Workshop: Impact of Individual Behavioral Addiction on the Family
19 February 2016 (Friday) | 11am-1.30pm | Ventus Evans Room

This workshop will feature the following speakers with their respective topics:

Prevalence, Psychosocial Correlates and Prevention for Internet Addiction among Elementary, Middle and High School Students in Taiwan
by Professor Huei-Chen Ko, Vice President and Chair Professor, Department of Psychology, College of Medical and Health Science, Asia University, Taiwan

The Association between Internet Addictive Behavior and Delay Discounting among College Students: Gender Differences
by Professor Yiqun Gan, Department of Psychology, Peking University, China

Does the Motivation for Change Really Matter? Its Mediating Role between the Parent-child Communication/Self-esteem and Internet Gaming Addiction Behaviors
by Professor Jung-Hye Kwon, Department of Psychology and Director, KU Mind Health Institute, Korea University, South Korea

Gambling Disorder in Macau: Prevalence and Risk Factors
by Associate Professor Anise Wu, Department of Psychology, Faculty of Social Sciences, University of Macau, Macau

Family Violence and Substance Use
by Assistant Professor Elsie Yan, Department of Social Work and Social Administration, The University of Hong Kong, Hong Kong

The Co-occurrence of Behavioral Addiction Symptoms among Singapore University Students and the Implications to the Family
by Dr. Yvaine Koh, Postdoctoral Fellow, CFPR and ARI, NUS, Singapore

Moderator: Professor Catherine Tang, Department of Psychology and Deputy Director, CFPR, NUS

Register by 15 Feb 2016 at http://goo.gl/forms/wGOboxHmS4, Light lunch will be provided.
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More detailed information of the topics covered during the workshop:

Prevalence, Psychosocial Correlates and Prevention for Internet Addiction among Elementary, Middle and High School Students in Taiwan
Professor Huei-Chen Ko, Vice President and Chair Professor, Department of Psychology, College of Medical and Health Science, Asia University, Taiwan

In this talk, the first University Prevention and Treatment Center in Taiwan established in 2012 will be introduced. The series of studies conducted by this center to investigate the prevalence, psychosocial correlates, and prevention for internet addiction among elementary, middle and high school students in Taiwan will be reviewed and discussed. Under the grants from the Ministry of Education, the prevalence for internet gaming addiction, Facebook addiction and smartphone addiction were investigated in the large and representative samples of elementary, middle and high school students. The associations of internet addiction with physical and psychological health were examined, and the psychosocial risk factors were identified. With grants from the Ministry of Health and Welfare, the primary preventive program was developed and the effectiveness in reducing the rates of overuse in screening time among elementary school students were supported. Moreover, with these grants, the cognitive-behavioral group interventions were designed and demonstrated improvement in the levels of internet gaming addiction among middle school students.

The Association between Internet Addictive Behavior and Delay Discounting among College Students: Gender Differences (co-authored by Gan, Y. & Zheng, L.)
Professor Yiqun Gan, Department of Psychology, Peking University, China (co-authored with Dr. Lei Zheng, Peking University, China)

The present study aims to study the relationship between internet addictive behaviors and delay discounting. We conducted a two-wave study at a university in China with a recruitment total of 268 university students. Participants first completed questionnaire-based measures on internet addictive behaviors. After one month, they completed the Monetary Choice Questionnaire. By controlling age, we found that people who showed more internet addiction-like behaviors were found to have greater discounting rates regardless of gender ($\beta=0.237$, $p<0.01$). Among males, only problematic online gaming showed positively effects on the delay discounting rates ($\beta_{POG}=0.112$, $p<0.05$). For females, only social media platform addiction had a significant effect on the delay discounting rates ($\beta_{SMAP}=0.057$, $p<0.05$). Therefore, our results demonstrated that internet addicts were more likely to choose immediate gains over larger later rewards, and the effects of delay discounting rates and differential types of internet addictive behaviors exhibited a gender difference.

Does the Motivation for Change Really Matter? Its Mediating Role between the Parent-child Communication/Self-esteem and Internet Gaming Addiction Behaviors
Professor Jung-Hye Kwon, Department of Psychology and Director, KU Mind Health Institute, Korea University, South Korea

The aims of this study were: 1) to classify adolescents according to the stages of change model, 2) to examine the psychosocial characteristics of groups showing the different stages of change, and 3) to examine if the motivation for change plays a mediating role between the parent-child communication/self-esteem and internet gaming addiction behaviors. A total of 413 middle-high school students were recruited and completed self-report measures of internet gaming addiction behaviors, motivation for change, goal-directedness, parent-child communication, and self-esteem. Results indicated that participants were clustered into 4 groups (normal, maintenance, ambivalence, and high-risk groups). Individuals in the normal and the maintenance groups showed higher goal-directedness, self-esteem, and open parent-child communication. The path analysis demonstrated that the motivation for change played the mediating role between the parent-child communication and internet gaming behaviors, and also between participant self-esteem and internet gaming behaviors. Goal-directedness mediated the relationship between self-esteem and internet gaming behaviors.
Gambling Disorder in Macau: Prevalence and Risk Factors
Associate Professor Anise Wu, Department of Psychology, Faculty of Social Sciences, University of Macau, Macau

Macau is the only city in China that operates casinos legally and well known as the “Monte Carlo of the Orient.” Chinese people often report a high acceptance and involvement of gambling activities, and are regarded as a high risk group for gambling disorder, which is a mental disorder listed in the Diagnostic and Statistical Manual for Mental Disorders (DSM) and characterized by an excessive, problematic gambling pattern. In this presentation, I first review the estimated prevalence of gambling disorder in Macau in recent years, and then provide empirical evidence to support the major changes in the diagnostic criteria and threshold suggested in the fifth edition of DSM (2013) for estimating such prevalence. Based on my research findings, some demographic and psychosocial risk factors for gambling disorder in general and youth populations are also identified.

Family Violence and Substance Use
Assistant Professor Elsie Yan, Department of Social Work and Social Administration, The University of Hong Kong, Hong Kong

The association between substance use and family violence has been well established. The primary focus of the existing literature, however, rests on substance use of the perpetrator. Previous studies showed that cases involving alcohol use on the part of the perpetrators is associated with a greater risk of the victims being hospitalized or in need of immediate medical attention. Although relatively less attention has been paid to substance use among abuse victims, increased substance use has been observed in the Hong Kong population. The self-medication hypothesis suggests that victims of family violence may resort to substance use to cope with their pain. Drawing from the results of representative household surveys conducted in Hong Kong, Dr. Yan applied the self-medication hypothesis to understand the phenomenon of substance use in victims of family violence. Implications for research and practices will be discussed during the workshop.

The Co-occurrence of Behavioral Addiction Symptoms among Singapore University Students and the Implications to the Family (co-authored by Tang, C., & Koh, Y.)
Dr. Yvaine Koh, Postdoctoral Fellow, CFPR and ARI, NUS, Singapore (co-authored with Professor Catherine Tang, Dept of Psychology and CFPR, NUS)

The current study attempts to investigate the prevalence of various behavioral addiction symptoms and their co-occurrence among Singapore University Students. 1127 undergraduates at NUS were invited to the study. Social media, food and compulsive buying addiction were assessed by standardized and validated psychological instruments. Around 5.3%, 13.9% and 2.8% of students reported high occurrence of behavioral addiction symptoms in social media addiction, food addiction and compulsive buying respectively. Further analyses on co-occurrence of behavioral addiction symptoms found that 13.1% of the students reported co-occurrence of social media and food addiction symptoms, 5.7% reported co-occurrence of social media and compulsive buying symptoms, 9.5% reported co-occurrence of compulsive buying and food addiction symptoms, and 4.4% reported co-occurrence of all three addiction symptoms. The study shed light on the prevalence of the behavioral addiction symptoms and the co-occurrence of symptoms among young adults in Singapore. The outcomes could inform future studies as well as prevention and intervention strategies for family members, educators and policy makers.

Moderator: Professor Catherine Tang, Department of Psychology and Deputy Director, CFPR, NUS

Professor Catherine So-kum Tang is Professor in the Department of Psychology and Deputy Director of the Center for Family and Population Research at the National University of Singapore. She obtained her PhD in Clinical Psychology from the University of North Texas in 1987. She was the Director of Clinical Training Programs in Singapore and Hong Kong and of several postgraduate programs: the MA program in Trauma Psychology, Postgraduate Diploma in Family Violence, and Post-graduate Diploma in Life Adversities in Hong Kong. She was also one of the cofounders of the Asian Society for Traumatic Stress Studies and Asian Cognitive and Behavior Therapy Association. Professor Tang is an active researcher with over 300 peer-reviewed academic publications, book chapters, books, and conference presentations on addictive behaviors, violence against women, family violence, and other trauma stress studies.
ABOUT THE SPEAKERS

**Prof. Huei-Chen Ko** obtained her Ph.D. in Clinical Psychology at the National Taiwan University and had her postdoctoral training in the Department of Psychiatry at Yale University. She has been a Professor and Founding Chairperson in the Institute of Behavioral Medicine at the National Cheng Kung University Medical College. Currently, she is a Chair Professor in the Department of Psychology and Vice President at Asia University. She has been devoted in the research of antecedents, consequences and the treatments of depression, suicide and behavioral addiction. She has published over 100 research papers, and several book chapters. Prof. Huei-Chen Ko has been the President of Taiwan Association of Psychology, and the President of Taiwan Association of Clinical Psychology. She presently serves as the President of Taiwan Association of Prevention and Treatment for Internet Addiction.

**Prof. Yiqun Gan** is a professor at the Department of Psychology, Peking University, China. She has received her Ph.D. in the Chinese University of Hong Kong in 1998. She has published over 80 research papers, among which 31 were on internationally referred journals (indexed by SCI/SSCI) as the first or corresponding author. She has been in charge of a number of research projects. She serves on the editorial board of Applied Psychology: Health and Well-being and is an ad-hoc reviewer for 29 international journals. Her research area focuses on coping, mental health, and job burnout.

**Prof. Jung-Hye Kwon** is a professor at the Department of Psychology at Korea University and the Director of KU Mind Health Institute. Her research focuses on cognitive-interpersonal vulnerability of social anxiety disorder, the therapeutic mechanism of cognitive behavioral therapy, and recently on internet addiction. Prof. Kwon is also interested in developing innovative, cost-effective treatments for social anxiety disorder such as imagery rescripting, web-based therapy and cognitive bias modification. She has authored and co-authored over 100 research publications, as well as several books and book chapters. She has played a leading role in founding the Korean Association of Cognitive Behavioral Therapy and the Asian Cognitive Behavioral Therapy Association (ACBTA). Currently, she serves as the President of ACBTA.

**Prof. Anise M. S. Wu** received her doctoral degree at the Chinese University of Hong Kong, and is currently an Associate Professor of the Department of Psychology at the University of Macau. Her major research is concerned with both individual and public health, with specific focuses on addictive behaviors (including gambling, gaming, and Internet use etc.) and well-being promotion in different age groups. In order to facilitate Chinese addiction research, she also participates in developing and/or validating measurement tools such as the Inventory of Gambling Motives, Attitudes and Behaviors, the Gambling Motivation Scale, and the Internet Gaming Disorder Test in Chinese populations.

**Dr. Elsie Yan** is an assistant professor at the Department of Social Work and Social Administration. Her research mainly focuses on elder abuse, elder sexuality and addiction. She has published more than 40 peer-reviewed journal articles and 5 book chapters in these areas. Her research has been widely recognized in the international research community. She has been invited to present her work at both the Institute of Medicine, Washington DC, and the United Nations Headquarters, New York.

**Dr. Yvaine Koh** is a postdoctoral fellow at the Centre for Family Population and Research and Asia Research Institute in the National University of Singapore. She has received her Ph.D. in the University of Hong Kong. Her research mainly focuses on perinatal mental health problems, gender issues and addictive behaviors among young adults.

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