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בבית ספר ברוך איבצ'ר לפסיכולוגיה
מתכבד להזמינכם להרצאתו של:

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עמית מחקר במרכז לפסיכולוגיה של האינטרנט באוניברסיטת רייכמן

בנושא:

The Effects of Parents-Adolescents Relationship on Adolescents'
Problematic Internet Use

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Problematic Internet Use (PIU) is defined as internet use that is risky, excessive, or impulsive in nature, that is associated with emotional, academic or social functioning impairment. Parents play a major role in preventing the involvement of their children in a various of risk behaviors. In this talk, I will present two studies that demonstrate the important role of parent-child relationship in mitigating the risk for PIU.

In *Study 1*, we showed by a cross-sectional study, how emotional dysregulation mediates the association between family environment and PIU. Specifically, results show that low family expressiveness and high conflicts, lead to depressive symptoms and Fear of Missing Out (FoMO), which in turn, lead to severe PIU and excessive time online among adolescents.

In *Study 2*, we examined the effectiveness of a novel intervention program (Parental Vigilant Care [PVC]) that trained parents how to integrate between active (i.e. positive interest in child's online activities) and restrictive (i.e. rule setting of time and content) mediation practices (Sela, & Omer, 2018). Results showed that parents who completed this program reported increase in children's functioning, better family climate, and higher knowledge about children's online activities. Adolescents demonstrated less PIU and a stable reduction of excessive and unsafe internet use.

Overall, these two studies emphasize the important role of positive parent-adolescent relationship, to support children's self-regulation of internet use.