Technology Addiction

Brain and Mind Centre
research team
intergrated with the
University of Sydney
Technology Addiction
Treatment

THE UNIVERSITY OF
SYDNEY

Technology Addiction
Translating research into healthier communities

Understanding the connection: technology, addictions, and mental health

Who we are: 40 experts in clinical psychology, public health, ethics, economics, media, technology, law, neuroscience and psychiatry. Translating the latest research findings into new treatments and prevention strategies means we can offer the best strategies, in real time, to the people who need them most.

Minimising harm, understanding recovery

Gambling and gaming disorder are behavioral addictions. Our gambling research leads to new treatments and contributes to government regulation and the industry's implementation of sustainable harm-minimisation practices. We are working on:

· Understanding how new technology affects gambling and other risk-related behaviours
· Preventing gambling problems
· Measuring gambling-related harm
· Treatments and interventions
· Understanding recovery

Emerging technologies can be immersive, persuasive and highly accessible. Excessive engagement can lead to physical, mental, social and economic harm to individuals and communities. Our tech addiction researchers ask: what is risky decision-making, excessive and problematic Internet use? What are the associated legal, criminal issues and public health issues? And what are the best psychological treatments and prevention methods.

Partnering for impact

The team is led by a highly cited multidisciplinary researchers group led by award-winning Professor Sally Gainsbury.
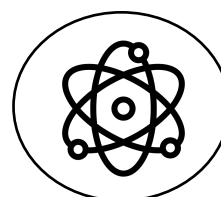
We partner with social, welfare and community organisations, government regulators and industry organisations These partnerships have provided access to world-first exclusive data to conduct real-world trials testing harm reduction strategies. This gives online operators the ability to provide evidence-based harm reduction tools.
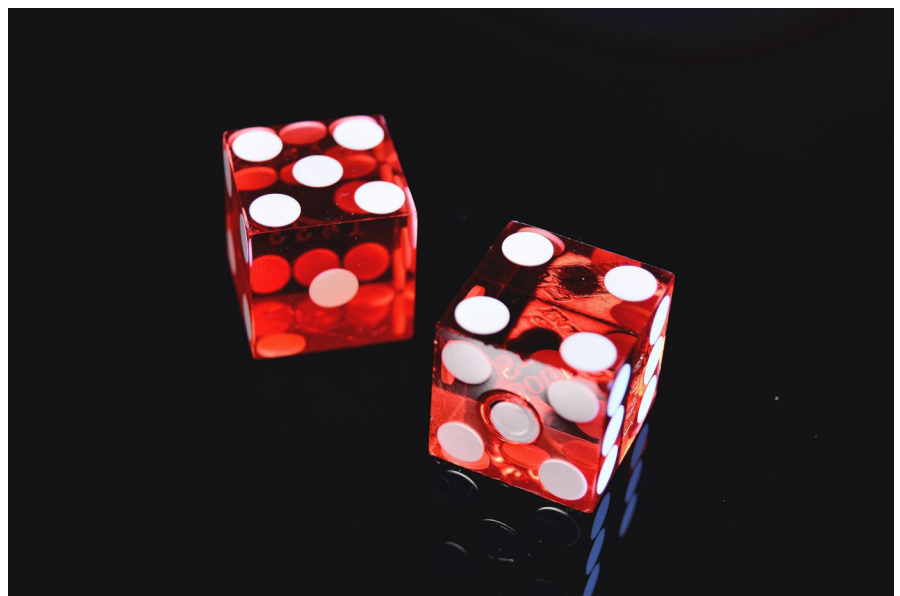
Our research is integrated with the Gambling Treatment and Research Clinic at the Brain and Mind Centre.
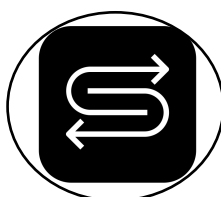
Research engagement

28 seminars, 7,800 views

35 research collaborators and industry partners

Technology Addiction
Translating research for healthier communities

THE UNIVERSITY OF
SYDNEY
—
Brain and Mind
Centre

Research with impact

Online technology addiction in the face of a global pandemic

During the period of 2020 - 2022, the Technology Addiction team has been highly engaged with relevant industry, government, and community stakeholders for a collaborative and multidisciplinary work output.

They have secured world-first exclusive data from six online wagering operators with the aim of understanding how consumers engage with harm-reduction tools and how personalised real-time messages can encourage their update. They are also using this data to understand how the most vulnerable populations are experiencing harm.

The team is conducting several studies to understand the prevalence and stability of problematic online behaviours and as well as risk factors and the relationship with other mental health conditions. These include a large longitudinal study of Australian youth and research with a community population. These projects are critically important and timely as mental health has dramatically declined in recent years with COVID and online behaviours playing key roles in harmful technology use.

"We urgently need to address the mechanics of internet gambling and gaming to create treatment and prevention practices that are fit for the digital age."

Professor Sally Gainsbury

On the horizon

We are seeking funding to build our team and bring in talented early career researchers to work with our leading international expert Professors to build capacity in this important field. Projects may include:

Accessing behavioral data to identify and prevent harms: Development and evaluation of real-time, targeted interventions using AI; Understanding risk propensity by matching intent and actual behavior.

Professional education to enhance health & welfare professionals' ability to identify technology-related problems.

Developing education and prevention resources for youth and young adults to increase digital literacy and online safety with regards to avoiding problematic use of online games and gambling.

About the Brain and Mind Centre.

The University of Sydney Brain and Mind Centre (BMC) is a multidisciplinary network of researchers who collaborate in pursuit of a common goal: the development of better treatments for conditions of the brain and mind. One of the University of Sydney's largest multidisciplinary initiatives, we run 23 clinics, seven labs and eight teams of more than 400 researchers. Our researchers and their teams ask big questions to translate research into real–world outcomes for disorders throughout life, from child neurodevelopment, youth mental health and brain ageing.

47 research papers
framework for multidisciplinary
collaboration
doi.org/10.1556/2006.8.2019.52

Next generation research -

13 Higher degree researchers