

Distinguishing Between Hyperconnectivity and Cyberaddiction



Hyperconnectivity

Hyperconnectivity means overexposure to screens as well as frequent and sometimes impulsive use of electronic messaging or social media. This excessive use can cause negative health effects in the short, medium and long term, especially when it leads to the disappearance of boundaries between professional and personal life. Hyperconnectivity can lead to cyberaddiction.

Reference:

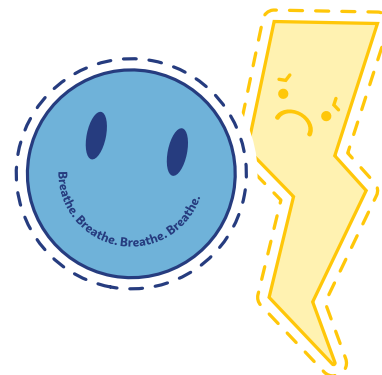
[Office québécois de la langue française.](#)

Hyperconnectivity, according to the Public Health Department

Hyperconnectivity is intensive use of the internet and refers to internet users who spend more than 4 hours a day in front of screens outside work or school (leisure screens). Hyperconnectivity is one element of cyberaddiction but is not the only one. This phenomenon is linked to sleep problems, poorer mental and physical health, a higher rate of dropping out of school and more psychological distress.

Reference:

[Screens and Population Health in Montreal - santemontreal.qc.ca](#)



Distinguishing Between Hyperconnectivity and Cyberaddiction

Cyberaddiction

Cyberaddiction is the inability to control the time spent on activities linked to the internet and is very often accompanied by symptoms of depression and isolation. This addiction can take many forms, especially relationship-based cyberaddiction (dating sites, chat rooms, social media, etc.), cyberaddiction to video games (online gaming), sexual cyberaddiction (downloading and watching pornographic material) as well as cyberaddiction oriented towards the search for information (cyber-campaigning, surfing the internet).

Cyberaddiction is not yet a recognized diagnosis. The World Health Organization (WHO) recognizes videogame problems in the ICD-11 but cyberaddiction is not yet officially recognized.

The symptoms associated with cyberaddiction are:

- The inability to do without the internet (a need to remain connected at all times).
- Negative impact on the individual's personal life.
- Regarding physical health: pain in the eyes, the head or the back, extra weight, etc.).
- Regarding mental health: anxiety, distress, etc.).
- Regarding social life: withdrawal, frequent lying to those around the person, etc.).
- Difficulty limiting the time spent on the internet (spending more than the planned time).
- Reduced interest in participating in other kinds of activities.
- Insomnia or feelings of extreme fatigue.
- Constantly thinking about the internet when not connected.

References:

- [Office québécois de la langue française.](#)
- [Centre de prévention Arc-en-ciel](#)

