

## S02-01 - PREVALENCE RATE AND COMORBIDITY OF COMPUTER ADDICTION OF CHILDREN IN A GERMAN PSYCHIATRY

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**Objectives:** At present, limited quantitative data about computer addiction of young people are available. The study was designed to obtain the prevalence rate of computer addiction of children. A further objective was to increase the know-how about cyber-related addictions and their comorbidity of mental disorders.

**Methods:** Survey among children/young people and their parents using questionnaires CBCL, YSR, CSVK, OSV and View. The children answered the questions of CSVK and OSV, adolescents over the age of 11 further filled in YSR. The parents were interviewed using CBCL and View.

Data collection was in the paediatric psychiatry in Munich, data analysis in the University of Mainz.

100 patients between 8 and 18 years of age, who asked for an outpatient or inpatient treatment of various mental disorders, filled in the questionnaires from July to November 2009 (63% male and 37% female).

**Results:** The prevalence of computer addiction was 3%. The prevalence of computer abuse was 7%.

The study exhibited a significant difference in gender: boys showed to be mainly addicted, girls mainly improper users.

It was further observed that the young cyber junkies use games, chats, emails and communities more frequently than average users.

In accordance with other studies it was determined that possible comorbidities are depression, anxiety disorders and aggressive behaviour.

**Conclusions:** In addition to other mental disorders, 3-6% of the patients in a German psychiatry were found to be computer addicted. It is important to do research for a better diagnostic and therapeutic treatment or implementation of preventive interventions.