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Nota di contenuto	Chapter 1 Introduction to Behavioral Addictions and Digital Media -- Chapter 2 Internet and Smartphone Addiction: Characteristics, Impacts, Diagnosis, and Treatment -- Chapter 3 Binge-Watching and the Digital Era: A New Pattern of Media Consumption -- Chapter 4 Gaming Disorder: Neurobiological Foundations, Clinical Features, Psychosocial Impacts, and Evidence-Based Interventions -- Chapter 5 Exploring the Intersection of Cyberbullying and Digital Addiction -- Chapter 6 Hazardous Gambling and Online Sports Betting: A New Frontier of Behavioral Addiction – Overview, Clinical Correlates, and Interventions -- Chapter 7 Parental Mediation in the Use of Digital Media by Children

and Adolescents -- Chapter 8 The Gamblification of Video Games: A Case Study on Loot Boxes -- Chapter 9 From Virtual to Real: Considerations on Life Purpose and Media Use in Adolescents -- Chapter 10 Digital Addiction, Depression and Suicide -- Chapter 11 Transmedia and Digital Addiction.

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#### Sommario/riassunto

This book critically examines digital media's extensive impact on human behavior, psychology, and broader society. It delves into the intricacies of digital addictions, underscoring the imperative for a balanced digital existence today. Through an analysis of the psychological foundations and societal repercussions of internet and smartphone addiction, binge-watching, gaming disorders, and online gambling, the text emerges as a useful resource for navigating the challenges posed by digital technologies. The significance of digital literacy and artificial intelligence's influence on our digital media interactions is thoroughly examined, empowering readers with the tools needed for more adept digital navigation. The book also confronts pressing concerns such as cyberbullying and the necessity for parental guidance in digital media engagement, offering researched strategies to cultivate a safer online milieu. Providing practical advice for individuals, families and educators, this volume aims at closing the gap between digital media engagement and mental health, promoting a more mindful technological usage. It sheds light on the perils of unrestrained digital media interaction while accentuating the opportunities for constructive involvement and the cultivation of essential digital competencies. *Digital Addictions: An Interdisciplinary Approach to Behavioral Addictions and Digital Media* provides critical insights for a healthier, more enlightened approach to digital media engagement, and will be of interest to psychologists, educators, policymakers, and to a wide range of researchers and practitioners trying to help people find a better balance between digital media consumption and mental health.

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