Computer Addiction: Myth or Fact?

Originally suggested as a hoax by Ivan Goldberg, M.D. in 1995, Internet addiction disorder (IAD) has gained a supportive following in academic circles. IAD is typically divided into subtypes: 1) pornography, 2) overwhelming and inmoderate gaming, 3) social networking and blogging, 4) Internet shopping.

Maressa Orzack, director of Computer Addiction Study Center at Harvard’s McLean Hospital, believes that 5-10% of internet users develop some form of Web dependency. Dr. Jerald Block argued in the American Journal of Psychiatry (March 2008) that IAD symptoms mimic other compulsive/impulsive disorders. Symptoms include 1) excessive use and lost sense of time 2) withdrawal symptoms when denied access 3) Growing need for exposure to obtain the same effects 4) negative repercussions (including social isolation). He cites research indicating that up to 86% of study subjects showing IAD symptoms also exhibited other diagnosable mental health disorders.

While supporters lobby to include IAD in the *Diagnosis and Statistical Manual of Mental Disorders*, various authorities, including the American Medical Association and the American Society of Addiction Medicine oppose the move.

And yet, those who defend the existence of a disorder believe that its inclusion would allow private insurance companies to pay for Internet addiction counseling. Thwarted by the medical Societies above, Internet addicts have sought redress in the courts, as can be seen in Pacenza v. IBM Corp, in which the plaintiff argued that he was illegally fired because of his Internet addiction (triggered by Vietnam Post-Traumatic Stress) in violation of the Americans with Disabilities Act. (Source: wikipedia.com)

**Bunny Fact:** The longest ears belong to the American Nipper’s Geronimo and are 31.125 inches long.
Deadline for Leverett House newsletter submissions is Wednesday at 12:00 am.

Please e-mail news@levere^t.harvard.edu. Thank you!

~Co-editors for Hare Today
Jessica Caplin, Maeve Wang, Linda Yao, and Sam Jack

Events on Campus

- Arthur Liman Public Interest Law Fellowship Info Session Tues 6:00pm (OIP)
- Global Education: Making the Grade: Harvard International Review Launch Party and speaker event. Tues 7:00 Ticknor Lounge
- Night at the Sackler Thurs, 7-9pm
- HCAMA Jazz Concert Thurs, 9-11 (CQH Pub)
- Iolanthe, or the Peer and the Peri H-R Gilbert and Sullivan Players. Thurs, Fri, Sat, 8:00pm, Agassiz Theater
- KeyChange Winter Concert Fri, 7:30-8:45
- OCS Summer Opportunities Fair Fri 12-4 Gutman Conference Center and Radcliffe Gym
- Night at the Museum—Harvard Museum of Natural History fri, free admission 5-8pm, 20% discount at Museum shop
- The Shallow End-no diving dance performance. Original, student-choreographed pieces Fri, Sat 8-9:30. Adams Pool Theater
- FESTIVUS Sat 8:00pm (CQH Pub)

Procrastination: the Facts

- Comes from the Latin procrastinatus: pro- (forward) and crastinus (of tomorrow).
- The term’s first known appearance was in Edward Hall’s The Union of the Noble and Illustre Families of Lancastre and York, first published sometime before 1548.
- A 1992 study showed that “52% of surveyed students indicated having a moderate to high need for help concerning procrastination”
- Student syndrome refers to the phenomenon that many students will begin to fully apply themselves to a task only just before a deadline. This leads to wasting any buffers built into individual task duration estimates

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Games This Week
C Bball: Mon, 12/8/08, 8:30 pm vs. Cabot, QRAC
A Bball: Tues, 12/9/08, 7:30 pm vs. Pfoho, MAC
B Bball: Wed, 12/10/08, 7:30 pm vs. Winthrop, MAC
Squash: Wed, 12/10/08, 8:30 pm vs. Currier, QRAC

Sign Up for Winter Season
You can sign up throughout the season. It’s easy and commits you only to being on the email list.
1) Go to the Leverett website
2) Click on “Teams and Games” in the Intramurals box on the left
3) Add yourself to one of the winter teams: Basketball A, B, or C, Ice Hockey, Squash

Players of the Week (Dec. 1-7 2008)
The A Basketball team, missing many of its players, faced an uphill battle against a stacked Winthrop team.
On-court leadership by Rob Watson, however, kept the Hares in the game. * In B Basketball, big defensive plays by Derek Lietz brought the Bunnies within 1 point of upsetting Currier. * In Squash, the Rabbits also lost a close match 2-3 against Quincy, but Joey Michalakes stood out facing a JV player.

Academic Honesty (A message from the deans):
Crunch time has arrived - term papers will be coming due shortly. Be sure to leave yourself enough time to research, write, and proofread your papers before you turn them in. And remember to SAVE your work constantly in multiple places (the server, your flash drive, e-mail account). The College values academic honesty and treats any violations very seriously, regardless of the circumstances. For more regarding this see the Handbook for Students, pages 65-66.