Course Title: The Internet and Our Psychological Health: Sanity in a Digital Life
Course Code: PSY 95
Instructor: Elias Aboujaoude, MD, MA

Grade Options and Requirements:
- No Grade Requested (NGR)
  - This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC)
  - Students must attend at least three class sessions.
- Letter Grade (A, B, C, D, No Pass)
  - Students must attend at least four class sessions, give a class presentation, and write an eight-page paper.

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.

Tentative Weekly Outline:

Week 1: The Rise of the “e-Personality”
- Online vs. offline personality
  - Online impulsivity
    - Anthony Weiner; Michelle Carter
  - Online aggression
    - The Internet and the id; cyberbullying; video games and subsequent violence
  - Online narcissism
    - Façade-book; selfie sticks; “I” obsession
  - Online inattention
    - Rising rates of attention deficit disorder
- Bibliography:
Week 2: Obsessive-Compulsive Disorder (OCD) and Impulse Control Disorders (ICDs)

- Why Internet-related disorders resemble OCD
  - compulsive online pornography, compulsive video game use, compulsive texting
- Why Internet-related disorders resemble ICDs
  - Snapchat, online disinhibition
- Manufacturing a New Diagnosis: “Internet Addiction”
  - How much is too much?
  - Addiction to the Internet or addiction on the Internet?
  - Focus on time spent vs. specific problematic behaviors (pornography, shopping, gambling, relationships)?
  - “Click Here if You Are Addicted to the Internet” (and other therapies)
- Why tech luminaries limit their kids’ time online.
- Bibliography:
Week 3: The Illusion of Knowledge
- The Internet made books more accessible (but made us impatient with books)
- Writing also transformed: the triumph of bitmojis
- The Internet as the perfect democracy (but also encourages demagoguery
- Memory lane: Why memorize anything when all information is at our fingertips?
- Bibliography:
    http://www.newyorker.com/magazine/2008/10/20/thumbspeak
    https://www.nytimes.com/2017/05/13/opinion/sunday/u-cant-talk-to-ur-professor-like-this.html?action=click&pgtype=Homepage&region=CColumn&module=MostEmailed&version=Full&src=me&WT.nav=MostEmail&rr=0.
  - F. Manjoo. “You Won’t Finish This Article.” *Slate.* June 6, 2013.
    http://www.slate.com/articles/technology/technology/2013/06/how_people_read_online_why_you_won_t_finish_this_article.html
    https://www.ft.com/content/cb19c572-cd19-11e6-b8ce-b9c03770f8b1#comments https://www.ft.com/content/cb19c572-cd19-11e6-b8ce-b9c03770f8b1

Week 4: The End of Privacy
- The myth of Snapchat
- Privacy and psychological health (Freud, Rand, Jung)
- How the availability of our personal information is disempowering
- The “right to be forgotten”
- Bibliography:

Please contact the Stanford Continuing Studies office with any questions
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Week 5: AI to Virtual Reality Therapy: Pro-Mental Health Online Tools
- Social phobia: The Internet makes dating and relationships possible
- The Internet as a tool to delivery mental health treatment
  - Computerized CBT (cCBT)
  - Webcam therapy
  - Mobile therapy
  - Virtual Reality Exposure Therapy (VRET)
  - Artificial Intelligence therapy
- Bibliography:


