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Blog Post #2

## Exploring the Digital Landscape: TechWell's Innovative Approach to Smartphone Addiction Research

"Tech with Care, Mind Aware."

***The TechWell project try to understand and tackle problematic smartphone use among high school students, getting the full picture of smartphone addiction among 15-17 year olds. We will share insights into our research project methods, which form the backbone of our study across Turkey, Italy, and France.***

Since numbers alone don't tell the whole story, we're using a mixed-methods research approach combining big surveys with small group discussions and one-on-one interviews. We use the Smartphone Addiction Scale (SAS) as our main tool to measure how much teenagers are struggling with smartphone use. We are also examining related issues such as depression, anxiety, and sleep problems to ascertain the impact of smartphone addiction on overall well-being. As part of our comprehensive approach, we are conducting an extensive literature review to build on existing knowledge and identify gaps in current research on smartphone addiction among adolescents.

We are also talking to experts as part of our research, contacting doctors, psychologists, and teachers to obtain their professional views on smartphone addiction. These experts will share their experiences with tough cases and their ideas on how to help addicted teens. For example we are asking doctors how excessive smartphone use affects the body and brain to understand how all that screen time impacts brain development in teenagers. These experts will help us also explore possible links between smartphone addiction and other health issues, like sleep problems, eye strain, and bad posture. Our chats with psychologists focus on how smartphone addiction affects thoughts and feelings asking about the biggest mental changes they've seen in addicted teens and exploring how smartphone addiction might be connected to other mental health problems, like anxiety and depression. This informations will help us develop effective strategies to address both the addiction and any underlying mental health issues.

How smartphone addiction differs from other types of addiction? Our expert interviews will help us explore this issue in depth, especially since smartphones are such a significant part of our lives. We are also speaking with teachers about how smartphones have transformed the classroom and what strategies are most effective for managing the use in schools. We also want to understand how teachers can balance the benefits and challenges of having smartphones in class.

Our study will be conducted in three different countries. This allows us to explore how culture affects smartphone use and addiction, so comparing results from Turkey, Italy, and France, we will develop strategies that we hope, will work well in different cultural settings. We are currently finalizing our research tools. In October, we will test these tools and ensure they are fit for purpose. In November, we will start collecting data in all three countries and we will begin analyzing all this information in early 2025.

We hope our findings will help create new programs to help teens, guide how we teach about technology, and even shape new policies. We can help foster healthier relationships with technology for the next generation by understanding the pros and cons of technology/smartphone addiction among teens.

If you're a researcher, teacher, parent, or just interested in how technology affects young people, we want to hear from you. Keep up to date with the latest developments and findings from the TechWell project by following us on the website and social media.

Stay tuned for the updates!

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See you soon!

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