[**Risk of Addiction and Dependence**](https://youtu.be/po6kScurWf4)

**Narrator:**

This Vignette concerns Physical Risks.

Interviewees will be discussing the Risk of Addiction & Dependence.

This risk perception is related to frequent and obsessive technology-related behaviour increasingly practiced despite negative consequences to the user of the technology. It manifests as a difficulty to stop using ICT devices or a concern that dependence might happen.

In this section, you will hear a number of video vignettes extracted from interviews with older Australians.

Out first interviewee, Lindsay, aged 78, reflects on how the issues of addiction and dependence due to technology continue to be a challenge for both older and younger people

**Lindsay:**

I'm going to be sounding really old-fashioned here I can tell you is addiction and dependence I think that I'm already sounding old. But the how we perceive the reliance upon minute of the time even socially, they have to consult on the younger kids today they're having to consult with um social media and it has dragged some of our cohort into that area as well and it's most annoying during formal presentations, etc in class, for instance, we're noticing that's becoming an issue we ask them to turn everything off, repeat.

**Narrator:**

Further highlighting this risk for younger people, Marilyn, aged 78, raises how prevalent this problem is around her and the impact it has on her.

**Marilyn:**

I think too much time spent on screens is bad for kids, or bad for anybody actually, and I'm really adamant that people when you're having a discussion with them, or like I go out with a girl to have coffee with her and she can't leave her phone alone she's texting and reading messages and stuff while she's talking to me and that really puts me off.

**Narrator:**

Last we hear some thoughts from Peter, aged 69, about how technology can exacerbate mental health issues and enable social isolation

**Peter:**

You know there was a little bit but the vast majority was that the tendency to overuse virtual technology was a result of a mental health problem, not a cause. There's a great tendency particularly when you're feeling awful to tend to hide, you don't want to socialize, so then you. I mean there were days before computers where people used to hide and only use the phone their whole life was using the phone.

**Narrator:**

These vignettes were developed by the Shaping Connections Research Program at RMIT University’s School of Economics, Finance, and Marketing.

Our research develops insights on social inclusion and technology use among older Australians.

Please find additional information about these vignettes in the video description below.

You can get more information about the project by visiting www.shapingconnections.org. if you have any questions, comments, or feedback please use the contact us section of the website and we will get back to you.