADHD & Screen Addiction

- Model limiting you own internet time for child.
- Designate no phones and/or internet times every day for house.
- Consider faraday cages and/or time lock safe for phones and computers during those times.
 - Plenty of those on Amazon, etc.
- Phone and screens off an hour prior to bed
- No screens in bedroom
- Adults should be aware of their own screen time.
 - a) Establish regular times when no one in the family uses screens.
 - b) Establish family gathering screen times (movie night, etc.).

Saline, S. (May 9, 2025). Your Child's Screen Time Is a Privilege, Not an Entitlement. ADDitude. From website: <https://www.additudemag.com/how-much-screen-time-for-kids-adhd/>.

Suggestions for Adults with ADHD & Screen Addiction

- Regularly scheduled sleep time
- Use apps that shut off device in a predetermined amount of time.
- Two computers: one for work and one for play (preferably in different rooms/buildings)
- Learn how to use a relaxation technique when anxious about not gaming.
- Exercise when you typically game. Exercise raises dopamine, too.
- Counseling and ADHD coach

Starkman, E. (September 14, 2024). Adult ADHD and Internet Addiction. WebMD. From website: <https://www.webmd.com/add-adhd/adult-adhd-internet-addiction>

Adults with ADHD and Sleep

- **Adults with ADHD frequently have significant comorbid sleep disorders.**

van der Ham, M. et al. (July 2, 2024). Sleep Problems in Adults With ADHD: Prevalences and Their Relationship With Psychiatric Comorbidity. Journal of Attention Disorders. DOI: [10.1177/10870547241284477](https://doi.org/10.1177/10870547241284477)

ADHD, College, and Smartphone Addiction

Researchers in South Korea found:

- **ADHD in medical college students is significantly related to smartphone addiction and sleep disturbances.**
- **They also found that poor academic achievement, sleep disturbance, smartphone addiction, and overall dysfunction were related.**

Kwon, S. J., Kim, Y., & Kwak, Y. (2020). Influence of smartphone addiction and poor sleep quality on attention-deficit hyperactivity disorder symptoms in university students: a cross-sectional study. *Journal of American College Health*, 70(1), 209–215. <https://doi.org/10.1080/07448481.2020.1740228>

ADULT AD/HD & TREATMENT

- **Cognitive Behavioral Therapy works with AD/HD adults because they have better developed frontal lobes than children. They still need medication, however.**
- **This means adults with AD/HD can get some good out of social skills training whereas AD/HD children typically do not.**

Barkley, R.A. (2006). Attention-Deficit Hyperactivity Disorder, A Handbook for Diagnosis and Treatment, Third Edition. New York, NY: Guilford.

Ramsay, R. (2010). Nonmedication Treatments for Adult ADHD. Washington, DC: American Psychological Association Press.

- **Recently it was found a combination of cognitive behavioral therapy (CBT) and dialectical behavioral therapy (DBT) was able to lower depression, anxiety and stress in adults with AD/HD over a 6 month period.**

Nasri, B. et al. (February 8, 2017). Group Treatment for Adults With ADHD Based on a Novel Combination of Cognitive and Dialectical Behavior Interventions: A Feasibility Study. [Journal of Attention Disorders](https://doi.org/10.1177/1087054717690231) [10.1177/1087054717690231](https://doi.org/10.1177/1087054717690231).

Treatment of AD/HD

“ADHD is currently understood as a neurodevelopmental syndrome with symptoms that are highly heritable and neurobiological in origin.

Pharmacotherapy stands alone as the single most efficacious treatment for ADHD for individuals of all ages.

Medications, psychostimulants in particular are effective in reducing the core symptoms of inattention, hyperactivity and impulsivity.” (p. 3)

Ramsay, R. (2010). Nonmedication Adult Treatments for ADHD. Washington, DC: American Psychological Association Press, p. 3.

- 1. Diagnosis (Step 1: Get Evaluated)**
- 2. Psychoeducation about AD/HD (Step 2: Change Your Mind Set)**
- 3. Medication (Step 3: Change Your Brain)**
- 4. Accommodation: (Change Your Life –Rules for success)**
- 5. Modification**

Barkley, R.A. (2010). Taking Charge of Adult ADHD. New York, NY: Guilford.

What Does this Mean?

Children, adolescents and adults with ADHD who struggle with “screen addiction” need their ADHD and addiction treated simultaneously.

Barkley, R.A. (February 7, 2024). Internet Addiction and Gaming Addiction & ADHD. From website: <https://youtu.be/aeP6ntRJP78?si=0ygHgVKn0rlulp4G>

Thank You, Questions, and Goodbye!

Kevin T. Blake, Ph.D., P.L.C.

Email:

kblake@drkevintblake.com

Website:

www.drkevintblake.com

Cell: 520-429-1925

