

Digital Overuse

Breakfast of Ideas | University of Zurich

25 January 2019

Presentation by Moritz Büchi

based on research in collaboration with Noemi Festic, Marco Gui, Michael Latzer

Too much tech?

DIGITAL DETOX

The Ultimate Guide To Beating
Technology Addiction, Cultivating
Mindfulness, and Enjoying More
Creativity, Inspiration, And
Balance in Your Life!

DAMON ZAHARIADES

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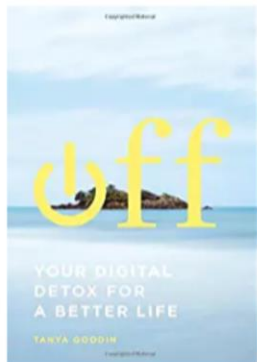
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Anitra Egger kennt Fluch und Segen der Digitalisierung. In den Neunzigerjahren war sie Internetpionierin, heute ist sie eine der gefragtesten Expertinnen für einen massvollen Online-Konsum. Was ist ihr Rezept?



Text: Barbara Lukesch | Bilder: Getty Images

FOR RELEASE APRIL 17, 2018

The Future of Well-Being in a Tech-Saturated World

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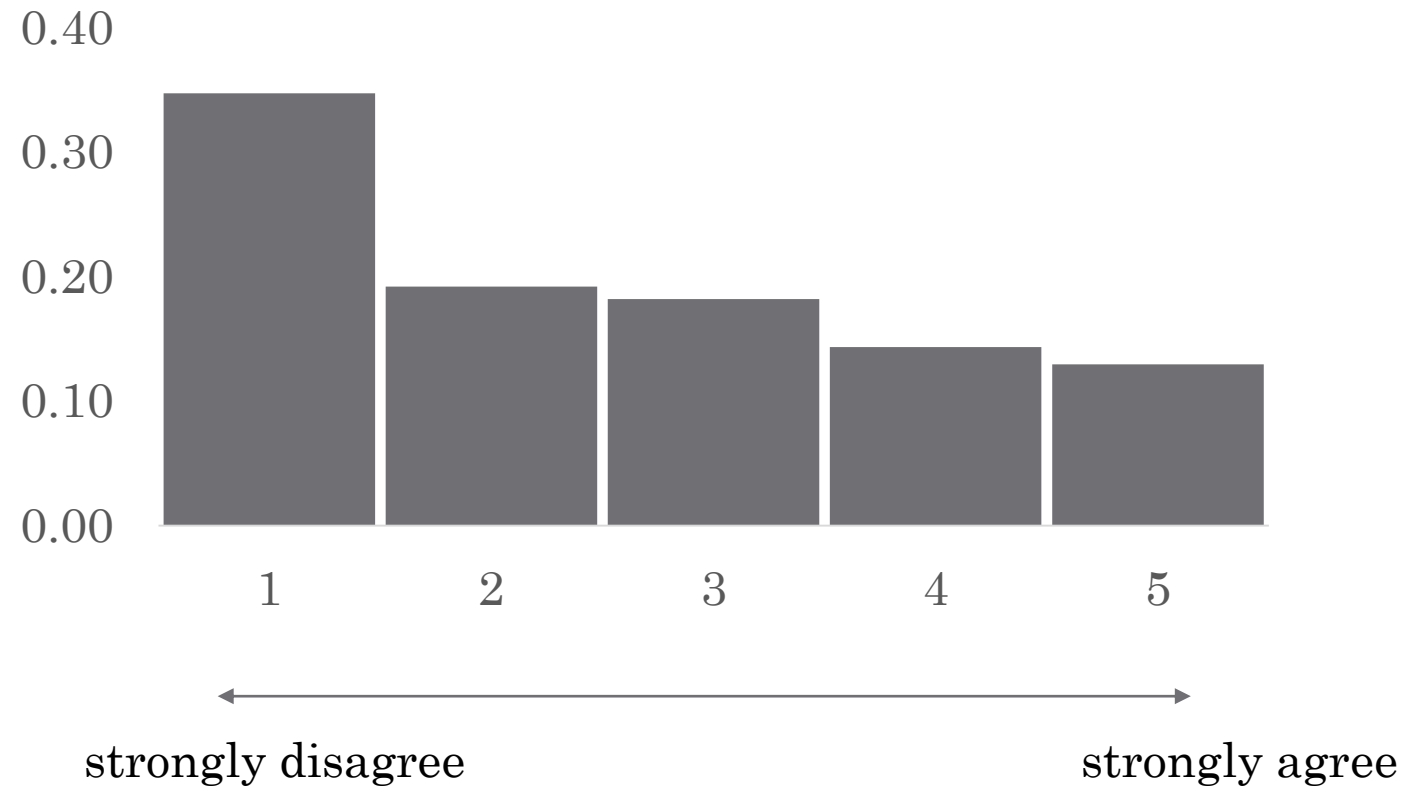
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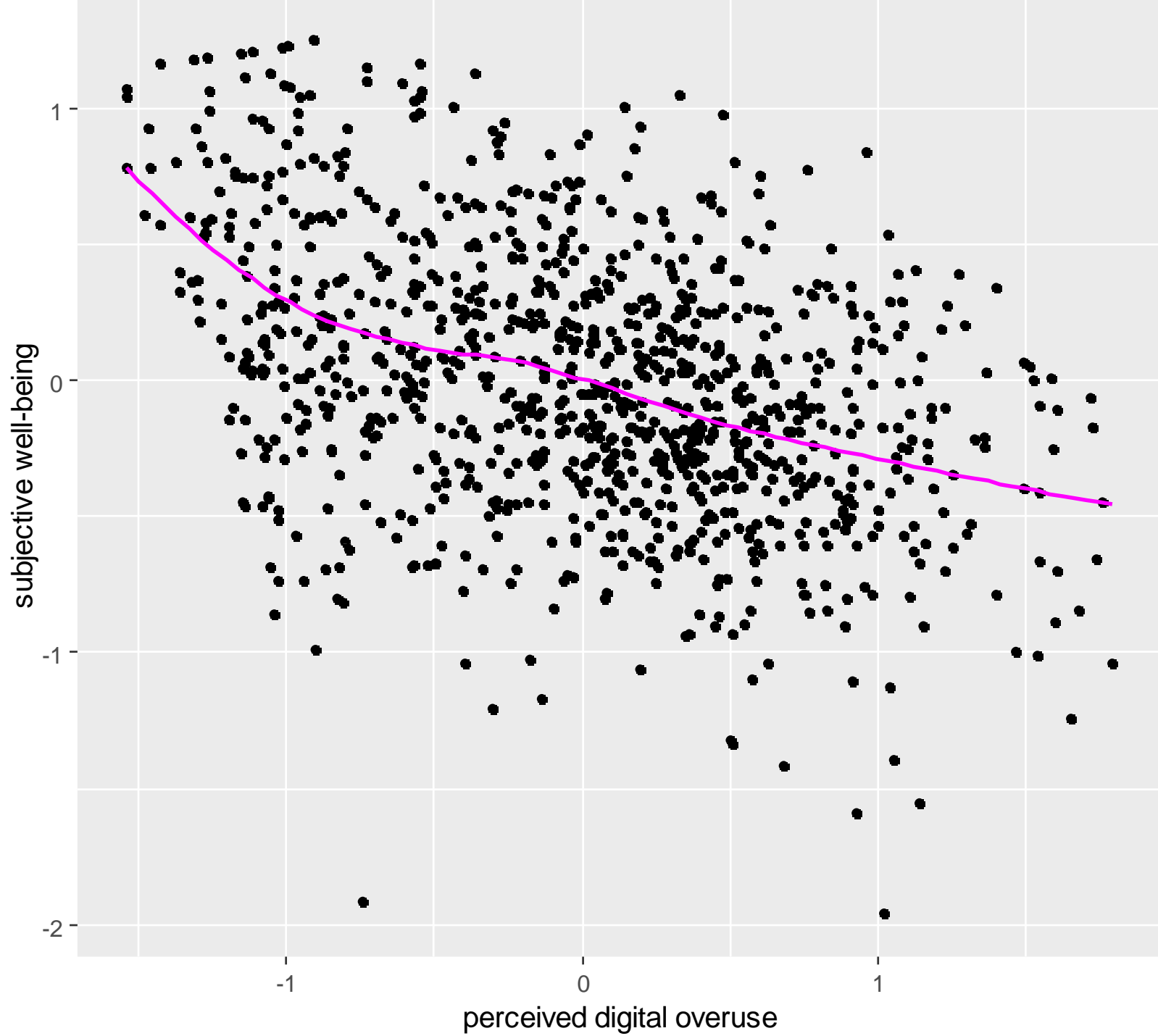
Carpe diem instead of losing your social mind: Beyond digital addiction and why we all suffer from digital overuse

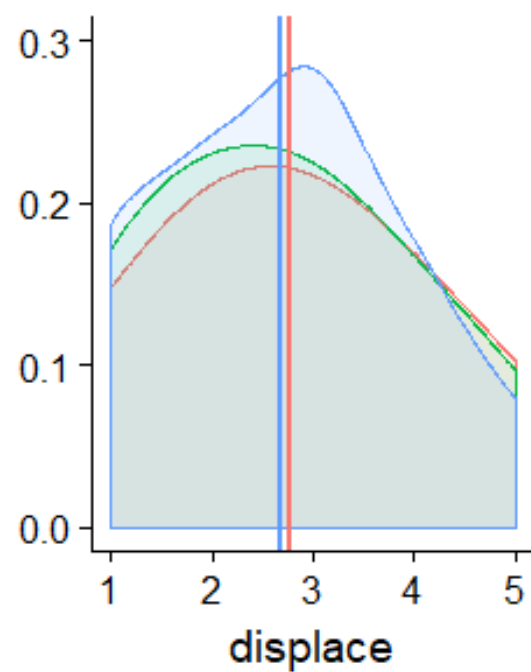
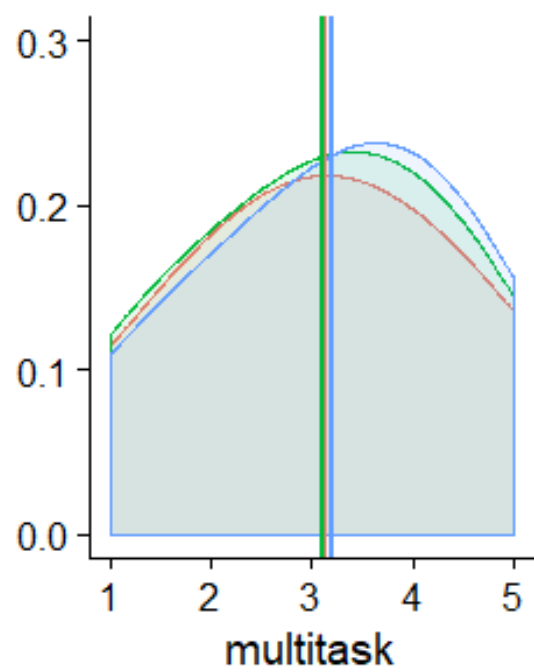
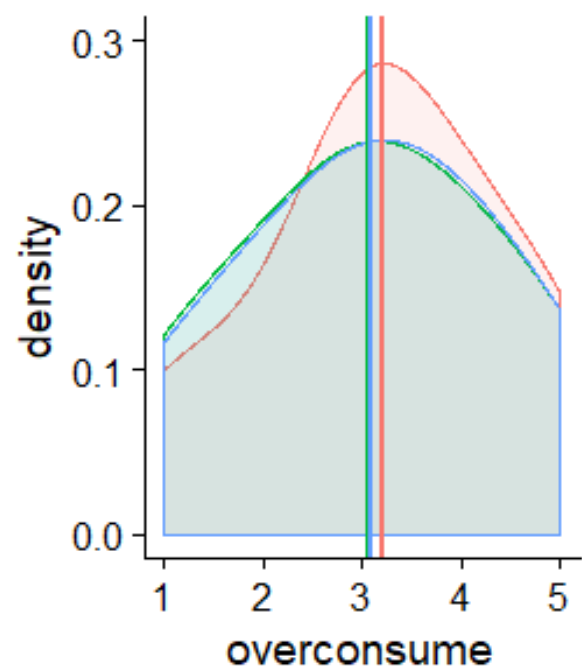
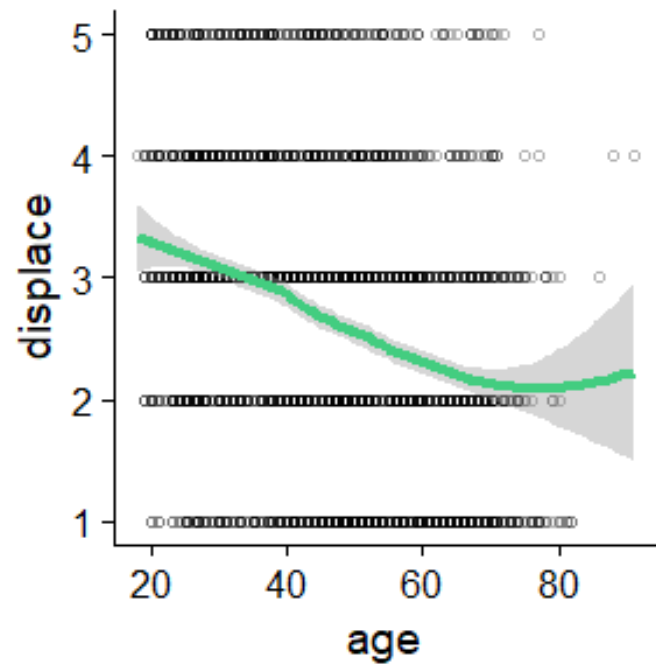
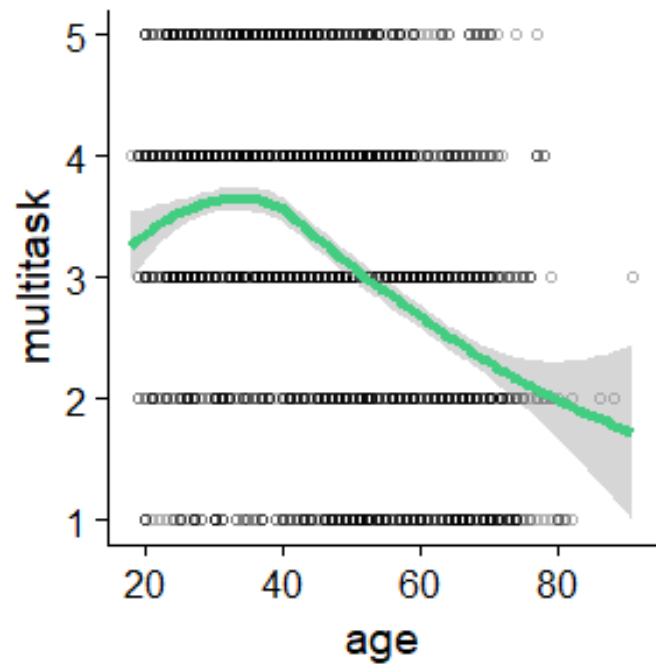
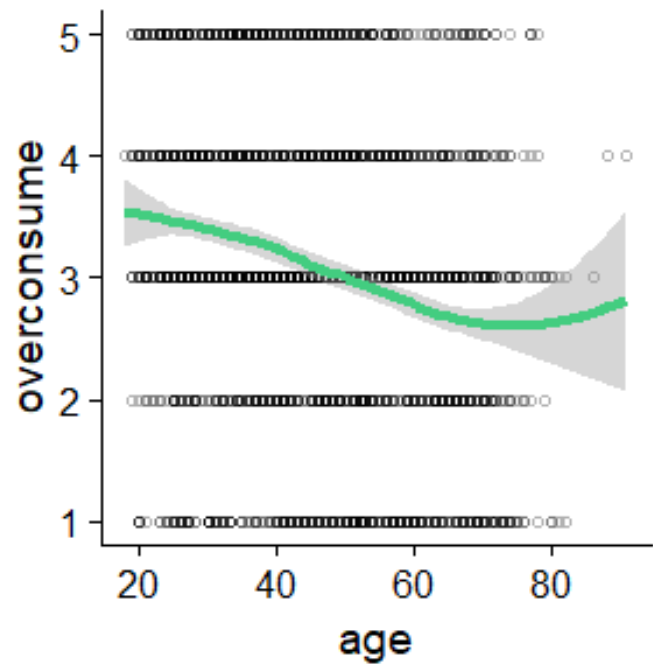
Christian Montag^{1*} and Peter Walla^{2,3,4}



«I spend more time online
than I would like»







educ3
 low
 medium
 high

Overuse: the subjective perspective of too much

Pressure: perceived societal expectation to function digitally

Skills: ability to manage negative side-effects and avoid feeling overburdened

Toward digital well-being

Thanks!

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