

Mobile Addiction Treatment

Gude Himabindhu*

Department of Psychology, Child Psychology Unit, Koti Womens College, Osmania University, Hyderabad, Telangana, India

Correspondence to: Gude Himabindhu, Department of Psychology, Child Psychology Unit, Koti Womens College, Osmania University, Hyderabad, Telangana, India, Tel: 8143389651; E-mail: smily.bindu20@gmail.com

Mobile or Cell Phone or Smart Phone Addiction

Mobile addiction is like other addiction type (Alcohol addiction, Drug Addiction, Behavioral addiction, Shopping addiction, Exercise addiction, Food addiction, Sex addiction, TV addiction, Social media addiction). Mobile addiction is also called as cell phone or smartphone addiction. Mobile addiction is said when the use of phones, internet and games which are not in control. Mobile addiction has not yet been listed in the Diagnostic and Statistical Manual of Mental Disorders. Mobile addiction can result in both mentally and physically.

Symptoms would be as follows

Physical symptoms

- Eyestrain due to excess use of phone screen time
- Carpal tunnel syndrome
- Back and Neck problems

Mental symptoms

- Needing to use the phone more and more to experience the same rush
- Repeated failed attempts at cutting back on cellphone use
- Frustration or anxiety when away from cellphone
- Using cellphone despite negative effects at school or work

Treatments for Mobile addiction are

Individual therapy: Where the therapists address the underlying problems or co-occurring mental disorders that could be affecting use of cell phone or mobile.

Cognitive-behavioral therapy: It aims to change your maladaptive thoughts, feelings, and behaviors into healthy and positive ones. This method has been proven as the most effective in treating Internet addiction, which is very similar to cell phone or mobile addiction.

Motivational interviewing: It is centered on you, the client, helps to identify the difference between current state and the desired state, and it allows you to find motivation to make a positive change (behaviourally).

Pharmacotherapy: Although there are no medications approved by FDA to treat smartphone or mobile addiction, when combined with psychotherapy, medications such as antidepressants, antipsychotics, and psychostimulants can help to treat Internet addiction.

Self-treatment

- Making self-rules to control the usage of mobile or cell phone or smart phone
- Set timings to use phone.
- Forbid the designated activities in phone.
- Schedule break times to access phone or social media.

Practice relaxation techniques like Meditation, Yoga which will help to cope up with the mental and physical disorder.

Exercise rehabilitation can employ the first goal for recuperating the physical health on the surface. Moreover if they indulge in specific exercise program such as horseback riding or exercise gymnastics, treatment can be going on to the second stage. Mindfulness is a program which is also based on yoga or physical activity for meditation. Exercise rehabilitation could seek mental changes through feeling of confidence, satisfaction, and new feeling of happiness.

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