

## Felix Reer/Thorsten Quandt: Verstärkte Mediennutzung: Zunahme der Suchtgefahr?

Beitrag aus Heft »2022/04 Medien. Mediensucht. Mediensuchtprävention«

Zuletzt hat es verstärkt Diskussionen darüber gegeben, ob eine gesteigerte Mediennutzung auch mit einer höheren Gefahr für das Entwickeln einer Mediensucht einhergeht. Der Beitrag erklärt, wie Mediensüchte wissenschaftlich definiert werden und welche Risikofaktoren für das Zustandekommen einer suchtartigen Mediennutzung eine Rolle spielen. Außerdem wird ein kurzer Einblick gegeben, welche empirischen Erkenntnisse zum Einfluss der Corona-Pandemie auf das Mediennutzungsverhalten vorliegen.

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