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Titolo	Mental health in the digital age : grave dangers, great promise // edited by Elias Aboujaoude and Vladan Starcevic
Pubbl/distr/stampa	New York, New York : , : Oxford University Press, , 2015 ©2015
ISBN	0-19-023996-4 0-19-938019-8
Descrizione fisica	1 online resource (305 p.)
Disciplina	616.85/84
Soggetti	Compulsive behavior Internet addiction Electronic books.
Lingua di pubblicazione	Inglese
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Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	The Internet and related technologies have reconfigured every aspect of life, including mental health. Although the negative and positive effects of digital technology on mental health have been debated, all too often this has been done with much passion and few or no supporting data. In Mental Health in the Digital Age, Elias Aboujaoude and Vladan Starcevic have edited a book that brings together distinguished experts from around the world to review the evidence relating to this area. The first part of the book addresses threats resulting from the growing reliance on, and misuse of, digital t