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INTERNET ADDICTION

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Research relevance: nowadays it is impossible to imagine a person living without an access to the Internet. Internet can be used for good, or be mindlessly misused. It may cause health problems including mental diseases such as Internet Addiction Disorder (IAD).

Objective: to survey information about the disorder, its symptoms, methods of treatment, observe its historical development and evaluate the range of the disorder's spread.

Materials and Methods: review and analysis of medical literature on the theme.

Results: the idea that problematic Internet usage meets the criteria for an addiction and should be classified as a mental disorder was originally suggested by Kimberly Young (1996, USA). Since then IAD has been extensively studied and in 2013 it was included into the fifth edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Emotional symptoms include: depression, dishonesty, feelings of guilt, anxiety, euphoria upon reaching the Internet, avoidance of work, agitation, mood swings, fear, loneliness, boredom with routine tasks, procrastination. Diagnosing often faces difficulties due to high comorbidity with other psychiatric disorders and extensive use of Internet throughout the world, resulting in the disorder being easily masked. Ways of treatment include mainly cognitive behavioral therapy, with some medication being administered for associated disorders. Approximately six percent of global Internet users are estimated to be addicted.

Conclusion: internet Addiction Disorder is a serious issue in modern society which will continue to expand rapidly with Internet being provided to larger amounts of world population. Governments need to consider it and develop an appropriate policy.

References

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THE ROLE OF PROTEINS IN INFANT NUTRITION

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Research relevance: lack of proteins in infant nutrition disrupts cognitive functions and immune status. Qualitative protein composition is affected by thermal processing, which may lead to interaction between dairy components with the formation of "Mayar's reaction products".

Objective: to study the influence of protein nutritional factor on growth and development of an infant's body.

Materials and methods: the researches included infants getting either artificial formula or breast milk; infants getting either standard formula or formula with reduced protein; healthy full-term newborns getting either formula with protein content 13–18 g/l or breast milk; children with allergy