Research and Design of TCM syndrome questionnaire of Internet Addiction Disorder

Qinyuan Zhang\textsuperscript{a}, Chenggang Wang\textsuperscript{a}, Xiangdong Ding\textsuperscript{b}, Chunyu Hu\textsuperscript{a}, Gongshe Guo\textsuperscript{b}, Yi Qu\textsuperscript{a}, Bohua Zhang\textsuperscript{a}, Yuanqing Lu\textsuperscript{a}

\textsuperscript{a}College of Basic Medical Sciences, Shandong University of Traditional Chinese Medicine, Jinan, 250355, Shandong, China \textsuperscript{b}Psychological Department of the Second Hospital Affiliated to Shandong University, Jinan, 250033. Shandong, China \textsuperscript{c}Medical Department of the Hospital Affiliated to Shandong University of Traditional Chinese Medicine, Jinan, 250014, Shandong, China

Abstract

Objective: Research the IAD of undergraduates in Shandong.

Methods: we used layer-cluster abstract method to research the IAD of some college students in Shandong province.

Results: The result shows; among the college students, IAD rate is about 7.43% and the tendency rate is about 33.20%. The network requirement includes chatting, material query, and play the online game, The IAD awareness is 88.6%. In the research Of IAD self-awareness. 86.33% people thought they had no such symptom. About 24.06% students will tightly control their online time.

Conclusion: Low self-discipline is the main reason of college students IAD. Through determining the concept of Internet addiction state and TCM basic syndromes. constructing questionnaire frame and item pool making questions and answers, we develop a standardized measuring tool for evaluating TCM syndromes of Internet addiction.

Keywords Internet addiction disorder, syndromes, questionnaire, factor analysis, correlation analysis, rank test

*Corresponding author: Assoc. Prof. Qinyuan Zhang.
College of Basic Medical Sciences.
Shandong University of Traditional Chinese Medicine, Jinan, 250355. Shandong, China.
zhangqinyuan1971@126.com , Telephone; + 86-0531-67899070

1. IAD Research of Some College Students in Shandong Province

1.1 INTRODUCTION

IAD (Internet Addiction Disorder) is the hotspot of internet psychological study in recent years. It was first provided by the American psychologist - Goldberg. Then Kimberly S. Young from the University of Pittsburgh perfected this concept. The Internet Addiction Disorder means online behavior is out of control without the affecting of addictive substances. Internet overuse leads the obvious damage on social mental function [1,2]. Moreover, it will be difficult to control with the interest enhancement. This research selects some undergraduates of Shandong province and discusses the IAD intervention.

1.2 OBJECT AND METHODS

The research objects are 260 undergraduates of 1-4 grades in Shandong province on 2013. The average age is 20. We used abstract method to research these 260 students from 1-4 grades and 8 classes. The clinical diagnosis questionnaire is K. S Young's translation version and combines with the self-edit questions. One class is a group. In 15 minutes, students secretly answered the sheet at the same time. We withdrew 256 sheets, and the response rate was 98.6%.

Count, analyze and build the database. Register the students that can get greater than or equal to 5 points (each item 1 point) among the 8 items and other self-edit questions. Then, use the software and do the statistics.

1.3 RESULT

Based on K. S Young table, greater than or equal to 5 points is the diagnostic criteria of IAD morbidity. Among the 256 students, 19 students are IAD and the rate is 7.43%.

From the statistics of the IAD tendency rate, 85 students trend to get LAD. Among 256 students, the rate is 33.20%.

1.4 DISCUSSION

The research shows, 21% college students' online age is more than 10 years. Internet requirement includes chatting (30.75), material query (17.97), and playing the online game (15.68). These three items take up 64.4%. Then the others are webpage browsing (14.12%), online shopping (13.74%), and others (7.74%). These are place 35.6%.

Through this research we find the college students IAD have three problems:

Cognition degree of LAD: 88.6% students know the IAD and I have no idea about it. It means in recent years, the society pays more attention to the teenager IAD that makes most people have the basic understanding of IAD. Figure 1 has the details. Self-awareness of IAD: 86.33% students think they have no IAD, and 11.97% students believe they have IAD symptom. Figure 2 has the details. Measurement after realizing the too long online: 24.06% students will tightly control the online time and 41.26% students never control it. Figure 3 has the details.
out the IAD morbidity is about 9.8% -13% [4]. Pan Qiong had been provided, through the online questionnaire we find out the cyber citizen of IAD morbidity is about 6%-10% [5]. Wang Ling and other partners from school of public health of Fudan University researched 485 online students from the comprehensive universities of Shanghai in 2005. They find from the questionnaires that 48 students have IAD which places 9.9%. In this research, IAD students will spend 25-30 hours on the internet per week. Compared with the non-IAD students, they spend double time on the network. In Shandong, the IAD students have the similar occurrence rate with other provinces in China. The rate of IAD tendency is high, college students need to increase their IAD prevention.

Nearly one quarter of the college students have more than 10 years of the network age. Chatting is the main purpose. Most students make friends, other students search materials, play online games, browse the webpage, and online shopping. This means students user network to pour out their emotion, research information, kill time, e-commerce and other harvest. They are already known how to intelligently use the network resource and satisfy their various requirements.

The research shows nearly half of the students will not control their online behaviors algorithm then know much about LAD. This is adaptable to the 7.43% IAD occurrence rate and the 33.20% tendency rate. Here we prompt the college students to prevent IAD from self-control.

Undergraduate IAD as a common psychological problem will cause the serious untoward effects. IAD might have relation with neurotransmitter DA and the pleasure centers in our brain. The IAD person has a high sensitivity of nervous physiologic actions with low balance and flexibility. Their neural activities have strong rejection capability and have no obvious regularity of the physiological function. Their off-line state is unpleasant and in the depressed condition [6, 7]. The research shows, most IAD people have the various mental blocks before be addicted to the internet. Some researchers randomly abstract 50 IAD teenagers in the hospital on anxiety, depressed condition and personality characteristics [8]. The IAD teenagers have large proportion of anxiety, depressed and other mental disturbances [9]. Therefore, if the mental problems cannot receive the suitable, effective guidance and correction. it will be the emphasis fact that leads IAD teenagers.

At home and board. we need to pay more attention to psychological counseling. We need to relieve the undergraduates’ mental stress and psychological problems. Moreover, put prevention and intervention in the first place. In china, we can use the method such as enhance the ideological and political education work, push the campus network monitoring, rich the campus culture, bring up the undergraduates more interests, build
the regular control system, purify the network and real society environment. In addition, in the field of traditional Chinese medicine, they provide some new methods about IAD intervention treatment. They believe the IAD is not absolutely the mental problems and it might be caused by Zang-Fu malfunction. Nurse the Viscera is important to treat IAD.

2. Design of TCM Syndrome Questionnaire of Internet addiction

2.1 INTRODUCTION

Almost the available current research about Internet Addiction syndrome mechanism and intervention methods of the modern medicine was focused on the aspects of psychology, brain physiology and behavior. TCM (Traditional Chinese Medicine) gets involved in research on basic problem of Internet Addiction, which can promote a more clear and comprehensive understanding of Internet Addiction mechanisms from TCM perspective. Therefore, the study from angle of harmony of body-spirit and syndrome measuring is still blank. The study intends to develop the questionnaire with characteristics of TCM syndrome diagnostic scale and explore effective ways to determine and measure Internet Addiction actively.

2.2 OBJECTIVE AND METHODS

Carrying out pre-investigation, testing the reliability and validity, and revising the questionnaire, the questionnaire for evaluating TCM basic syndromes of Internet addiction state was developed according to the principles and steps of questionnaire design combining with literature research, expert consultation and TCM basic theory. TCM syndrome questionnaire editing is below.

2.2.1 Questionnaire Principles

(1) According to the basic theory of Traditional Chinese Medicine syndrome diagnosis, with the conceptual design of Internet Addiction and TCM basic syndrome, we attempt to comply the basic syndrome connotation with Internet Addiction. (2) The questionnaire is of good Representative, independent, high sensitivity. (3) Five-class quantization items is appropriate to self-assessment. the examinee testers can be requested and recorded by one-set instead of self-assessment because of education level and other reasons. (4) The questionnaire is designed to meet the requirement for reliability and validity as psychological measurement tools.

2.2.2 Questionnaire Form

It is a closed questionnaire combined Self-assessment questionnaires with interviews Self-assessment section includes addiction common symptoms and signs. Interviews include specific mental state, tongue, complexion, pulse and so on. As part of the basis of traditional Chinese medicine syndrome to determine, Interviews wasn't involved in scoring.

2.2.3 Subjects

Subjects is from Psychological consulting outpatient for Internet addiction, the Second Hospital of Shandong University, Shandong Provincial Hospital Clinical Psychology, Weifang City People's Hospital psychologist, Linyi City Mental Health Center, Shandong Jinan Network health education training schools, Shandong Network Health education Qingdao training school.

2.3 RESULTS AND DISCUSSION

A questionnaire was developed combined with Self-assessment and interviews, which included 5 dimensions: liver depression syndrome, spleen-qi deficiency syndrome, liver-fire syndrome, kidney yin deficiency syndrome and phlegm-dampness syndrome, and 36 items (30 items of them for five-class quantization). The questionnaire can quantize the TCM syndromes in Internet addiction population to some extent, find out the characteristics of TCM basic syndromes of Internet addiction state through epidemiological investigation in high-risk people group, and supply a standardized tool for syndrome classification study in Internet.
addiction people group.

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