

# Technology Addiction and Functional Impairment: Myth or Truth?

## ***Brain reaction is the same as any type of addiction:***

- Overrelease of dopamine
- Overexcite and kill neurons

## ***Too much technology may cause stress:***

- Release of cortisol (focus/part of survival mechanism)
- Inactivation of the prefrontal cortex (limits dopamine and sense of pleasure)
- Brain becomes used to higher levels of dopamine and keeps us seeking out source

## ***Expanding definitions of addiction and functional impairment:***

- Craving an item, habit or substance
- Using item, habit or substance results in failure to complete major tasks
- Use of that item creates potentially hazardous situations
- Influencing behaviors
- In children, interfering with healthy development
- Impacts on self-regulation and executive function