HARMFUL GAMBLING AND USE OF INTERNET AMONG UNIVERSITY STUDENTS: HOW TO INTERVENE?

INTRODUCTION: University students use internet approximately 5-6 hours per day. Over 12 percent of male students have lied about their gambling and/or used too much money for gambling. Net-addiction and pathological gambling can thus seriously harm the students ability to study, and on the other hand, can also be an attempt to try to cope with many other psychosocial or motivational problems.

PROJECT: FSHS and the National Institute for Health and Welfare started 2012 a project to prevent, identify and cure harms related to harmful gambling, gaming and excessive internet use among university students.

METHODS AND MEANS: Educate the student health care professionals and university counselors and teachers to recognize the possible harms and intervene so, that the students are willing to at least consider some changes for their internet use or gambling.