



Interview with Kinyas Tekin Digital Addiction in Adolescents: Understanding, Preventing, and Treating Screen Overuse

In today's fast-evolving digital world, the boundaries between healthy screen use and digital addiction are becoming increasingly blurred—especially for adolescents. To explore this critical issue, we sat down with Kinyas Tekin, an expert psychologist with extensive clinical and academic experience in behavioral addictions, adolescent psychology, and digital health.

In this comprehensive interview, Mr. Tekin shares valuable insights on:

- The scientific definition of addiction and its key characteristics



The Silent Epidemic: Smartphone Addiction in Italian Classrooms

A recent study by the University of our Padua Research Group reveals how smartphones are transforming educational environments in Italian schools: based on interviews with educators across multiple disciplines, identifies key concerns and intervention strategies related to smartphone use among students aged 14-19.

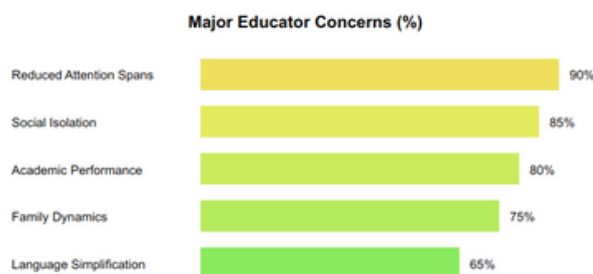


Figure 1: Major concerns reported by educators about smartphone use

