The relationship between internet addiction, attention deficit hyperactivity symptoms and online activities in adults

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Abstract

AIM:
The objective of this study was to examine the relationship between Internet Addiction (IA), Attention Deficit Hyperactivity Disorder (ADHD) symptoms and online activities in an adult population.

METHODS:
A sample of 400 individuals aged 18 to 70 completed the Adult ADHD Self-Report Scale (ASRS), Young's Internet Addiction Test, and their preferred online activities.

RESULTS:
A moderate association was found between higher levels of ADHD symptoms and IA. The best predictors of IA scores were ADHD symptoms, age, playing online games and spending more time online.

CONCLUSION:
Our findings further support a positive relationship between ADHD symptoms and excessive internet use.