

## Models of Internet Addiction



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**BACKGROUND:** Most research on Internet addiction is atheoretical because researchers are exploring isolated symptoms and factors associated with dependence on the Internet rather than providing a comprehensive theoretical explanation of the origin and pathogenesis of Internet addiction. **AIMS:** To provide a systematic review of scientific articles that offer models of the evolution of Internet addiction, as well as defining the basis for a general model of Internet addiction. **METHODS:** A systematic review was used to identify 27 relevant articles published in the EBSCO, ProQuest Central, PubMed, and BMČ databases.

**RESULTS:** Five main theoretical approaches explaining the dynamics of Internet addiction were identified: the cognitive-behavioural approach, psychodynamic approach, model family, personal approach, and problem behaviour theory. A synthesis of the above models was used to formulate a general model of the development of Internet addiction. **CONCLUSION:** The above theories can facilitate a better understanding of Internet addiction and its prevention and treatment. On the other hand, it is important to acknowledge that any rigid use of them may constitute a blind spot for clinicians.

**KEY WORDS:** MODEL – THEORY – INTERNET ADDICTION – ONLINE GAMING ADDICTION

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