



EPA COURSE TITLE	Behavior addictions: internet and exercise addiction in focus
COURSE DIRECTOR	Tamás Kurimay, Hungary
COURSE CO-DIRECTORS	Griffith Mark D, United Kingdom Demetrovics Zsolt, Hungary
COURSE LEVEL	Basic
EDUCATIONAL INTENTIONS/ COURSE OUTCOMES	After the course the participants shall be able to have greater knowledge about behavior addictions including Internet and exercise addiction epidemiology diagnostic tools classification dilemmas and the some principle about treatment.
COURSE DESCRIPTION	<p>Behavioral addictions receive growing attention in the clinical practice as well as in research. Behavioral addictions have been among the most cited topics in the European Psychiatry too. There is a current debate about which types of behavioral addiction have sufficient scientific evidence to appear as a distinct clinical entity in the classification systems including ICD-11. In DSM-5 pathological gambling is classified as a behavioral addiction and Internet Gaming Disorder has been classed as needing further scientific research to prove its status as a genuine behavioral addiction. Exercise addiction has not yet been classified in any diagnostic systems relating to mental and/or addictive disorders on the contrary that exercise addiction was categorized among behavioral addictions.</p> <p>The aims of the course is:</p> <ul style="list-style-type: none">- To provide a general overview on behavioral addictions;- To give overview on the current knowledge about Internet addiction and exercise addiction;- To summarize the available epidemiological data on the above disorders;- To present diagnostic tools in the light of the clinical practice;- To invite the participants to discuss the further possibilities of research and practice of the fields. During the course 90 minutes will be dedicated to both the topic of Internet addiction and to the topic of exercise addiction. <p>After the course the participants shall have a general overview on behavioral addictions with a specific knowledge on Internet Gaming Disorder and Exercise Addiction. They will have information on the assessment methods etiological factors and treatment issues regarding these disorders.</p>
PREREQUISITE KNOWLEDGE	General knowledge and interest about addictions and psychiatry
COURSE METHODS AND MATERIAL	Small group discussions Case studies Vignette Video Slides Handouts Other Using voluntarily the diagnostic tools for the participants as practical examples.
TARGET AUDIENCE	N/A
RECOMMENDED READINGS	N/A
LANGUAGE(S)	English