

# Expansion of Behavioral QOL in Internet-addicted Tenders

– Using reflection sheets and declaration-sharing –

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It is claimed that research into Internet addiction is important for considering mental health (Kraut, 1998). However, there are still only a few academic studies on what type of pathology Internet addiction actually involves and through what kind of mechanism it occurs, and studies that consider intervention methods are also rare.

Against this backdrop, this study conducted two experiments with Internet-addicted tenders so as to use reflection sheets for participants in reviewing their own actions and to share declarations. This was done in order to share the actions that the participants have chosen to carry out from the actions restricted regarding the use of the Internet, as written on paper, as well as in order to provide a means for contemplation regarding the behavior that they desire to exhibit to the experimenter.

Experiment 1 targeted two undergraduate university students that have smartphones, while experiment 2 targeted five undergraduate university students who have problems with smartphones. Each experiment was carried out over three months.

This study hypothesized that using reflection sheets and that declaration-sharing would help maintain and expand behavior via positive reinforcement other than through the use of the Internet, in other words: the expansion of behavioral QOL.

It was thought that behavioral QOL expands in various ways, such as by declaring one action separately, increasing the variation of behavior, and continuing to declare previous declarations, regardless of the presence or absence of having “problems” with smartphones.