

## Instructions for Grantees

This form is designed to help us understand the challenges, triumphs and insights you experienced and gained while running your funded project/program. Please be frank - while we absolutely want to know about and celebrate your successes, it's just important to us that we understand what did not work so well. This will help us to learn what we and others could do differently next time.

You must complete and submit this form no later than the date stipulated in your funding agreement. However, should you not be able to meet the deadline please contact Gertrud to arrange an alternative date. If you fail to do so you may not be eligible to apply for further grants from **InternetNZ**.

The completion of this form should be overseen by someone with an intimate knowledge of the funded project/program.

## Mid-project Report

### **Research Title**

Behaviour change strategies for Internet Addiction: An exploratory study

This question is read only.

### **Amount of funding granted from InternetNZ?**

\$25,000.00

Must be a dollar amount.

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

This project investigates the feasibility of an internet intervention for internet addiction. It applies a well established set of planning techniques (action and coping planning) to consumer derived strategies for limiting or reducing usage of problem sites (e.g., pornography, gaming). To date we have completed an ethics application and developed participant materials. This includes three distinct workbooks (pornography, gaming and general internet problems). These are consumer informed, easy to access and the information easy to apply. A component of this project is evaluating the effectiveness of this intervention.

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

### **When do you anticipate that your project will be completed?**

23/12/2019

Must be a date.

## Milestones

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

**Milestone**

**Description**

# Internet research 2017/18

## Internet Research mid-year report

### Application IR170024 From Dr Simone Rodda

Ethics amendment	Ethics application is currently under evaluation with the Human Ethics Committee. We were unable to submit it earlier due to more time than expected being spent developing the intervention.
Translation of materials for internet	Translation of materials from the published paper into a detailed intervention has taken longer than expected (6 months). This task has now been completed.
Recruitment	We expect to commence recruitment early March 2019. This is later than expected because of time spent in the development of the intervention. We do not expect this will delay the project.
e.g. planning; major activities; evaluation	

#### What findings have you made so far?

Our consultations with consumers suggest an interest in this type of program. The next step is recruitment. Based on our other current studies our best recruitment strategy will be a mix of Google Adwords and Facebook advertising.

#### What (if anything) did you change in your approach and practices as your project/program/initiative 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 has meant an extended development phase but we will produce a more targeted product. We expect to be still on track for the project completion date.

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

## 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
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Internet research 2017/18  
 Internet Research mid-year report  
 Application IR170024 From Dr Simone Rodda

Internet NZ	Philanthropic Grants *	Confirmed *	\$25,000.00	expenditure as intended

Expenditure Description	Expenditure Type	Expenditure Amount (\$)	Notes
Research assistants	Salaries and Wages *	\$5,279.00	

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.	\$5,279.00 This number/amount is calculated.	\$19,721.00 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 with my intended project budget to date.

Certification and Feedback

Feedback

You are almost at the end of our application process. Before **Submitting** your application, please take a few moments to provide some feedback.

**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?**

60

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:**

Great process thanks.