

Association for Information Systems

AIS Electronic Library (AISeL)

SIGHCI 2020 Proceedings

Special Interest Group on Human-Computer
Interaction

12-12-2020

Exploring Mindfulness to Mitigate IT Addiction

Indrani Karmakar

Dr. Shamel Addas

Follow this and additional works at: <https://aisel.aisnet.org/sighci2020>

This material is brought to you by the Special Interest Group on Human-Computer Interaction at AIS Electronic Library (AISeL). It has been accepted for inclusion in SIGHCI 2020 Proceedings by an authorized administrator of AIS Electronic Library (AISeL). For more information, please contact elibrary@aisnet.org.

Exploring Mindfulness to Mitigate IT Addiction

Indrani Karmakar

Smith School of Business, Queen's University,
Canada

indrani.karmakar@queensu.ca

Dr. Shamel Addas

Smith School of Business, Queen's University,
Canada

shamel.addas@queensu.ca

ABSTRACT

This paper develops a research model to explore how mindfulness interventions can help to mitigate IT addiction. The paper integrates mindfulness-to-meaning theory with social cognitive theory to propose a research model that will be empirically investigated in a series of studies.

Keywords

IT Addiction, Mitigation, Mindfulness, Intervention, Training, Problematic Use

EXTENDED ABSTRACT

This research-in-progress paper explores how mindfulness interventions can help to mitigate IT addictions in individuals. Reviewing the literature, we find several mitigation strategies (e.g., therapy, self-help, monitoring, policies and education, social support, technology aided mitigation, medication) used to tackle IT addiction. Among the various strategies identified, this study focuses and expands on mindfulness. Mindfulness-based interventions help to change the inherent reward value of the behavior (Garland & Howard, 2018), which then impacts the habitual and impulsive nature of the behavior. We develop a research model (Figure 1) that examines the relationship between mindfulness interventions and intentions toward addictive IT behaviors.

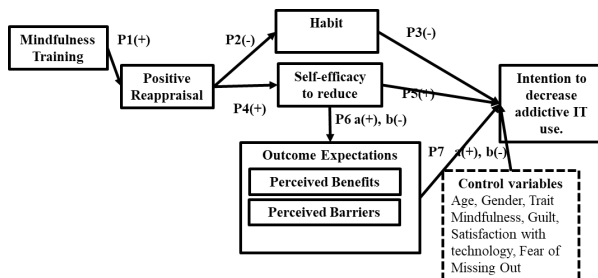


Figure 1. Mindfulness Training Reducing Addictive IT Behaviors

To develop our model, we draw on two theoretical perspectives: mindfulness-to-meaning theory (Garland et al., 2015) and social cognitive theory (Bandura, 1977). In the model we propose that training promotes positive reappraisal in individuals. The positive reappraisal helps

individuals to disengage from habitual behaviors and to make more conscious decisions. The positive reappraisal also influences self-efficacy judgements in individuals to tackle technology related addictive behavior, thereby enabling them to break habits. Consequently, this positively influences the intentions to decrease addictive IT use.

We intend to test the model with mixed methods (interviews and randomized experiments). Participants will be adults who self-identify as addicted to IT and want to reduce their usage. They will be recruited through advertisements in social media platforms and with fliers posted around the university. For the experiments, the online mindfulness intervention will consist of psychoeducation, mindful breathing exercises, group discussion on craving, attention reorientation, and IT addiction. In contrast, control group participants will be given online materials to read concerning reducing IT addiction. The constructs from my model will be adapted from existing literature. Interviews will be conducted with willing participants both prior to and after the experiments. Pre-experiment interviews will help to determine the pertinent difficulties that such individuals face when trying to reduce their use. These insights will help to inform the design of the experiments. Post-experiment interviews will help to ascertain whether the mindfulness intervention benefited individuals in tackling compulsive use and may point out other explanations for the findings.

REFERENCES

1. Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review*, 84(2), 191. <https://doi.org/10.1037/0033-295X.84.2.191>
2. Garland, E. L., Farb, N. A., R. Goldin, P., & Fredrickson, B. L. (2015). Mindfulness broadens awareness and builds eudaimonic meaning: A process model of mindful positive emotion regulation. *Psychological Inquiry*, 26(4), 293–314.
3. Garland, E. L., & Howard, M. O. (2018). Mindfulness-based treatment of addiction: Current state of the field and envisioning the next wave of research. *Addiction Science & Clinical Practice*, 13(1), 14. <https://doi.org/10.1186/s13722-018-0115-3>