

Treatment of Aggressive Behavior in Computer Addicts

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Introduction: there is a worldwide rapid growth of computer addiction (CA) causing many social problems due to the high level of aggressive behavior in addicts.

Objectives: to study the aggressive behavior in people with CA.

Aims: to develop effective treatment and prevention programs of aggressive behavior in computer addicts.

Methods: The inclusion criterion was the pathological inclination to computer use, on the basis of F63.8 (ICD-10). 49 patients were included (24 only with CA - group A and 25 with CA and another psychiatric disorder - group B). The age range was 12-35 years (mean age = 20,2 ± 3,1 yrs). The male to female ratio was 9:1. The clinical, psychological, laboratory and mathematical methods were used.

Results: Aggression in 93.8% addicts occurred to people limiting their access to computer. The types of aggressions found were: verbal (93,8%), physical (48,9%), direct (93,8%), indirect (20,4%), external (79,6%), auto-aggression (20,4%). In psychological Liri test, the mean score of aggression was 6,0 ± 2,3, i.e. moderate level. The aggression in group A was more severe than that in group B. The laboratory method showed that all patients had decreased level of dopamine (625,29±5,42 micromol/L) in urine, deficit of noradrenaline (83,11±1,01 nmol/day) in urine; and big amount of free serotonin (0,16± 0,002 micromol/L) in blood. Both psychopharmacotherapy and psychotherapy were used for their treatment.

Conclusions: computer addicts have a high level of aggressive behavior. Simultaneous use of psychotherapy and psychopharmacotherapy gives noticeable results. The preventive programs in this field are developed.