

## Project Report

**\* indicates a required field**

### Research Title

Behaviour change strategies for Internet Addiction: An exploratory study  
This question is read only.

### **Please provide a short summary of the work that was completed as part of this project / research \***

Three feasibility studies were supported by Internet NZ in conjunction with an early career grant from the Health Research Council. This important Internet NZ funding was used to support participant recruitment across these three studies.

During 2019, three pieces of research were undertaken to assess the feasibility of brief self-managed online planning interventions for reduction of problematic or addictive-like internet behaviours: internet / social media, gaming and pornography consumption. The internet / social media and gaming interventions in particular were effective for assisting participants to reduce their problem behaviours and their negative consequences. Both scored highly on evaluative measures. Although the pornography intervention achieved similar success on similar measures for those participants completing the programme, it suffered from a high rate of participant drop-out. These results suggest that the internet / social media and gaming interventions are feasible in their current format (though some improvements to the programme materials and delivery may be warranted), but that the pornography intervention requires adjustment before it may be feasible.

These findings are currently in preparation for published peer reviewed articles. These peer reviewed articles will gratefully acknowledge funding provided by Internet NZ and are expected to be released later in 2020.

Describe the 'who, what, where, when and why' of your initiative

## Timing

### **Is your project / research complete? \***

Yes  No

If your initiative is still in progress, pick 'no'

### **Start Date**

25/06/2018

Must be a date.

### **Finish Date**

23/12/2019

Must be a date.

## Milestones

**What have been the major steps / stages (i.e. milestones) involved in delivering your initiative to date?**

**Milestone**

**Description**

Intervention development	Development of participant materials for the intervention. These are based on lived experience and consist of around a 65 page guideline on ways to limit or reduce internet use.
Recruitment	Recruitment across the three projects involved over 150 participants from New Zealand.
Follow-up evaluation	All participants were followed up to determine if the intervention worked.
e.g. planning; major activities; evaluation	

## Outcomes

### What outcomes were generated as a result of this project / research?

Outcomes are the changes that have occurred for the beneficiaries of your initiative. Generally outcomes can be framed as an increase or decrease in one or more of the following:

- Skills, knowledge, confidence, aspiration, motivation, (these are generally **immediate** or short-term outcomes)
- Actions, behaviour, change in policy (these are generally **intermediate** or medium-term outcomes)
- Social, financial, environmental, physical conditions (these are generally **long-term** outcomes)

Immediate outcomes occur directly following an activity (e.g. within 1 month); intermediate outcomes are those that fall between the immediate and long-term (e.g. between 1 month and 2 years); and long-term outcomes are those we expect to see years later (e.g. 2, 5, 10 or 50 years after the activity).

We also want to learn more about how you tracked the outcomes of your initiative - what you measured and how.

If you need more help understanding what outcomes are, read the help sheets at [www.ourcommunity.com.au/evaluation](http://www.ourcommunity.com.au/evaluation)

**List your initiative's outcomes and attached information in the following table. Leave blank any fields that do not apply to your project.**

<b>Outcome</b>	<b>Were these outcomes anticipated?</b>	<b>Timeframe</b>	<b>Indicator</b>	<b>Verification Method</b>
Knowledge	Anticipated	Immediate	3 feasibility studies	Quantitative research Quantitative research
Feasibility of gaming intervention	Anticipated	Intermediate	Pre-post study	Quantitative research

Feasibility of social media intervention	Anticipated	Intermediate	Pre-post study	Quantitative research
More work needed on feasibility of pornography intervention	Unanticipated	Intermediate	Pre-post study	Quantitative research
Guidelines	Anticipated	Long-term	Completed	Peer reviewed
Outcomes are the changes that you believe were generated or influenced by your initiative. See information above.	Choose from the list	Choose from the list (see description above)	What you used to measure this outcome - e.g. 'change in teenage pregnancy rates from x to y'	e.g. survey; interviews; focus groups

**What (if anything) did you change in your approach and practices as your project research proceeded, and why? \***

Originally we intended to develop and delivery just one intervention for internet addiction. However, over the course of our research it has become apparent that separate workbooks need to be developed for reducing internet pornography, internet gaming and internet (general). This did mean an extended development phase.

We may use this information to help inform others undertaking similar work

**What did you learn as a result of undertaking this project/program? \***

Internet interventions for people wanting to reduce their internet use are feasible. Specific learnings include:

- a need for brief interventions in New Zealand for internet reduction
- strong consumer demand for this type of support
- A brief intervention can have an impact on internet use
- Internet gaming and social media interventions are easily able to recruit and treat people.

We are particularly interested in lessons that may help others undertaking similar work. Think about what you learned about your inputs (money, skills, personnel, time - too much; too little; about right?); your assumptions (were they 100% right, only partly right, or were the results a complete surprise?); and the context of the project/program (timing; targeted beneficiaries; geographic settings - were they right; wrong; about right?)

**How will you share your learnings from this project/research? \***

These findings are currently in preparation for published peer reviewed articles. These peer reviewed articles will acknowledge funding provided by Internet NZ and are expected to be released later in 2020. We will also present the findings at the New Zealand gambling conference later in 2020 whereby a visual presentation will be available.

What mediums were used to share the learnings? Have you reached the audience you expected?

**We'd love to see some visual and audio representations of your work. Please share below.**

**Upload files:**

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Filename: AU-Change-Strategies-Booklet-Internet-v2-final (no crop).pdf  
 File size: 981.6 kB

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Filename: internet nz summary Rodda.pdf  
 File size: 207.2 kB

and/or

**Provide web link:**

<http://www.changestrategies.ac.nz>

Must be a URL

and/or

**Provide additional details:**

This is one of the guidelines developed to support the intervention. Our research indicates this guideline is acceptable and of interest to participants.

Also attached is a summary of our findings that will be published in a peer reviewed journal later in the year.

Please include captions, if relevant

**Can we use your media content in our own communications?**

Yes  No  Please contact us first  
 e.g. in our annual report

## Financial Report

**\* indicates a required field**

### Project Income & Expenditure

Please provide details of any project income (funds received) and project expenditure (funds spent) to date.

Use the 'Notes' column to provide any additional information you think we should be aware of.

Income Description	Income Type	Confirmed Funding?	Income Amount (\$)	Notes
Internet NZ	Philanthropic Grants *	Confirmed *	\$25,000.00	supported the larger grant with recruitment

<b>Expenditure Description</b>	<b>Expenditure Type</b>	<b>Expenditure Amount (\$)</b>	<b>Notes</b>
Koha	Evaluation *	\$2,500.00	participant evaluation
Research assistance	Salaries and Wages	\$16,500.00	recruitment management
Recruitment advertising	Advertising and Promotion	\$1,600.00	adverts
Analysis	Salaries and Wages	\$4,400.00	analysis of findings

## Income and Expenditure Totals

<b>Total Income Amount</b>	<b>Total Expenditure Amount</b>	<b>Income - Expenditure</b>
\$25,000.00 This number/amount is calculated.	\$25,000.00 This number/amount is calculated.	\$0.00 This number/amount is calculated.

**Have you experienced any issues with your intended project budget to date? If so, please explain reasons for any major variances or for providing incomplete information:**  
 No issues.

## Certification and Feedback

### Feedback

You are now nearing the end of this form. Before you review your application and click the **SUBMIT** button please take a few moments to provide some feedback. (If you would rather provide anonymous feedback, please go to **{ { Grantmakers: provide a link to an anonymous survey or delete this sentence } }**)

**Please indicate how you found the acquittal process:**

Very easy  Easy  Neutral  Difficult  Very Difficult

**How many minutes in total did it take you to complete this form?**

120

Estimate in minutes (i.e. 1 hour = 60 minutes)

**Please provide us with your suggestions about any improvements and/or additions to this form that you think we need to consider:**

Excellent! We are very grateful for InternetNZ support for this project.