

**Interview conducted by Christopher Smith**

# **Ms. Melanie Hale Talks About Phone Addiction**

**M**s. Melanie Hale is a retired community counselor from Stanford University. Throughout her years as a counselor, she had helped many of her clients who were phone addicts. Throughout this interview, she explains the causes and effects of phone addiction and how to prevent/stop the addiction.

## **How did your clients addictions start?**

She says everyone who had the addiction, normally start using their phones for important needs. But they don't expect it to be addicting. Like how alcohol addiction or smoking addiction starts, others are just curious to seek the desire of phone addiction.

## **When and how did you realize your clients were addicted?**

The addicts never admit the fact that they were



addicted to their phones. She says, "It's very embarrassing to admit that you are addicted (to phones)". In order to fix that problem, she always had a checklist with questions stating the reason why they are here. Then the checklist goes on

to technology usage, which how she figures out if they are addicted to phone or not.

## **What was life like for your clients suffering from addiction?**

She says those addicts were "anti-social". She also points out that they had weak eyesight, bad grades, lonely, and shy. She describes a student who used violence because of her phone. She says, "She hit her own parents because they were stopping her from using her phone".

**According to research, an individual's personality determines online activities they're drawn to. Did your clients have similar personalities? Why or why not?**

She never had any clients with any other personalities besides one: introverted. She feels that the more introverted a teen is, the more likely they get addicted to their phones. More extroverted a teen, the are less likely to be addicted to their phones.

**“Teens who are emotionally stable, extroverted, and loyal are less likely to be addicted.” Do you agree with this statement? Why or why not?**

She feels that if someone is loyal, it won't really matter if they are likely to be addicted or not. Yet, she agrees with all of the other traits because all of her clients who were phone

addicts were very lonely and shy.

**What are some tips you would give to help stop or prevent phone addiction?**

She says that your counselor and your parents would help you with this problem. She also says that they are many treatment centers here and books you could read that could help phone addiction. There is also a treatment center called, “ReSTART”, that helps people from phone addiction. They have their own website called: [netaddictionrecovery.com](http://netaddictionrecovery.com)

