

Abstract for

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Presentation

Workshop

Male / Female / Diverse

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Presentation title: **Adolescence and the Challenge of Internet Addiction: A Cross-Sectional
Study Among 2,354 Middle and High School Students in the Souss-Massa
Region, Morocco**

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Abstract text up to 15 lines in English:

Introduction: Adolescence, the pivotal period between childhood and adulthood, is marked by challenges and experiences that shape individuals' identities. In an era where technology is evolving at a rapid pace, adolescents face a significant challenge: Internet addiction. This complex issue has been the subject of an in-depth cross-sectional study among students, aiming to better understand the ramifications of this digital dependency on their daily lives and well-being.

Methods: We conducted a descriptive and analytical quantitative cross-sectional study. A questionnaire, comprising two parts, with the first adapted from surveys used in Medspad and the second designed to measure Internet addiction using the Young's Internet Addiction Test, was administered to 2,354 students from ten high schools in the Souss-Massa region of Agadir.

Results: In total, 2,354 students participated in our survey, with 59.2% being girls and 40.8% boys, and an average participant age of 17.1 years. Our results revealed the following prevalence rates of psychoactive substance use in our sample: Tobacco (9.4%), Alcohol (4.2%), Cannabis (3.9%), Benzodiazepines without medical prescription (6.0%). Using the Young's Internet Addiction Test, 37.70% of respondents showed confirmed addiction, 34.49% exhibited probable addiction, and the remaining 27.69% displayed no addiction towards the Internet. More detailed analytical results will be presented during our presentation.

Conclusion: This pilot survey is the first of its kind conducted among Agadir's students. The results should spark significant mobilization to contribute to the reduction of addiction issues among adolescents in Morocco. This study emphasizes the importance of implementing targeted prevention and intervention programs for young people. Educators, parents, and policymakers must collaborate to raise awareness among young individuals about the dangers of online abuse and to equip them with the necessary skills for responsible technology use.

Keywords: Addiction; Prevalence; Adolescent; Psychoactive substances; Cyberaddiction.