

Country Experience in Prevention and Control of Related Health Problems to Excessive Use of Internet, Computers, Smartphones and Similar Electronic Devices



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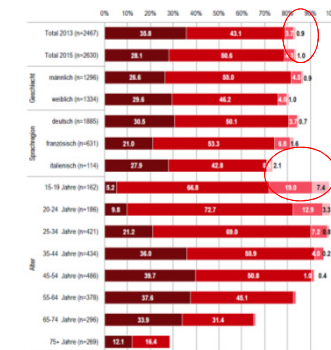
HONG-KONG, SAR, CHINA. September 2016



OVERVIEW OF THE SITUATION IN SWITZERLAND

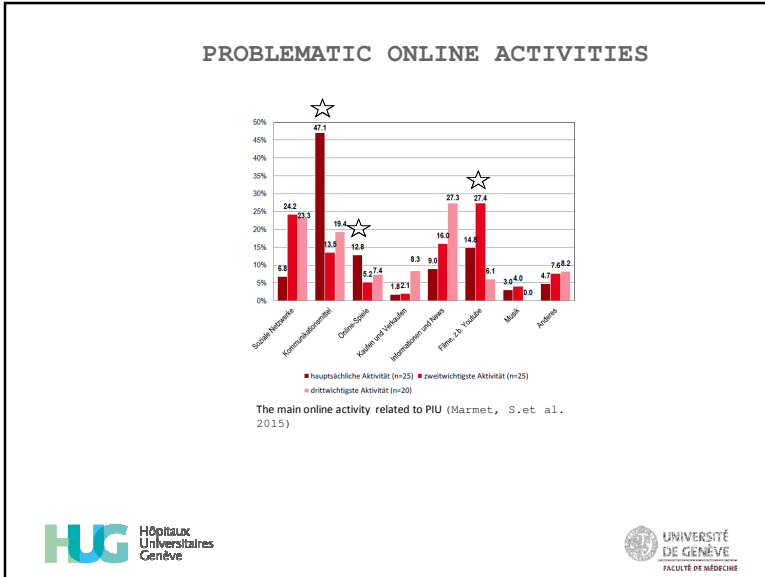


PROBLEMATIC INTERNET USE



Prevalence of Symptomatic and Problematic Internet use in 2015 compared with 2013 and sorted by gender, linguistic region and age (Marmet, S. et al. 2015)





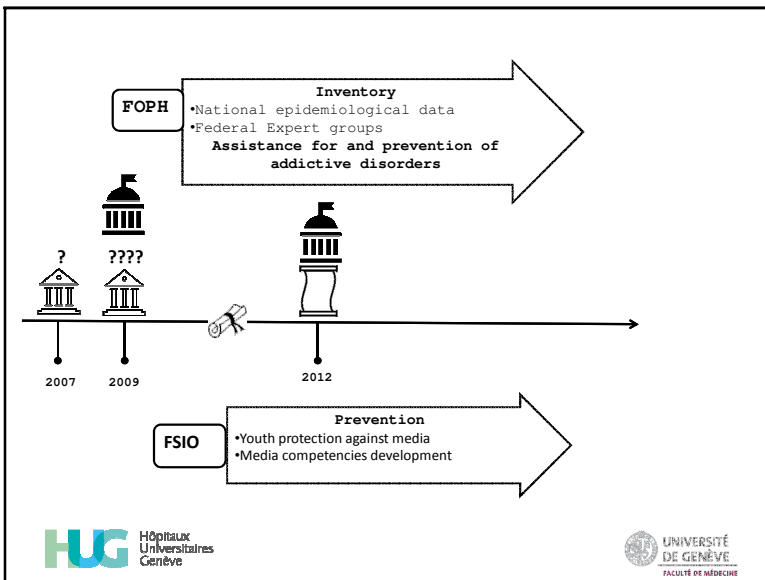
COMORBID CONDITIONS

Substance use disorders

- 10.7% (Thorens et al. 2014).
- Tobacco (10.3%-42.6%), alcohol (6.6%-14.2%) (Addiction Suisse 2016), and cannabis (9%) (Annaheim et al 2012). Major rates in online gamers.

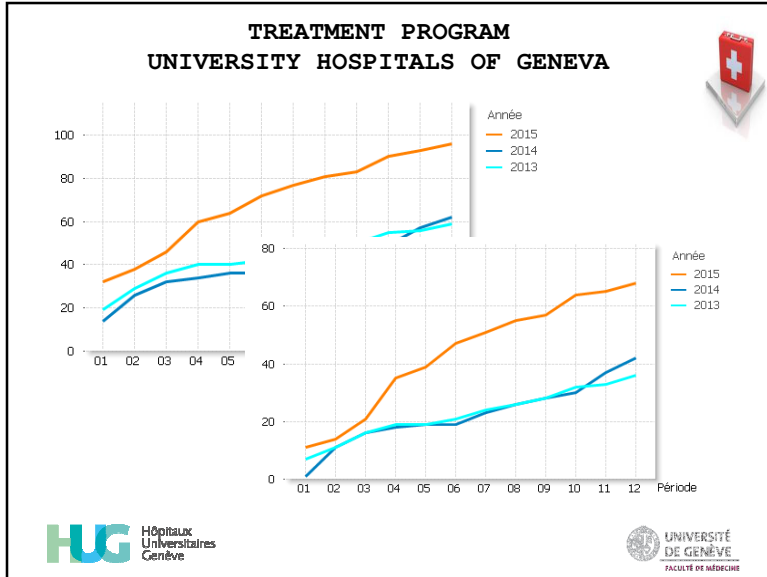
Other mental health disorders

- Depressive symptoms (40.5%) (Annaheim et al. 2012).
- Anxiety disorders (26.7%), psychosis (10.7%), mood disorders (7.2%) and ADHD (7.1%) (Thorens et al. 2014).



TREATMENT RESPONSE

- ▶ 46 help facilities for excessive use of Internet (mainly from the field of substance use disorders) are listed in federal database on treatment offer in addiction (Infodrog, 2016).
- ▶ The majority consists in counseling and social facilities.
- ▶ Treatment response, is mainly non specialized, part of existing facilities from addiction or psychiatric institutions.
- ▶ Only 3 specialized treatment programmes are listed in federal database. They are the result of particular public or private initiatives, regionally funded and supported (cyberaddiction Expert group report for FOPH, 2016).
- ▶ Pioneer treatment program specialized in and designed for different excessive uses of Internet (gaming, gambling, pornography, social networking and compulsive buying) regardless to age, has been created by the Addiction division at University Hospitals of Geneva (UHJ) in 2007.



PATIENT PROFILES UNIVERSITY HOSPITALS OF GENEVA (2015/2007-2010)

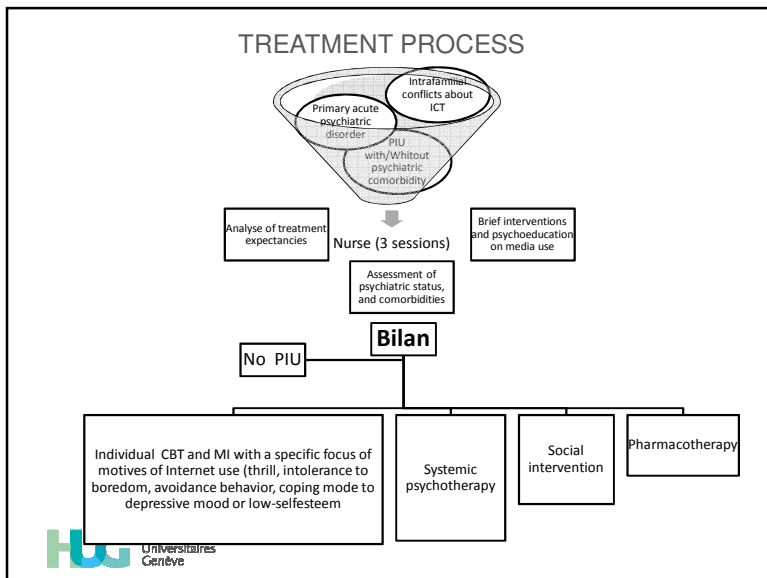
PROGRAMME NANT
Prise en charge des addictions aux jeux d'argent, à Internet ou aux achats

- ▶ 99 patients behavioral addictions
- ▶ 51 new demands (57 in 4 years)
- ▶ 92% related to Internet problematic use
- ▶ 23% ♀ (0%)
- ▶ 11-66 yo (26,4) 13-67 yo (24)
- ▶ Vector :PC (68,8%), Smartphone (28,8%), Consol (8,8%), and Tablet (4,4%)
- ▶ Content: IGD(57,8%) (=), OGD (17,8%) (0%), SN (11,1%) (-), VV(8,8%), Porn (4,4%) (-), and Trading (2,2%) (0%),
- ▶ Referred by: Family (42,3%) (+), Health professional (24,4%) (-), patient (15,5%) (-), School/employer (11,1%), and social workers (6,7%) (-)
- ▶ Co morbidities (64,4%) (-): Personality disorder (17,8%) (+), Anxiety (15,5%) (+), Psychosis (8,9%) (-), Cannabis (8,9%) (-), Depression (6,7%), THADA (4,4%) (-), and Alcohol (2,2%) (-)

(Achab and Diez 2016)
(Thorens, Achab et al. 2014)

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PREVENTION

- ▶ No national plan exists regarding prevention of cyberaddiction in Switzerland at time.
- ▶ Nevertheless, professional associations, specialized care facilities and socio educational professionals are active in prevention (through cantonal campaigns of awareness and training sessions for professionals) since more than five years.
- ▶ Recognizing public health harms of excessive use of Internet, Federal council recommended in 2012, their regular monitoring, media skills development, early detection and intervention as soon as needed.

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PREVENTION



JEUNES ET MÉDIAS
CONSEILS POUR UTILISER LES MÉDIAS NUMÉRIQUES EN TOUTE SÉCURITÉ

www.jeunesetmedias.ch

ET MÉDIAS

ACTUALITÉ

OPPORTUNITÉS ET RISQUES

COMPÉTENCES MÉDIATIQUES

PROTECTION DES JEUNES

LIEN ET CONSEILS

INFORMATIONS SPÉCIFIQUES

Page d'accueil - Accueil

JEUNES ET MÉDIAS: PORTAIL D'INFORMATION CONSACRÉ À LA PROMOTION DES COMPÉTENCES MÉDIATIQUES

Protéger les enfants signifie aussi les encadrer dans le monde numérique. Sur ce portail d'information, les parents, enseignants et autres adultes de référence trouveront des conseils quant à la manière d'accompagner les jeunes de sorte qu'ils fassent un usage des médias numériques sûr et adapté à leur âge.

Les informations en un coup d'œil

- ♥ Pour les parents
- ABC Pour les enseignants
- ✋ Pour les professionnels

Paul Müller, conseiller infirmier, 18.9.

RAPPORT DU CONSEIL FÉDÉRAL JEUNES ET MÉDIAS ADOPTÉ

Le Conseil fédéral a adopté le rapport «Jeunes et médias: accompagnement de la protection des enfants et des jeunes face aux médias en Suisse» le 17 mai 2015.

CE QUE LES PARENTS ET LES ENSEIGNANTS VALENT SAVOIR

- Brochure "Compétences Média" (français)
- Brochure "Compétences médias/jeunes: Conseils pour utiliser les médias numériques et être sûr(e)!"
- Le décret "Les règles d'or" (synthèse en dix règles les plus importantes)






Jeux d'écrans

Un film qui propose une "trage à la jouée..."

Les écoles suisses participent de moins en moins...

Les jeux d'écrans recourent de moins en moins aux personnages...

<AU SECOURS: mes enfants sont scotchés AUX ÉCRANS!>



SHOCCAPIERO




CHALLENGES FOR SWITZERLAND




POPULATION

8.2 million people


4 national languages

- French 23%
- German 64%
- Romanish 0.5%
- Other languages 12%

8,200,000 inhabitants, of which 1,000,000 are foreign nationals

FEDERALISM

Confederation, cantons and communes





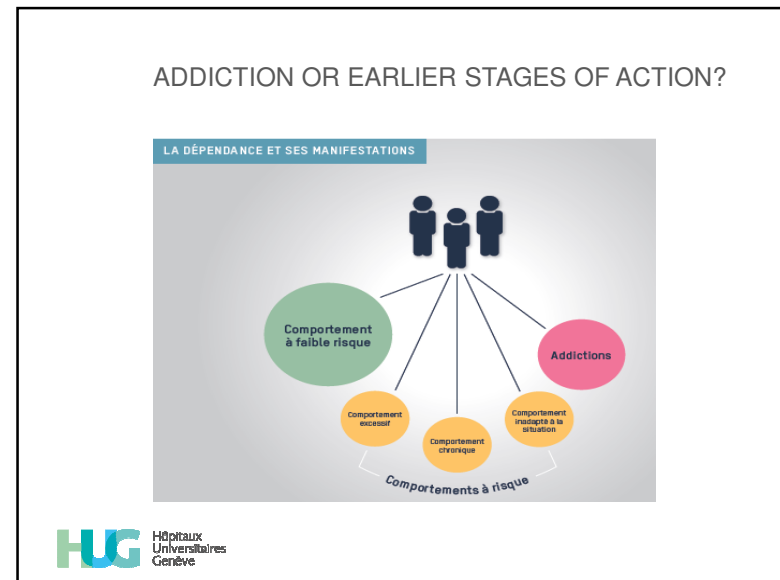
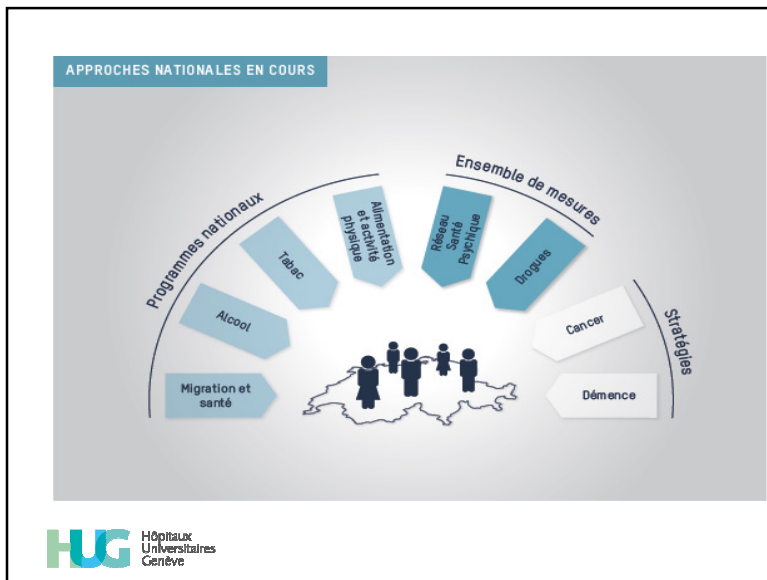
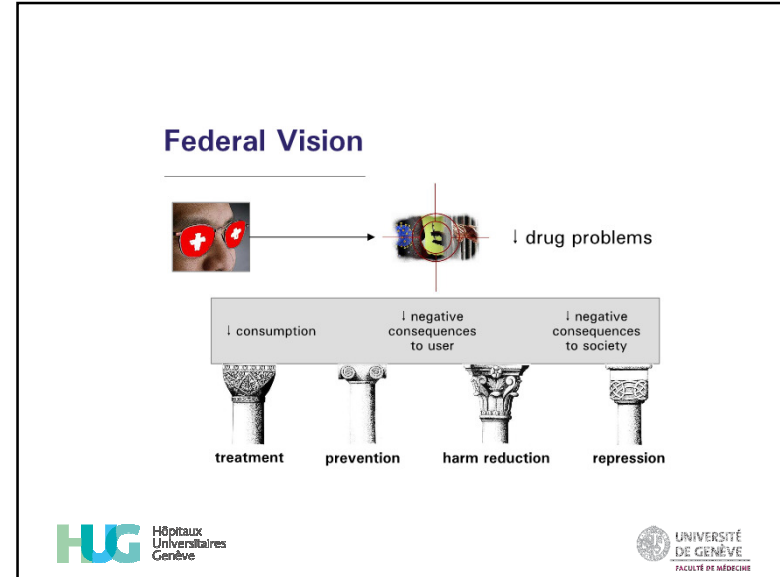
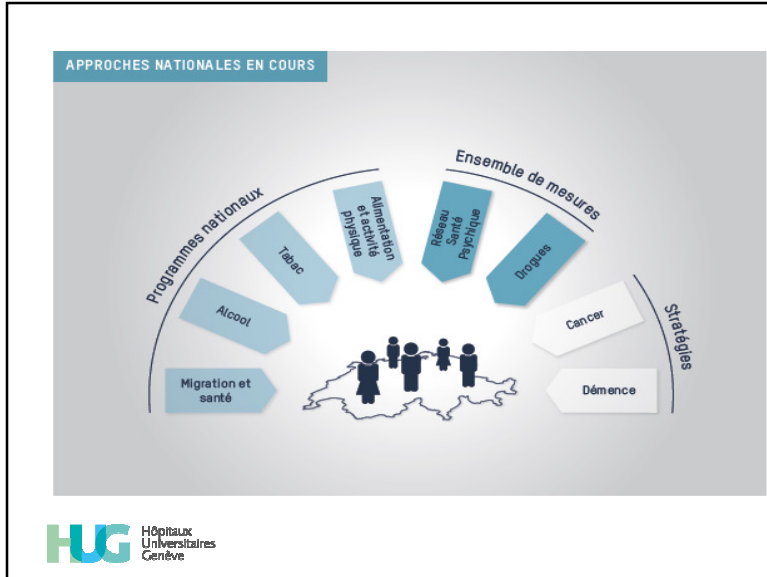
1 Confederation

26 Cantons

2249 Communes

Three political levels: Public plays out at three levels: the Confederation, the cantons and the communes can each decide autonomously on certain matters. The principle of subsidiarity applies: a higher authority should only perform tasks that cannot be performed by a lower authority.



FROM INDIVIDUAL TO COMMUNITY



PREVENTION AND EARLY DETECTION

Prevention in Switzerland in the field of excessive use of internet is conducted by a variety of actors, mainly non specialists in the addiction field. Each actor provides prevention messages from his perspective (e.G., Violence, gambling, gaming, and youth). Although these prevention efforts could be complementary, a better coordination is needed to create synergies and coherent actions.

Another challenge is the involvement of primary care services in screening for excessive use of internet and referring to specialized network. Awareness increase in general practitioners, public and non specialized professionals, on the disorders, and the existing local specialized professionals, is needed.

SOLUTION PATHS



APPROCHES NATIONALES EN COURS

NOUVELLES APPROCHES NATIONALES

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CHAMPS D'ACTION

LE MODÈLE DU CUBE DE LA CFLD

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CHAMP D'ACTION 4
Réglementation et exécution de la loi

Objectif	Objectifs stratégiques
Mise en œuvre des lois en tenant compte des aspects sanitaires	<ul style="list-style-type: none"> Analyser les effets du cadre légal sur la santé Soutenir les cantons et les communes dans la mise en œuvre des réglementations Développer la collaboration entre les secteurs spécialisés dans l'aide en cas d'addictions et ceux actifs dans le domaine de la sécurité publique

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CHAMP D'ACTION 1
Promotion de la santé, prévention et repérage précoce

Objectif	Objectifs stratégiques
Prévention des addictions et repérage précoce des comportements liés aux addictions	<ul style="list-style-type: none"> Aider les personnes à adopter un mode de consommation ou un comportement à faible risque et ce, tout au long de leur vie Structurer le cadre sociétal pour rendre les comportements à faible risque attrayants Renforcer le repérage et l'intervention précoces face aux risques d'addiction

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CHAMP D'ACTION 2
Thérapie et conseil



Objectif
Aide pour surmonter une addiction ou la maîtriser

Objectifs stratégiques
Aider les personnes concernées à être en bonne santé physique et psychique, et favoriser leur intégration sociale et professionnelle
Adaptar les offres de traitement et de conseil aux besoins des personnes concernées et à leurs objectifs thérapeutiques individuels
Promouvoir les réseaux de traitement interdisciplinaires et étudier les modalités de financement


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CONCLUSION


- NSP including excessive use of Internet
- Looking forward for concrete implementation measures

Switzerland's political system


The People are the highest political authority in the Swiss state. This fundamental principle characterises the entire Swiss political system. Swiss citizens can bring their opinions to bear at federal, cantonal and communal levels: they can vote on a wide variety of issues and elect their representatives to the Federal Assembly.



Direct democracy
No other country gives its citizens more opportunities to express their views in popular votes on more issues than in Switzerland. The People are sovereign, the highest political authority in the land. All Swiss citizens with full legal capacity – over 12 million men and women – have the right to vote.



Political parties
Switzerland has a wide range of political parties: some parties are represented in the Federal Assembly, while others exist only in the communes or cantons. Most parties in Switzerland are associations, funded primarily by membership contributions and donations.



Rights to have a say
In addition to having the right to vote on proposals and to elect representatives, Swiss citizens have the right to have their say at all three levels of state, and can therefore have a considerable influence on political matters. For example, they can launch an initiative or request a referendum, or submit a petition.

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THANK YOU FOR YOUR ATTENTION



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