



CENTRO NAZIONALE
DIPENDENZE E DOPING



Governo italiano
Dipartimento politiche antidroga
Presidenza del Consiglio dei Ministri

I risultati della Survey “Dipendenze comportamentali nella Generazione Z”

R. Pacifici*, C. Mortali**

*Già Direttore Centro Nazionale Dipendenze e Doping – Istituto Superiore di Sanità

** Centro Nazionale Dipendenze e Doping – Istituto Superiore di Sanità



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INDICE DEGLI ARGOMENTI

Prevalenze comportamenti a rischio dipendenze comportamentali

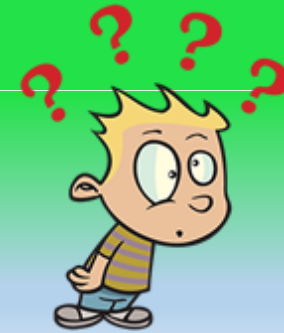
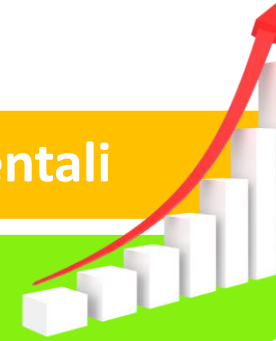
Prevalenze comportamenti problematici

Caratterizzazione profili

- Social media addiction
- Gaming addiction
- Food addiction
- Isolamento sociale

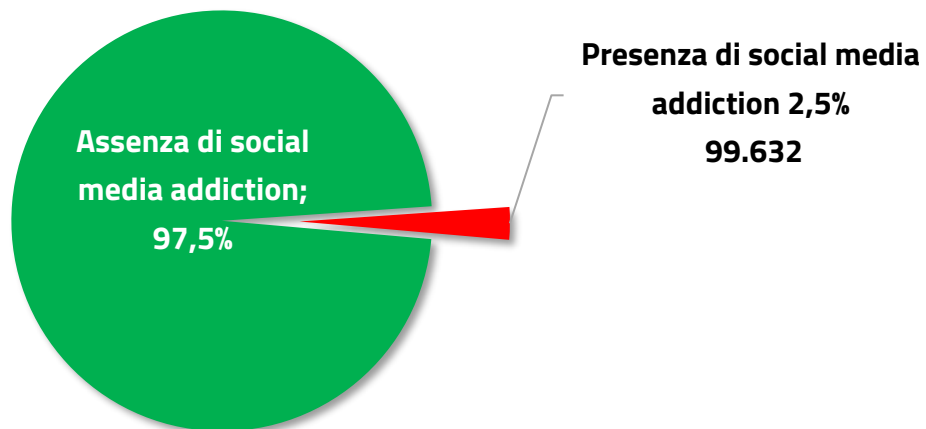
Focus cannabis

Focus genitori

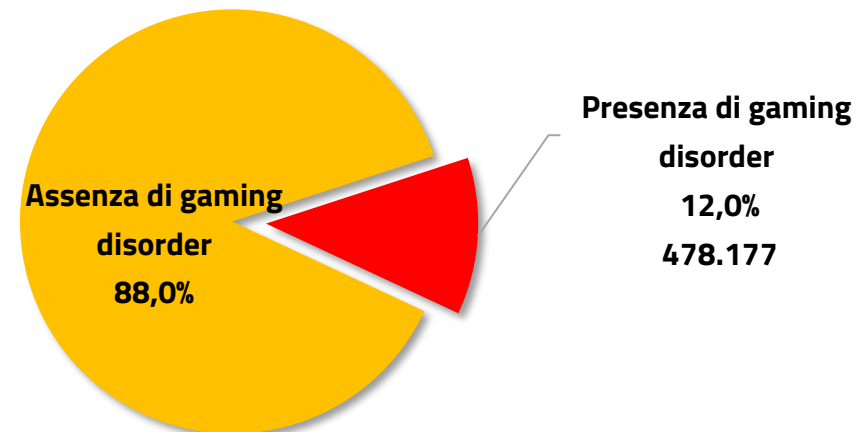


STUDENTI 11-17 ANNI: PREVALENZE DIPENDENZE COMPORTAMENTALI

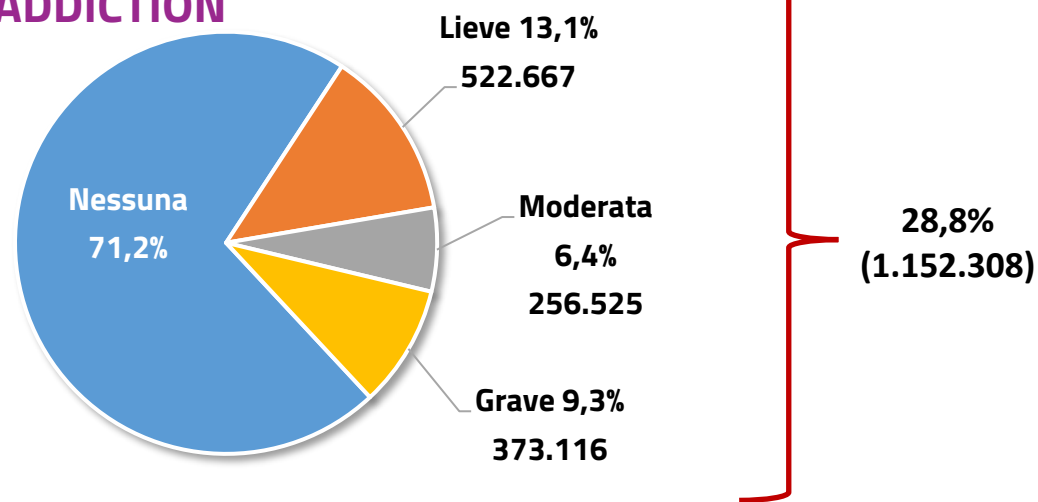
SOCIAL MEDIA ADDICTION



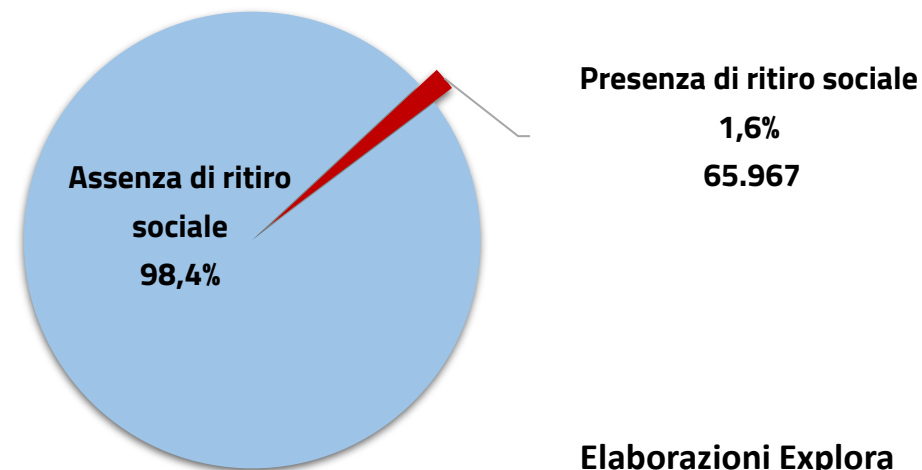
GAMING



FOOD ADDICTION



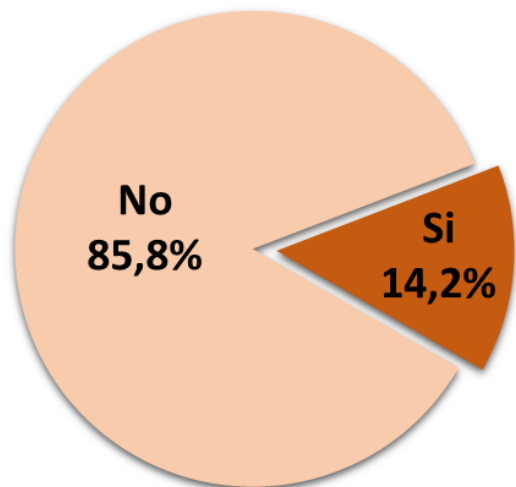
RITIRO SOCIALE



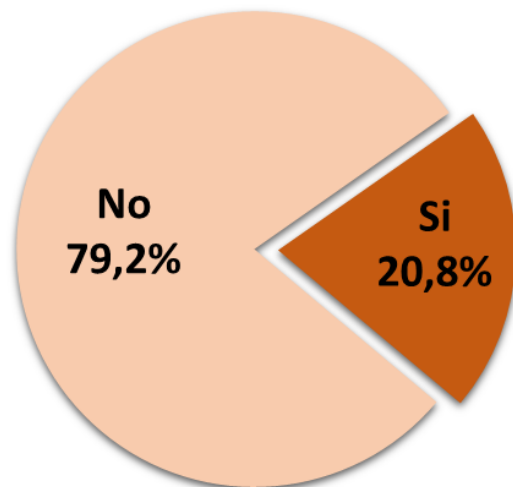
Elaborazioni Explora

STUDENTI 11-17 ANNI: PREVALENZE COMPORTAMENTI LEGATI AD USO PROBLEMATICO DEI SOCIAL

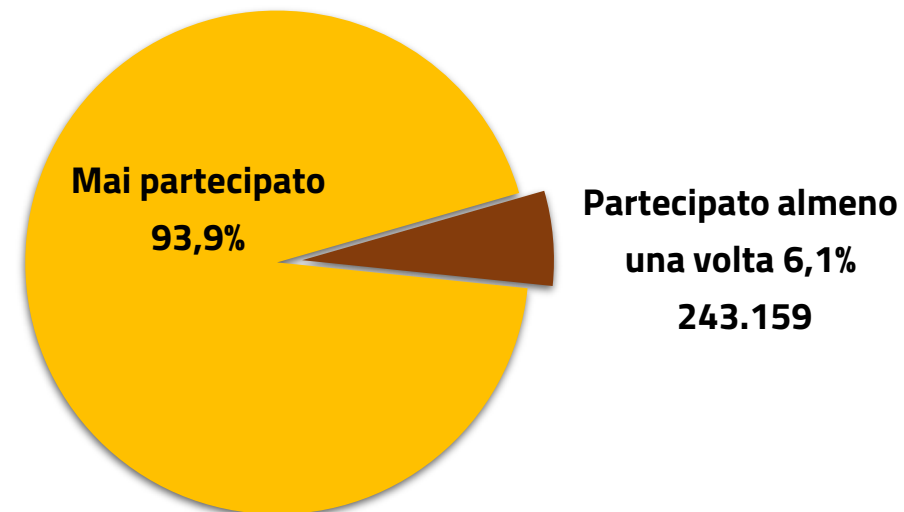
DOXING PRATICATO



DOXING SUBITO



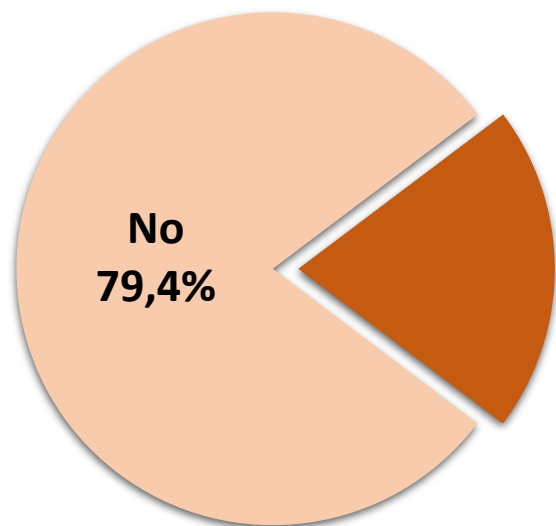
SOCIAL CHALLENGE



Elaborazioni Explora

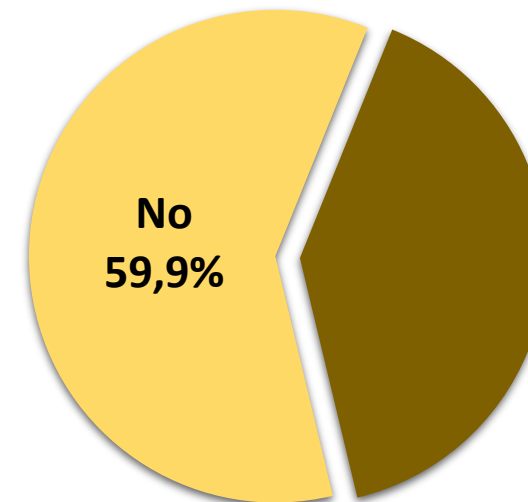
STUDENTI 14-17 ANNI: PREVALENZE COMPORTAMENTI LEGATI AD USO PROBLEMATICO DEI SOCIAL

SEXTING INVIATO



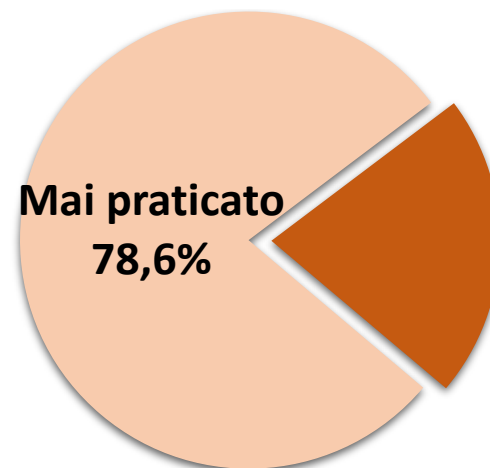
Si
20,6%
470.844

SEXTING RICEVUTO



Si
40,1%
918.294

MORPHING



Praticato almeno una
volta
21,4%
490.514

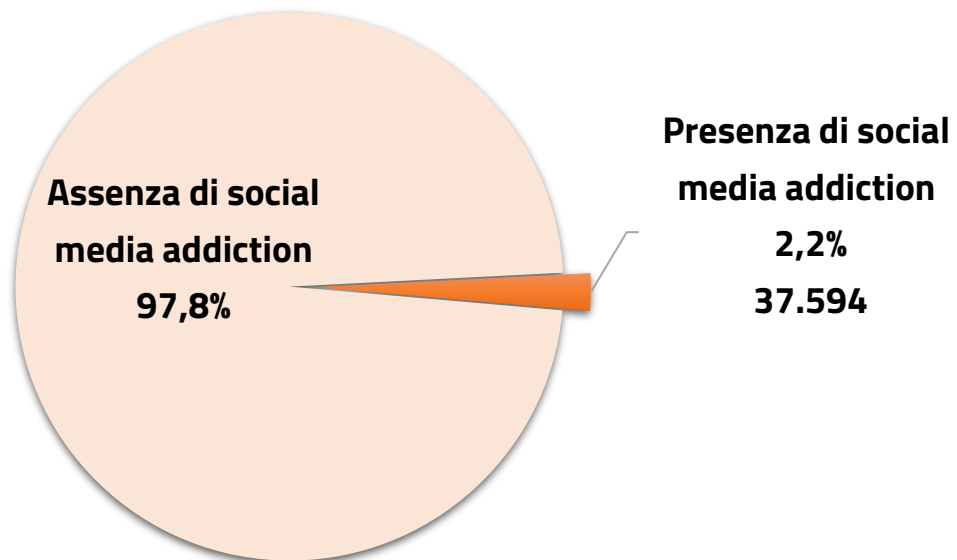
Elaborazioni Explora

SOCIAL MEDIA ADDICTION

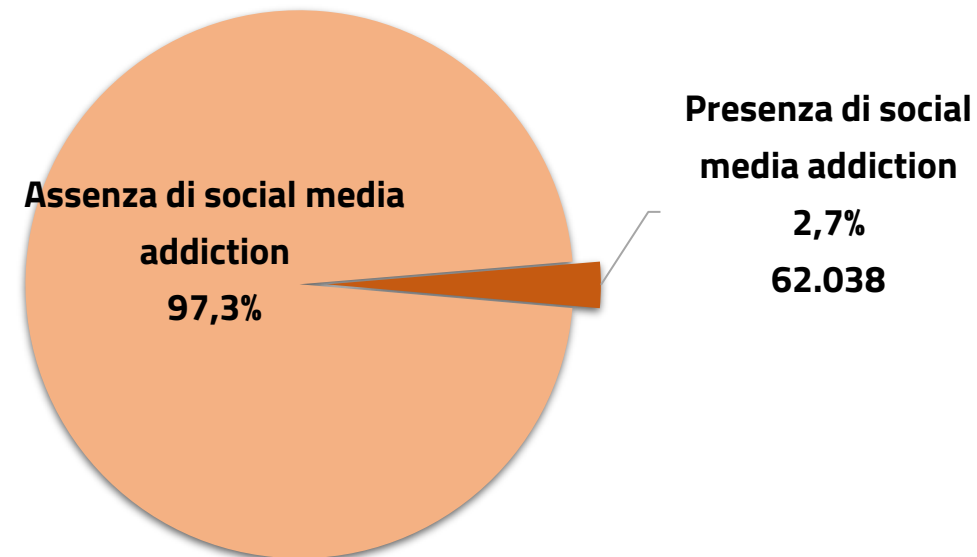


SOCIAL MEDIA ADDICTION - PREVALENZA % DI STUDENTI

STUDENTI 11-13 ANNI



STUDENTI 14-17 ANNI



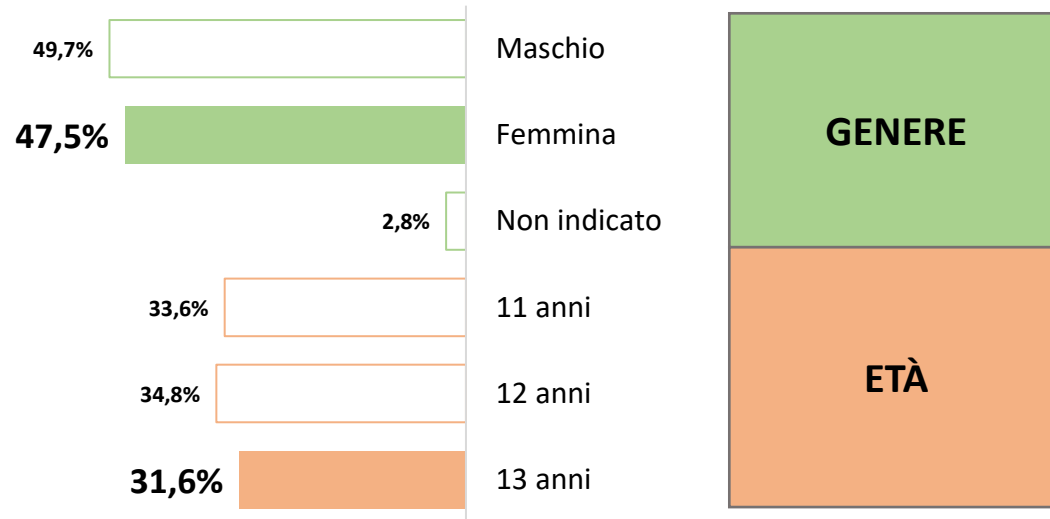
* Scala BSMAS - Bergen Social Media Addiction Scale (Monacis et al., 2017). Cut-off definito da Luo et al., 2021.

Elaborazioni Explora

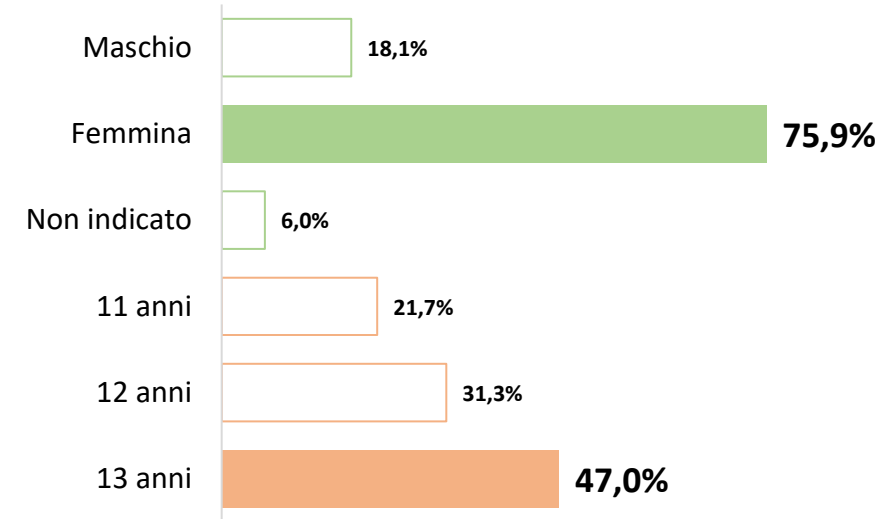
SOCIAL MEDIA ADDICTION

11-13 anni

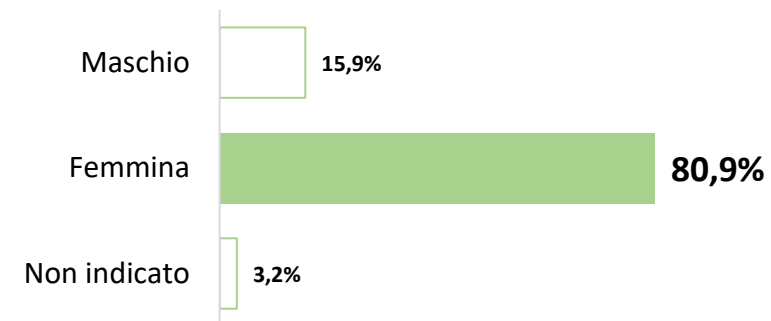
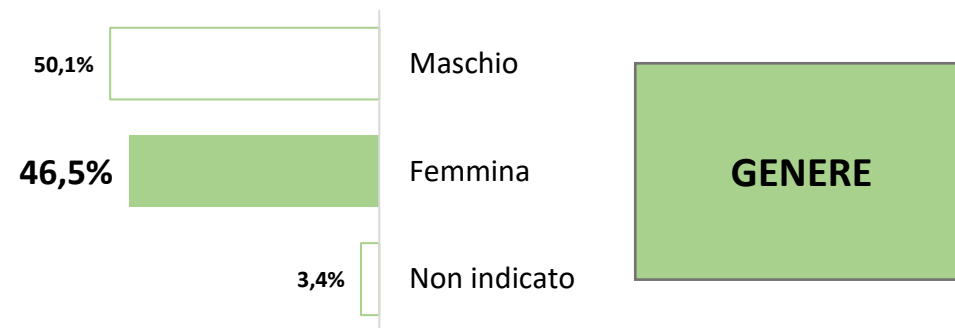
Assenza social media addiction



Presenza social media addiction



14-17 anni

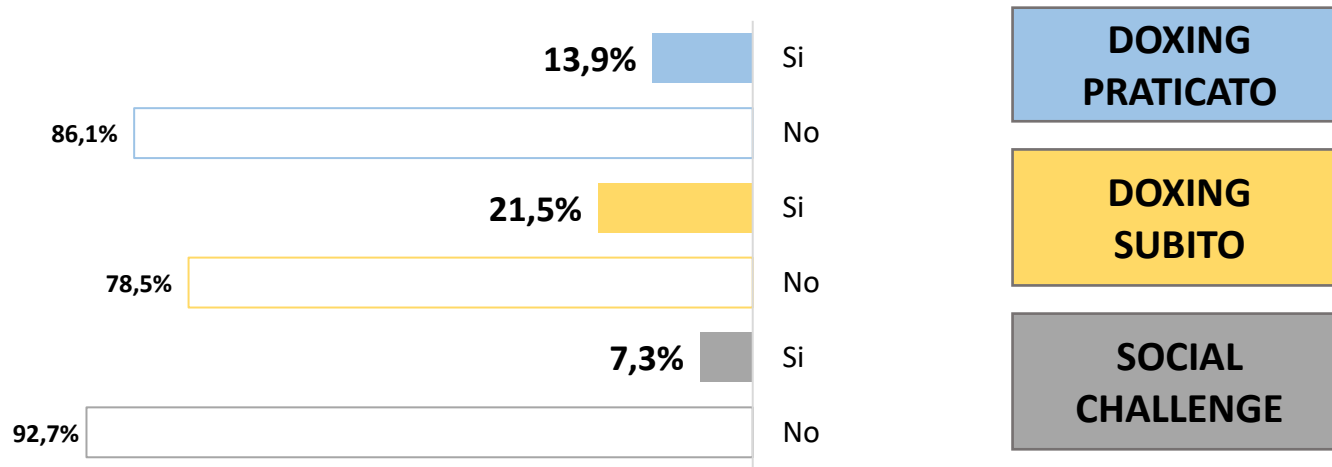


Elaborazioni Explora

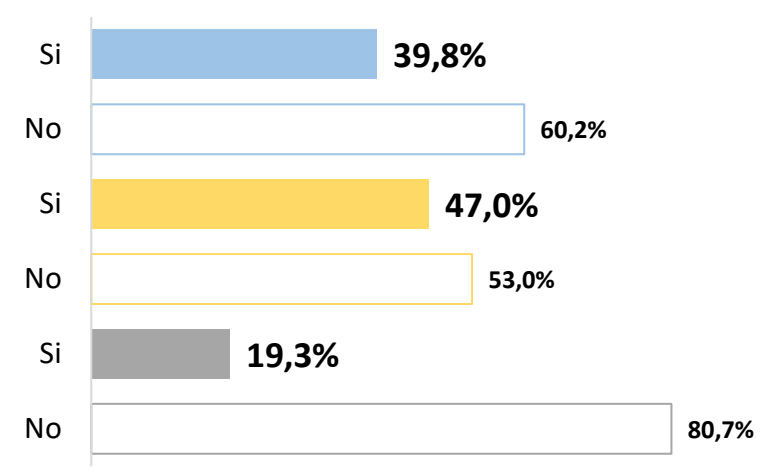
SOCIAL MEDIA ADDICTION

11-13 anni

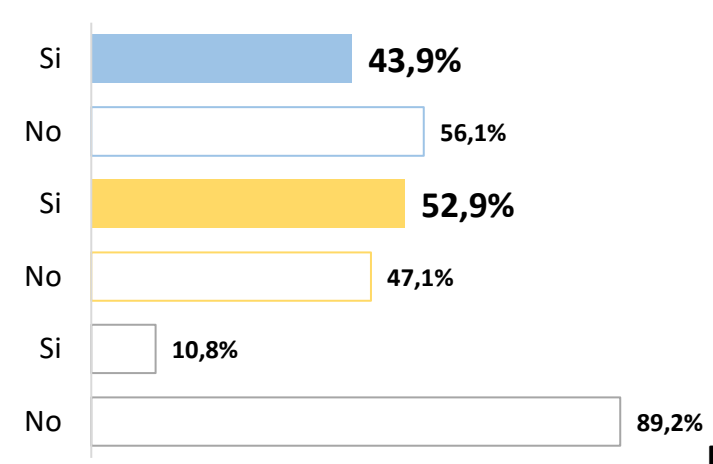
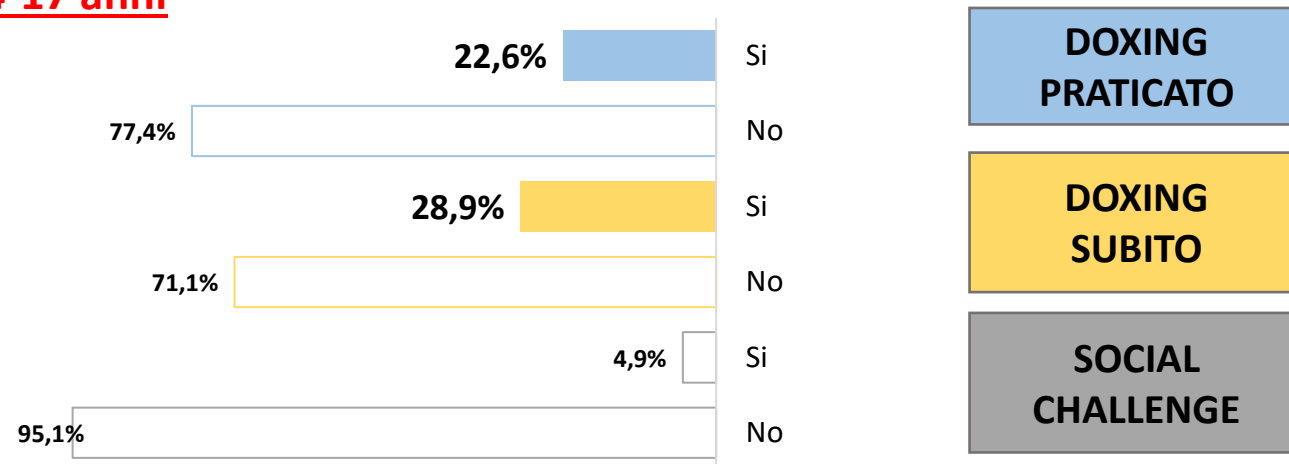
Assenza social media addiction



Presenza social media addiction



14-17 anni

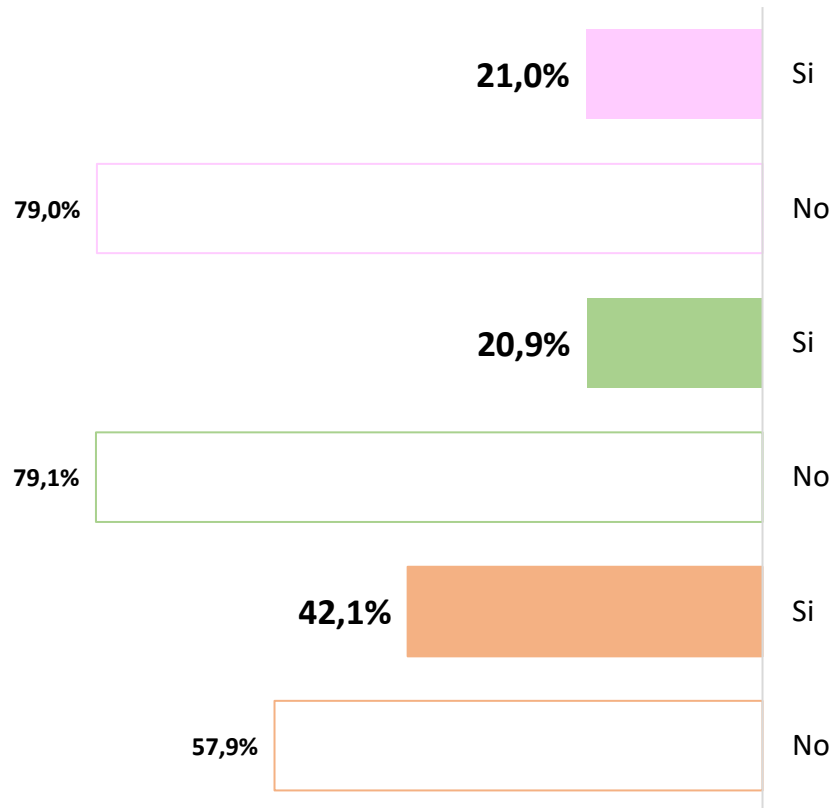


Elaborazioni Explora

SOCIAL MEDIA ADDICTION

14-17 anni

Assenza social media addiction

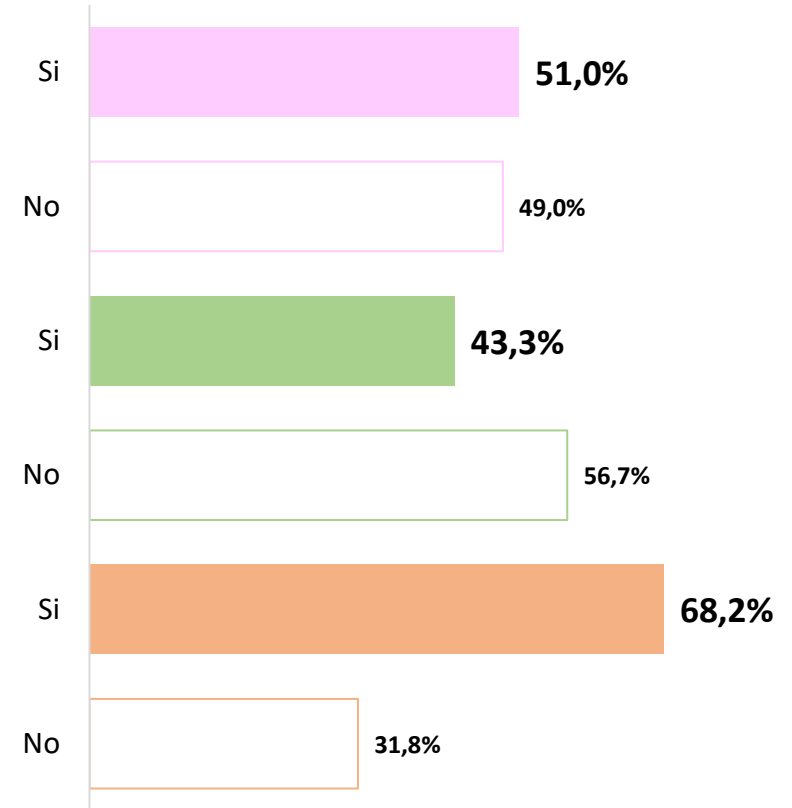


MORPHING

SEXTING INVIATO

SEXTING RICEVUTO

Presenza social media addiction

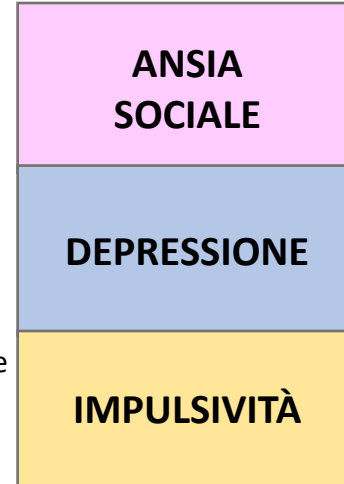
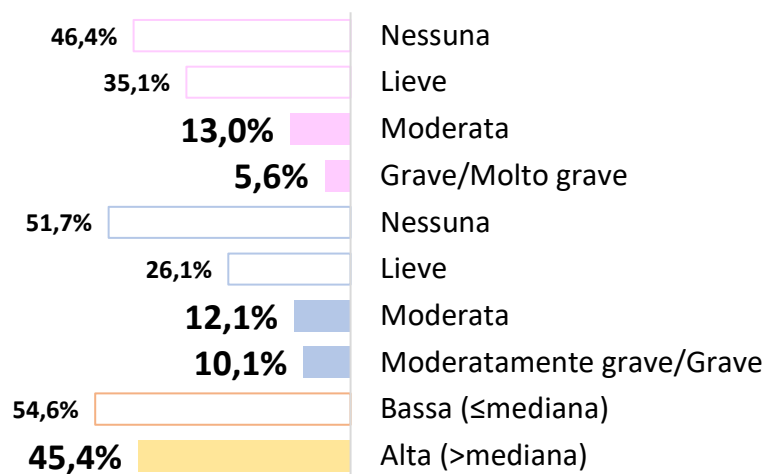


Elaborazioni Explora

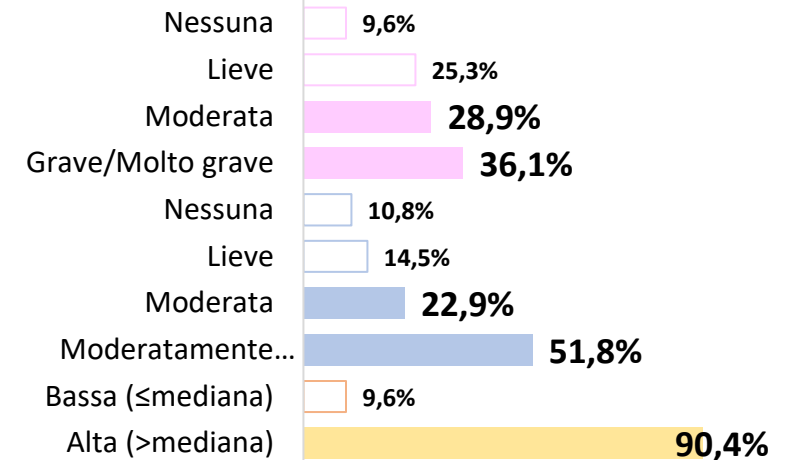
SOCIAL MEDIA ADDICTION

11-13 anni

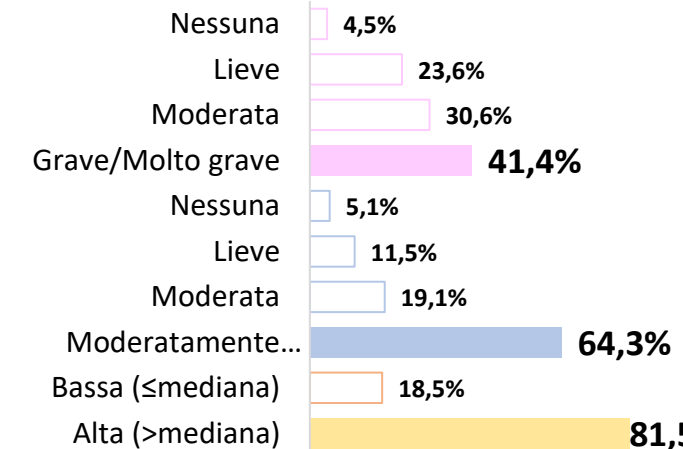
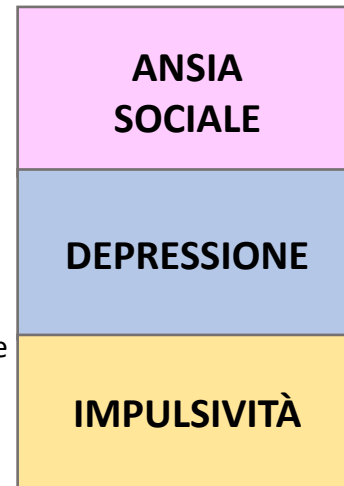
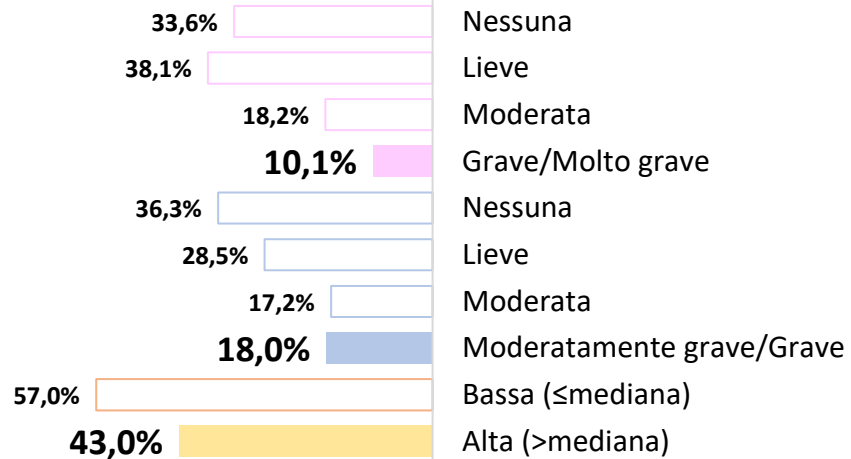
Assenza social media addiction



Presenza social media addiction



14-17 anni



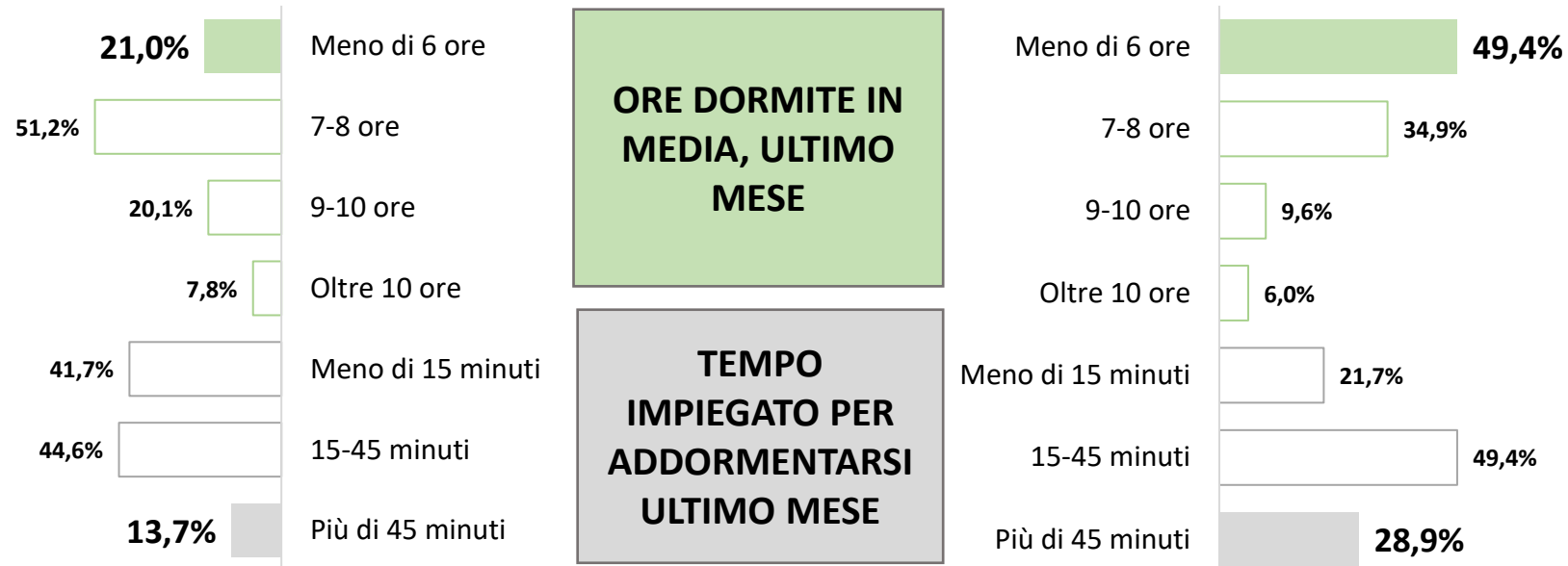
Elaborazioni Explora

SOCIAL MEDIA ADDICTION

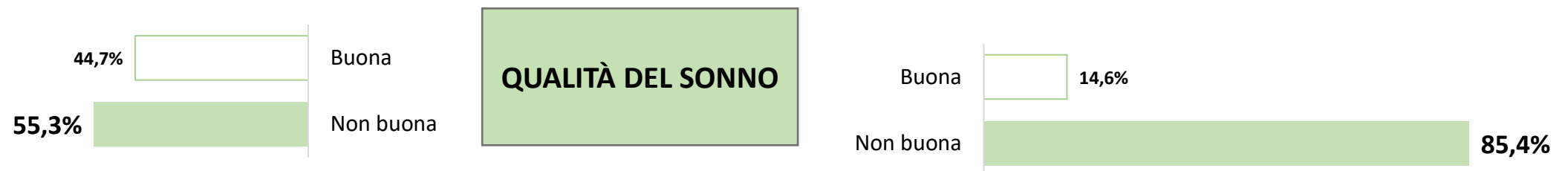
Assenza social media addiction

Presenza social media addiction

11-13 anni



14-17 anni



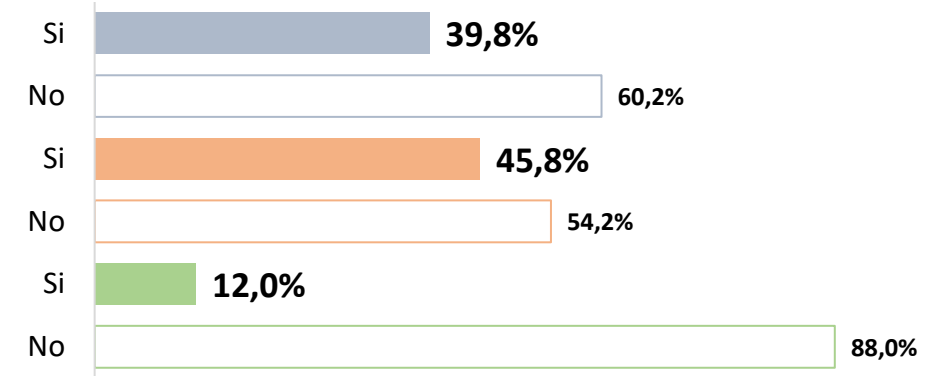
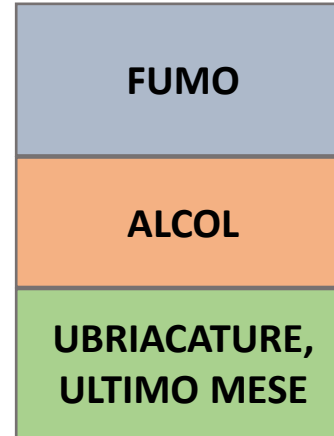
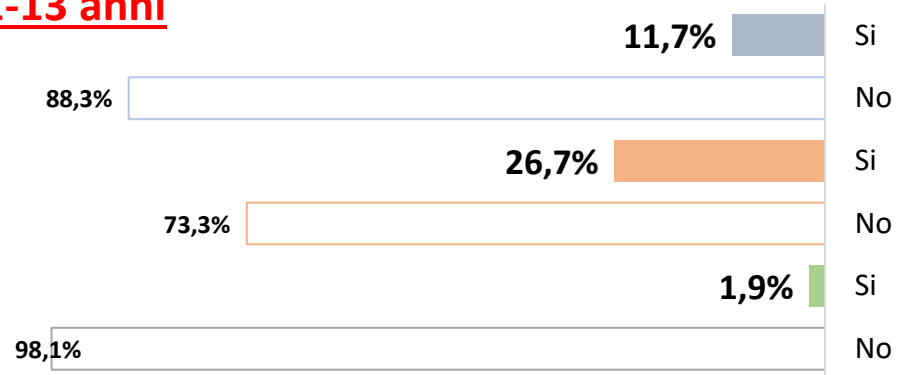
Elaborazioni Explora

SOCIAL MEDIA ADDICTION

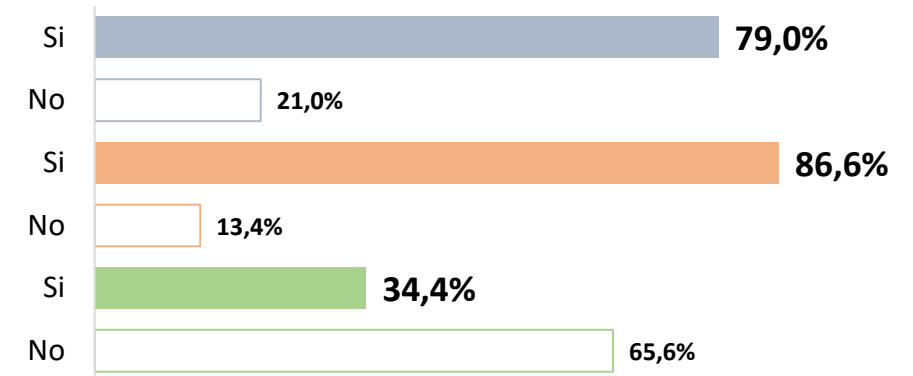
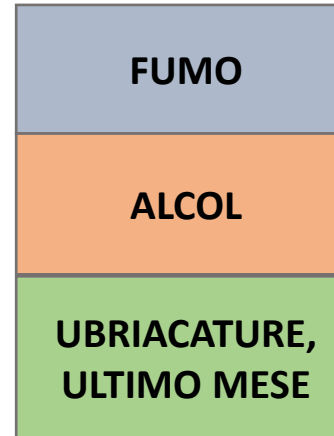
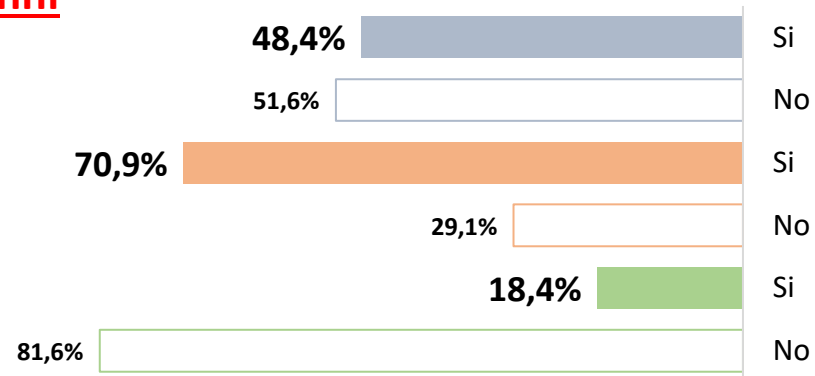
Assenza social media addiction

Presenza social media addiction

11-13 anni



14-17 anni

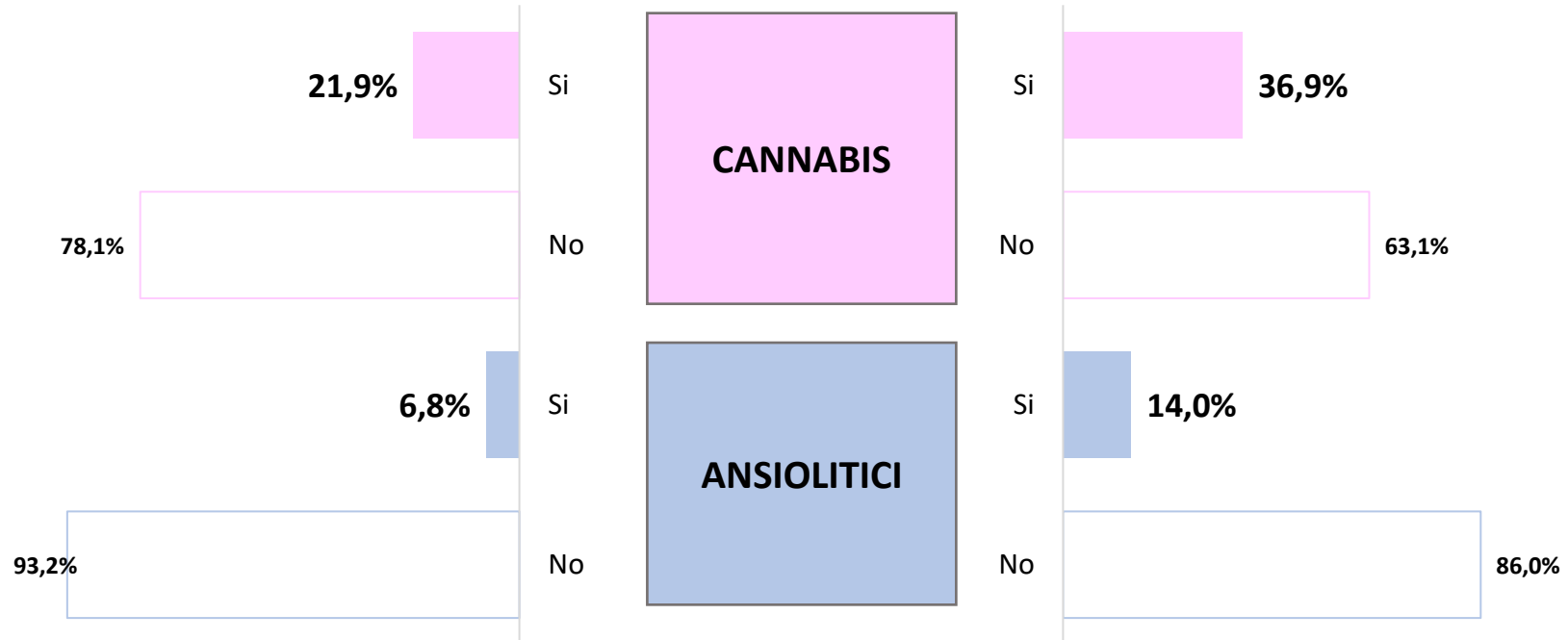


Elaborazioni Explora

SOCIAL MEDIA ADDICTION 14-17 aa

Assenza social media addiction

Presenza social media addiction



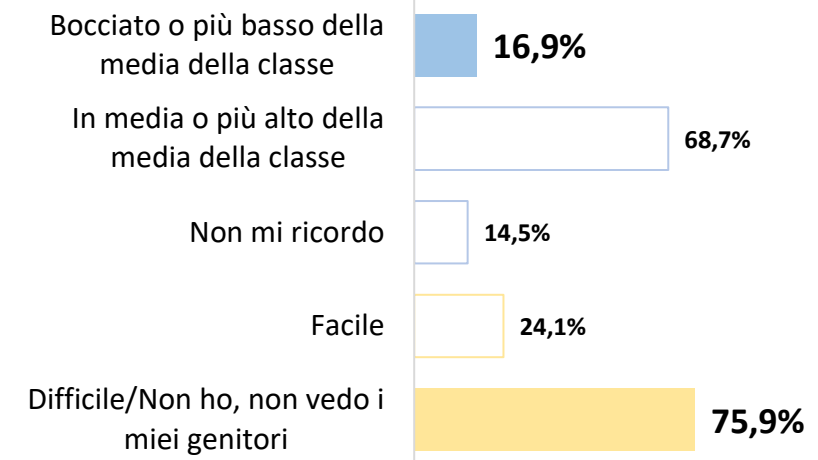
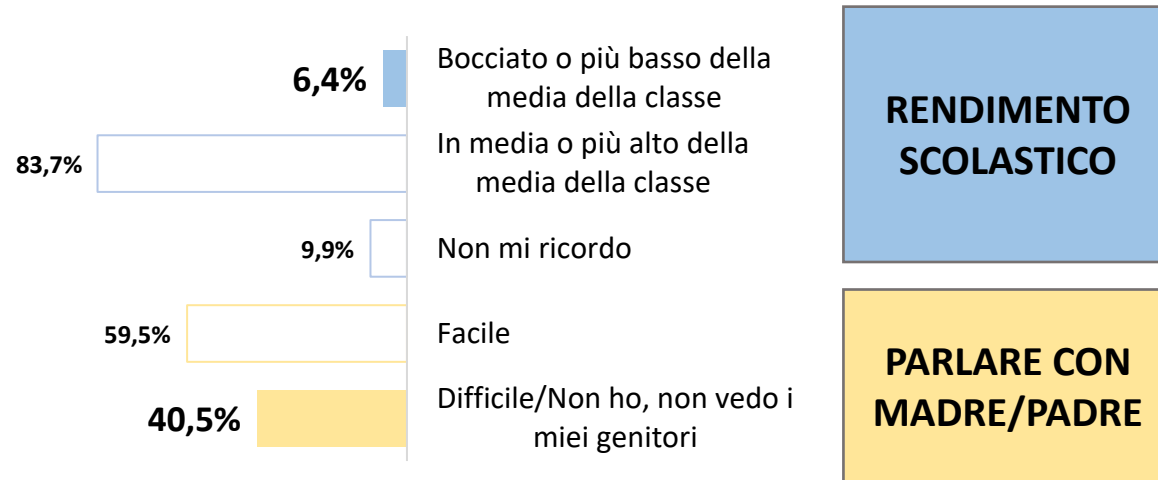
Elaborazioni Explora

SOCIAL MEDIA ADDICTION

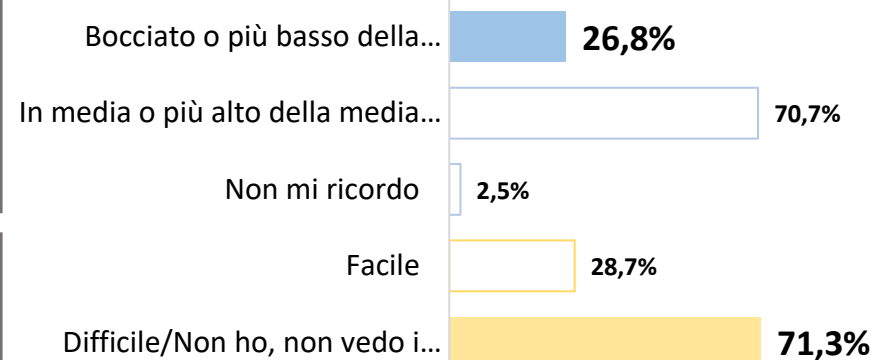
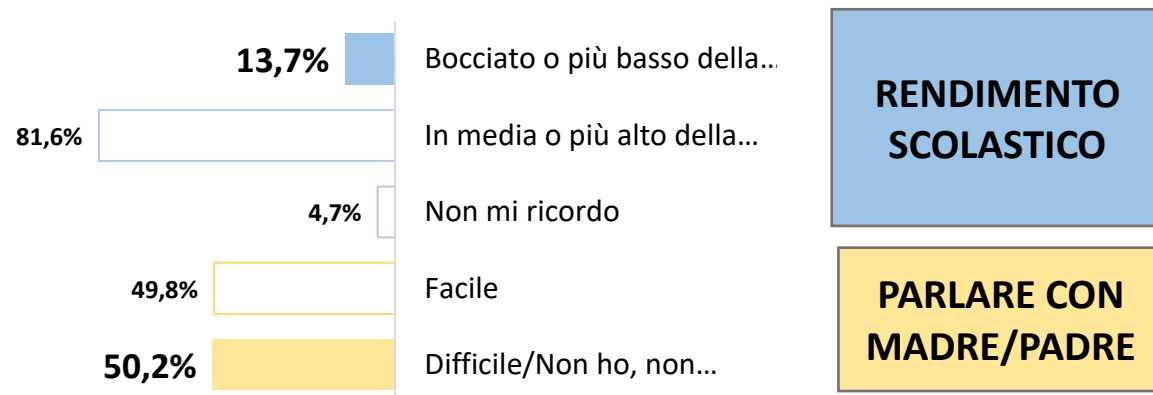
Assenza social media addiction

Presenza social media addiction

11-13 anni

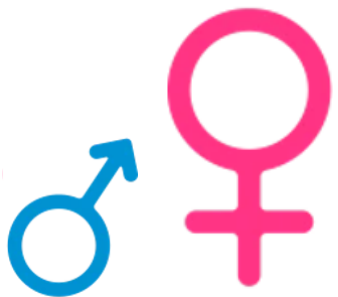


14-17 anni



Elaborazioni Explora

Social media addiction: fattori associati



Sesso femminile



ansia



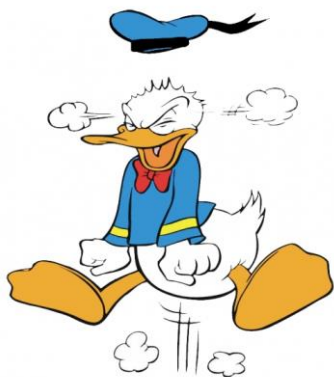
depressione



Addormentamento
difficile



Dormire meno di
6 ore/notte



impulsività



Doxing
praticato/subito



Fumo, alcol,
ubriacatura ultimo mese



Difficoltà a parlare con i
genitori



Basso rendimento
scolastico

Social media addiction 14-17 anni– fattori associati



morphing



Sexting
inviato/ricevuto



cannabis



ansiolitici

SOCIAL MEDIA ADDICTION* - ODDS RATIO 11-13 e 14-17 ANNI

* Scala BSMAS - Bergen Social Media Addiction Scale (Monacis et al., 2017). Cut-off definito da Luo et al., 2021.

Considerando tutti i fattori significativamente associati alla **social media addiction**, quelli che hanno un peso maggiore sono i seguenti:

11-13 ANNI

ANSIA SOCIALE GRAVE/MOLTO GRAVE – **OR 10,12**

ALTA IMPULSIVITA' – **OR 5,45**

ANSIA SOCIALE MODERATA – **OR 4,43**

14-17 ANNI

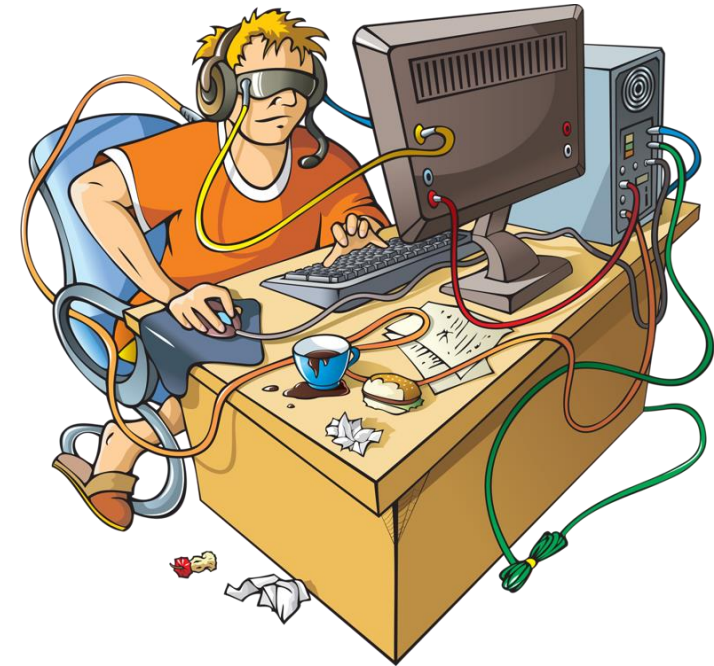
ANSIA SOCIALE GRAVE/MOLTO GRAVE – **OR 5,23**

DEPRESSIONE MODERA. GRAVE/GRAVE – **OR 3,38**

BOCCIATO/RENDIMENTO < MEDIA CLASSE – **OR 3,1**

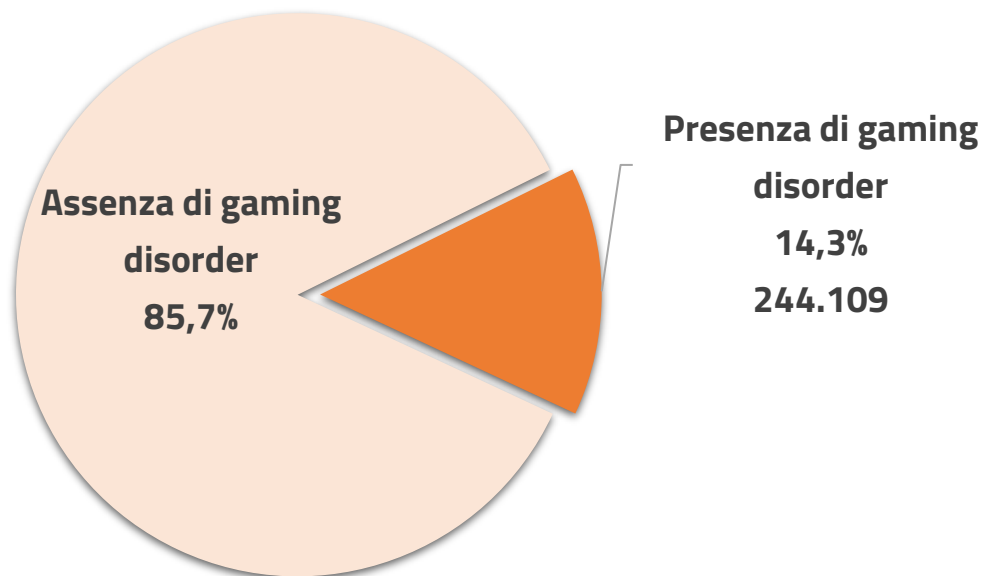
Elaborazioni Explora

INTERNET GAMING DISORDER (dipendenza da videogiochi online)

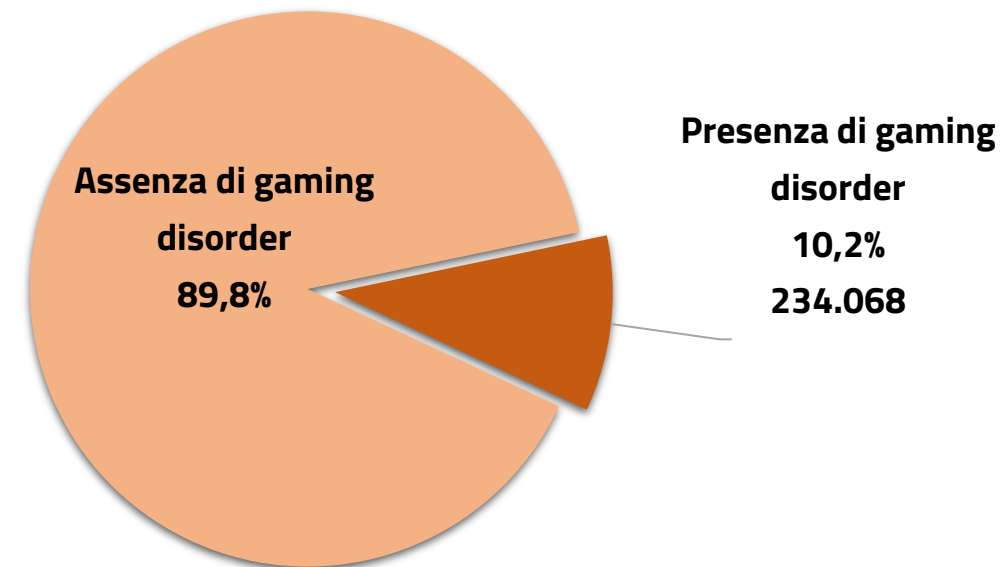


GAMING DISORDER* - PREVALENZA % DI STUDENTI

STUDENTI 11-13 ANNI



STUDENTI 14-17 ANNI



* Scala IGDS9-SF - Internet Gaming Disorder Scale Short-Form (Monacis et al., 2016)

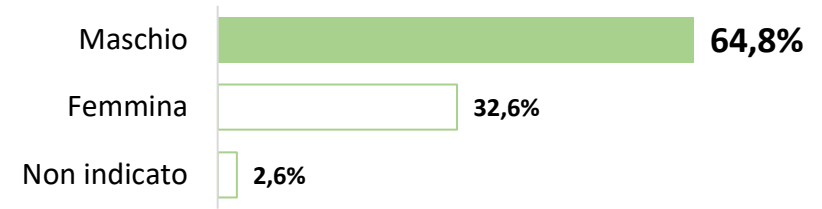
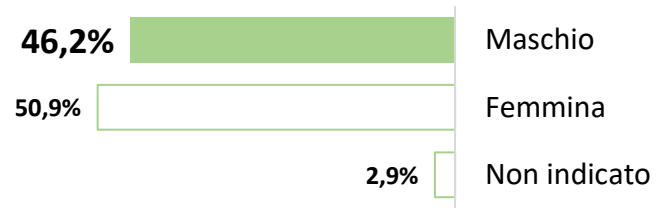
Elaborazioni Explora

GAMING DISORDER

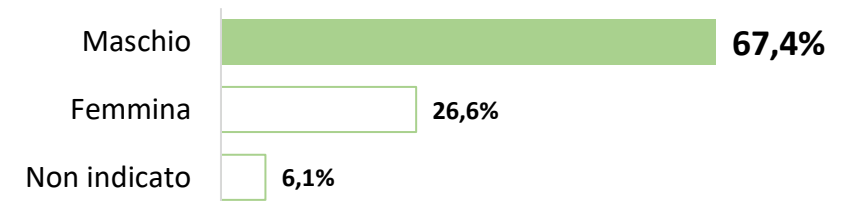
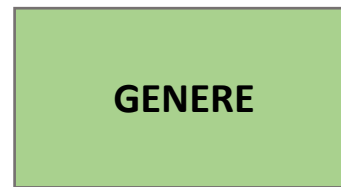
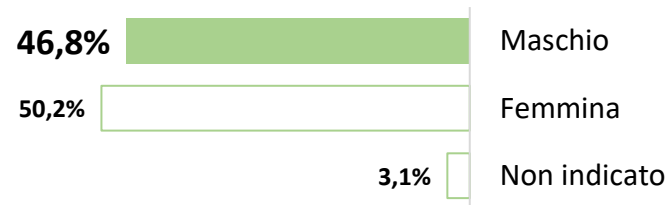
Assenza gaming disorder

Presenza gaming disorder

11-13 anni



14-17 anni

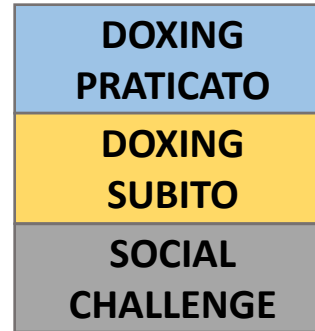
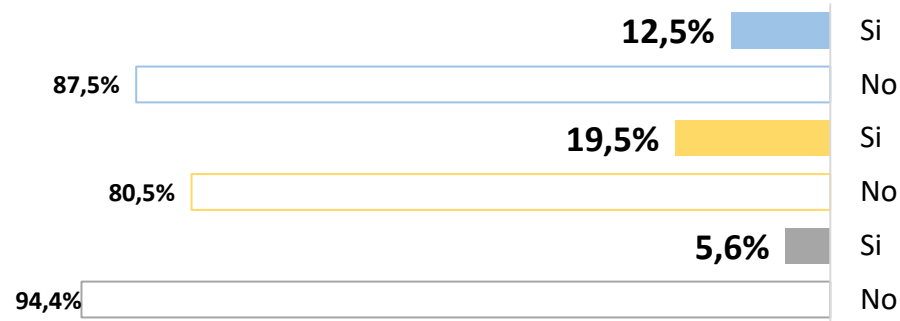


Elaborazioni Explora

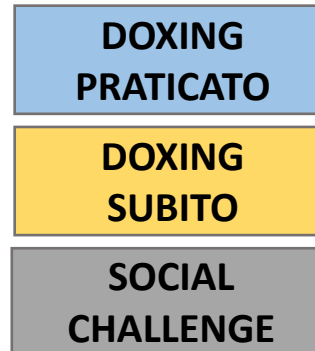
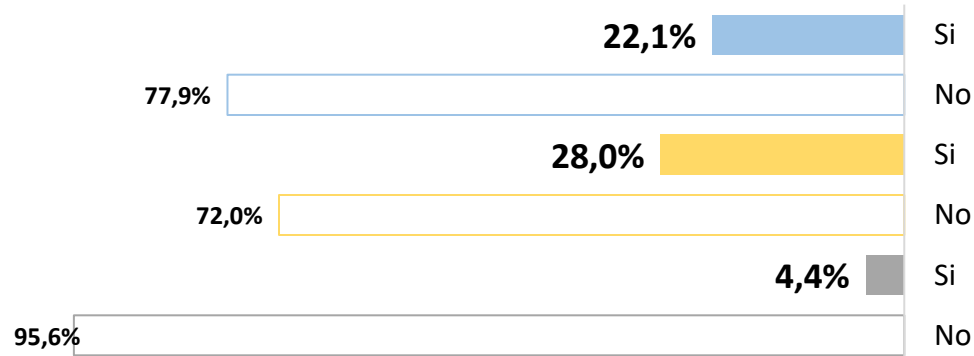
GAMING DISORDER

Assenza gaming disorder

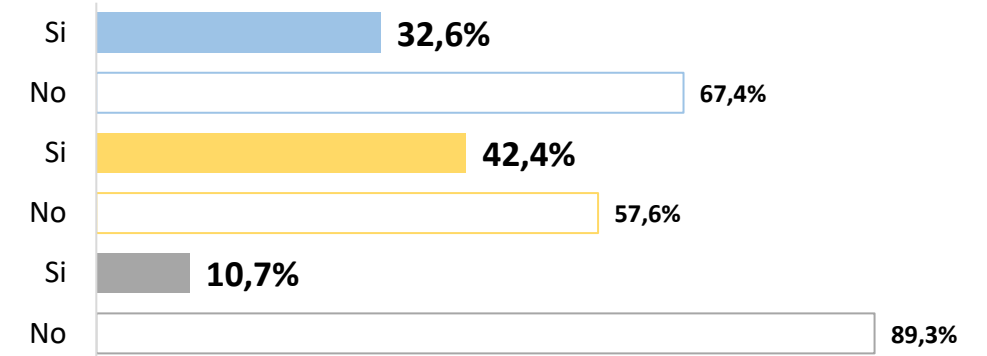
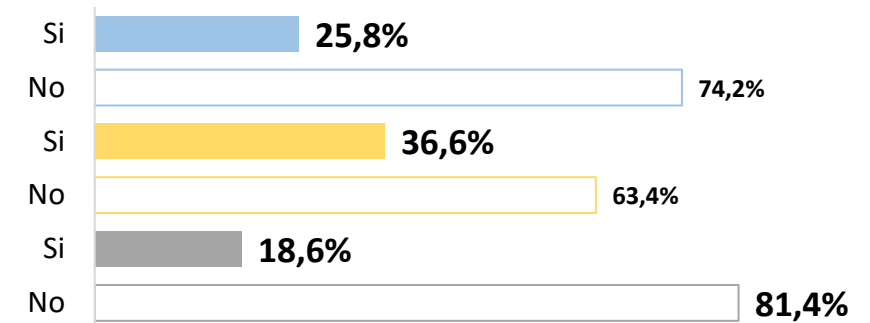
11-13 anni



14-17 anni



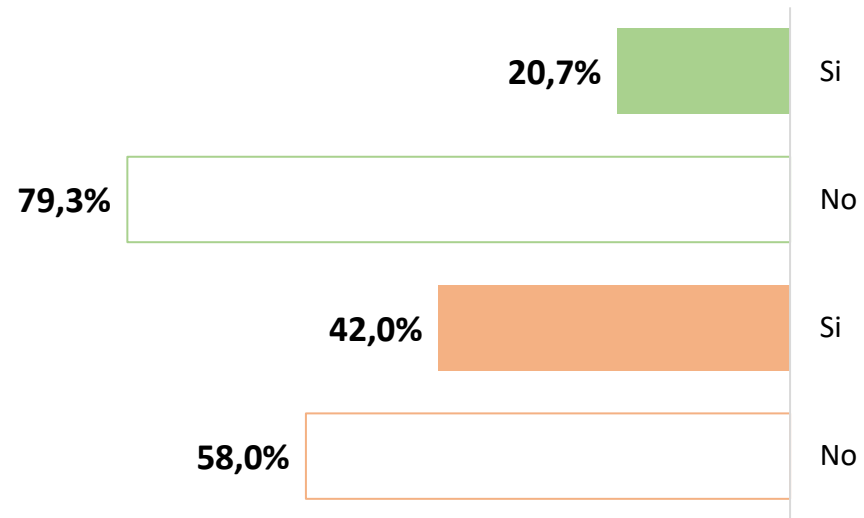
Presenza gaming disorder



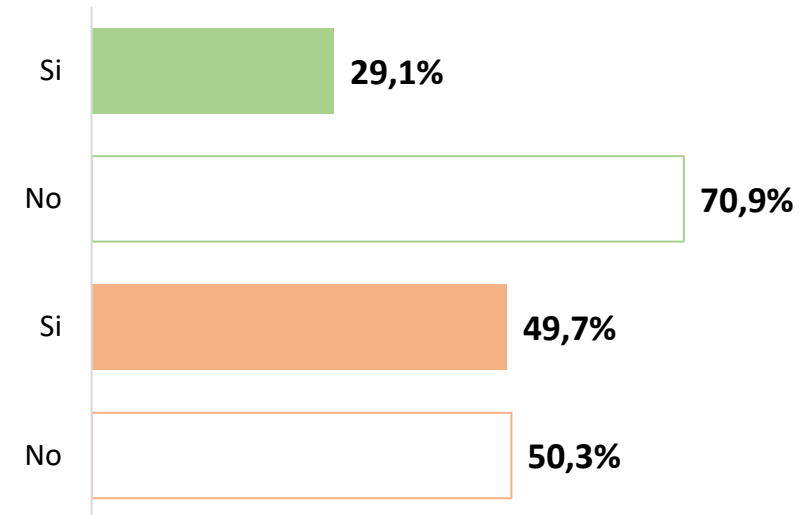
Elaborazioni Explora

GAMING DISORDER 14-17 aa

Assenza gaming disorder



Presenza gaming disorder

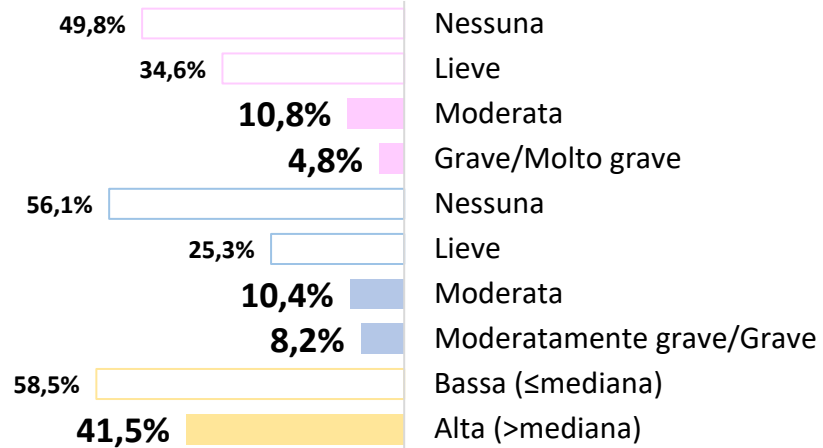


Elaborazioni Explora

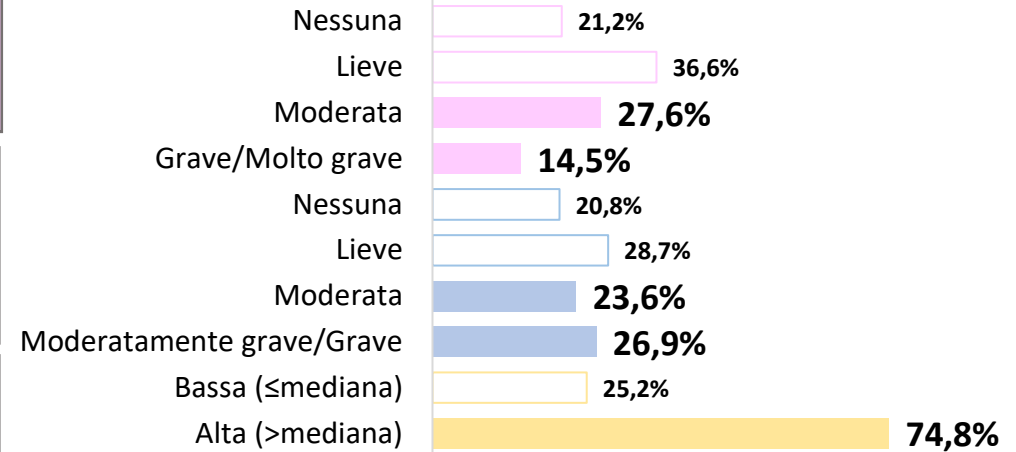
GAMING DISORDER

11-13 anni

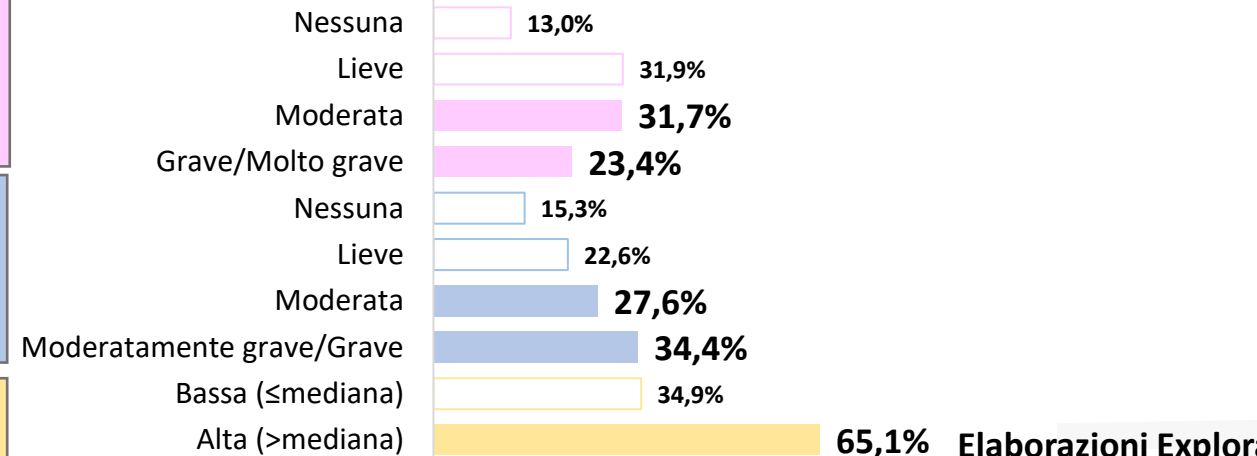
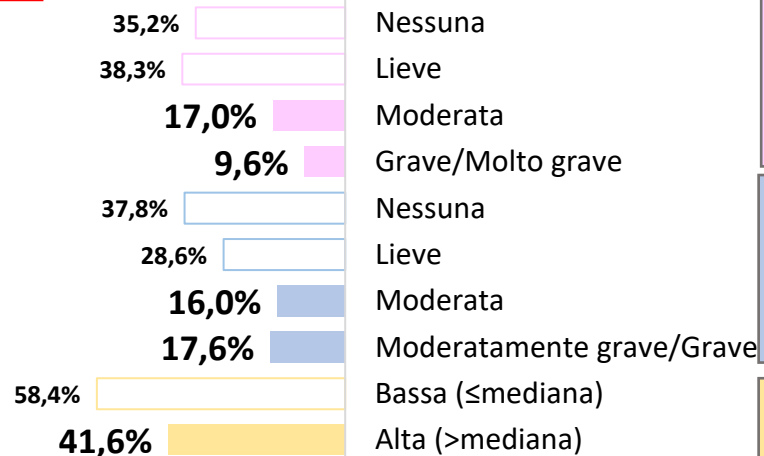
Assenza gaming disorder



Presenza gaming disorder



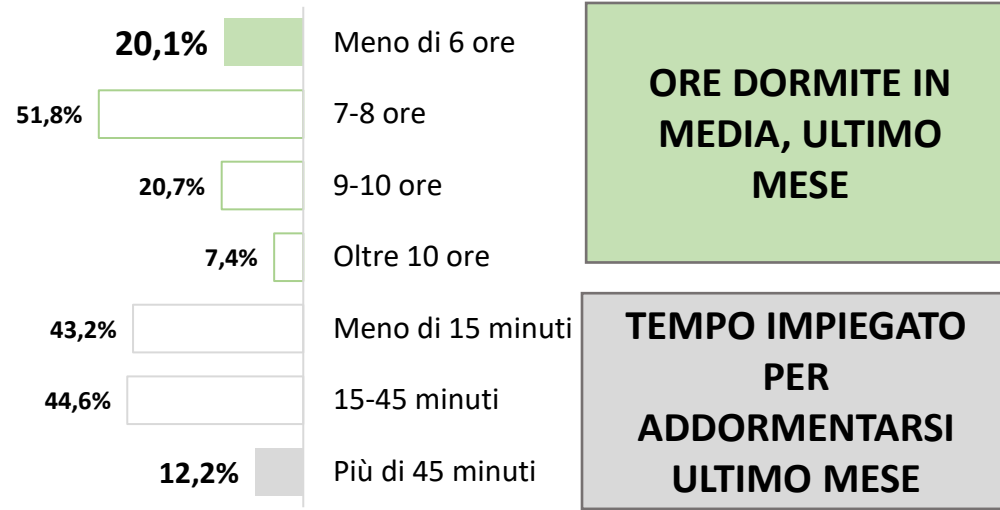
14-17 anni



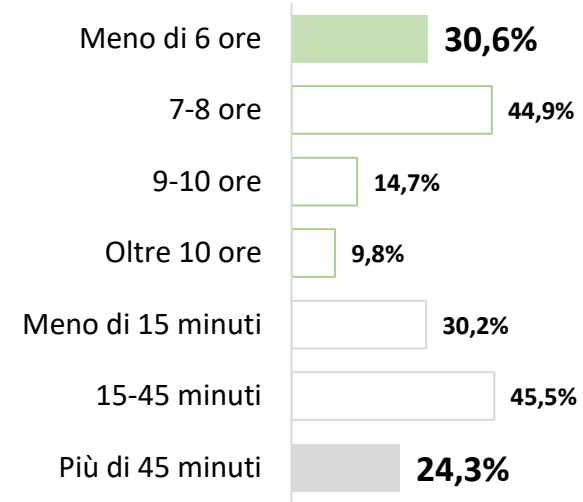
GAMING DISORDER

11-13 anni

Assenza gaming disorder



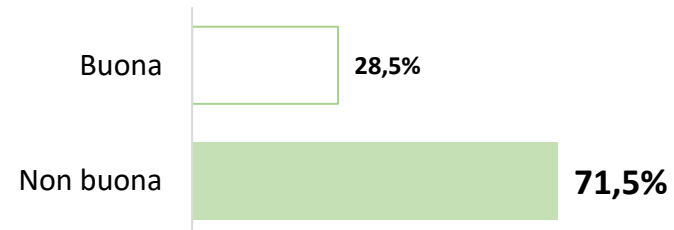
Presenza gaming disorder



14-17 anni



QUALITÀ DEL SONNO

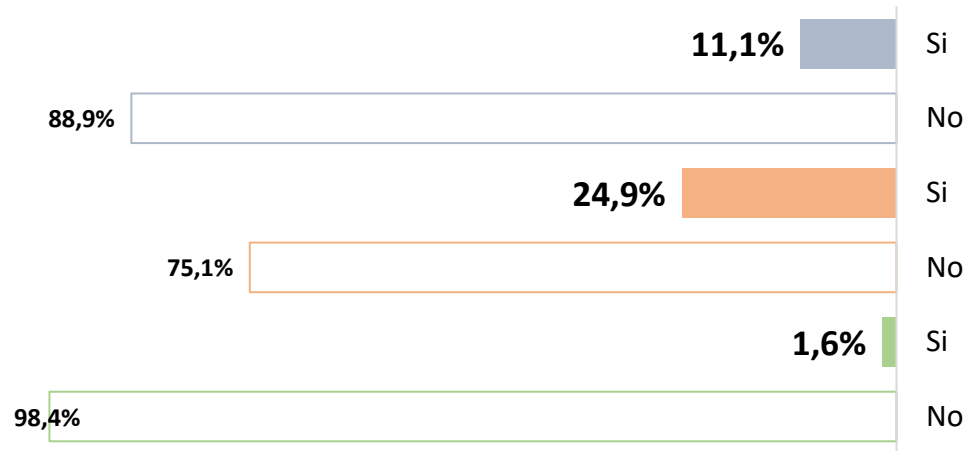


Elaborazioni Explora

GAMING DISORDER

11-13 anni

Assenza gaming disorder

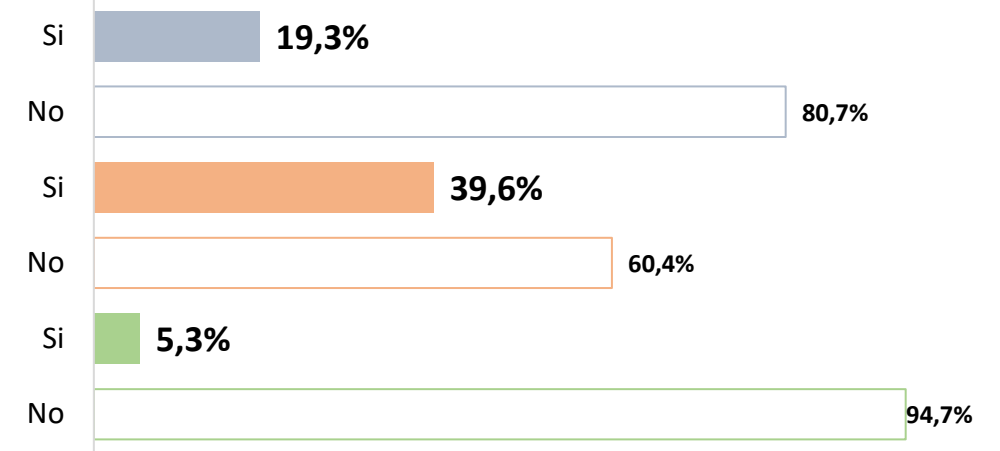


FUMO

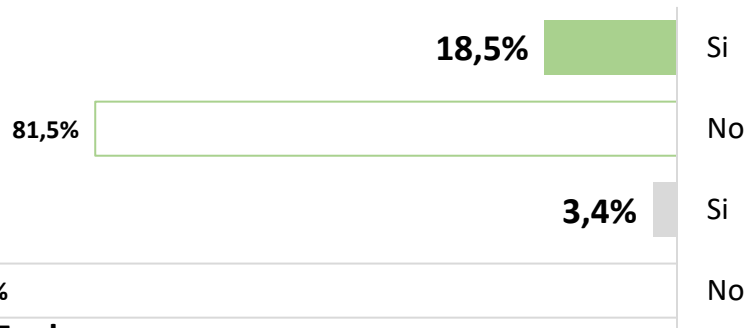
ALCOL

UBRIACATURE,
ULTIMO MESE

Presenza gaming disorder

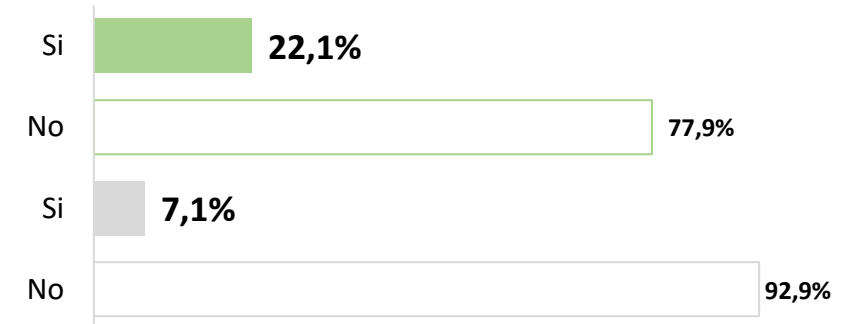


14-17 anni



UBRIACATURE,
ULTIMO MESE

ALTRE SOSTANZE

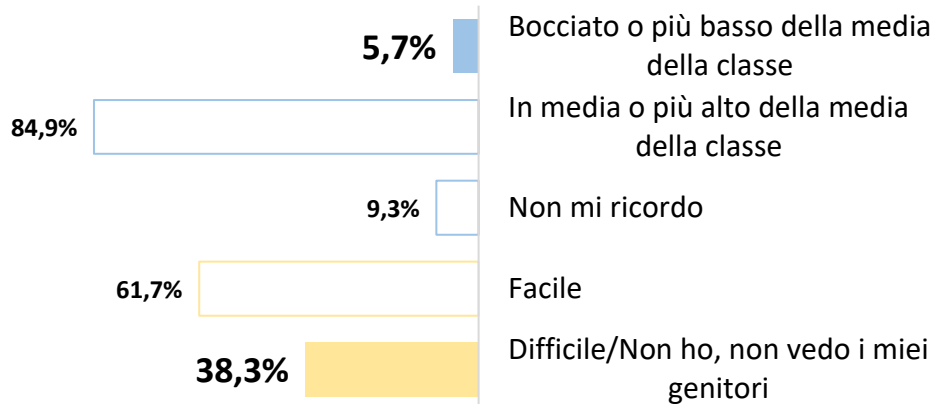


Elaborazioni Explora

GAMING DISORDER

11-13 anni

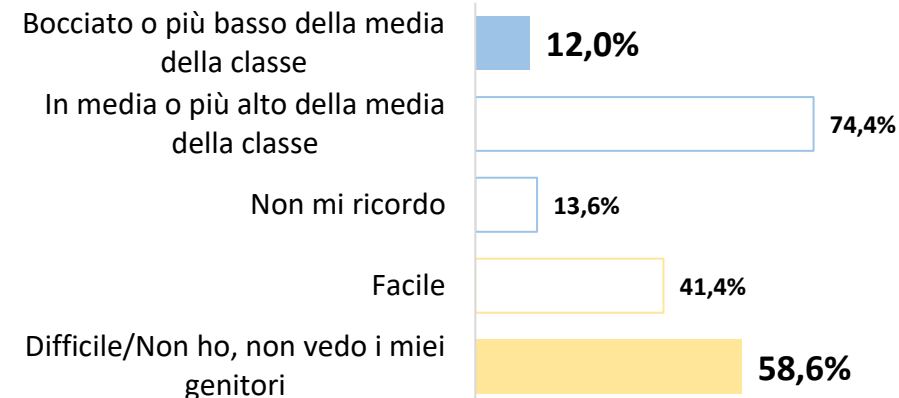
Assenza gaming disorder



RENDIMENTO SCOLASTICO

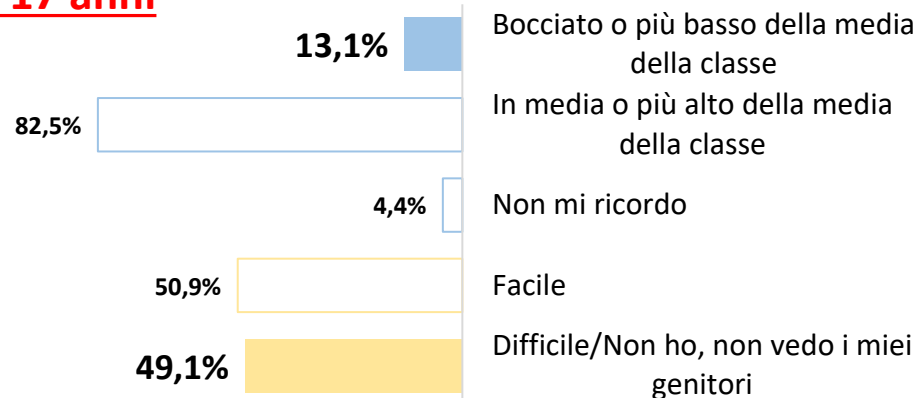
PARLARE CON MADRE/PADRE

Presenza gaming disorder



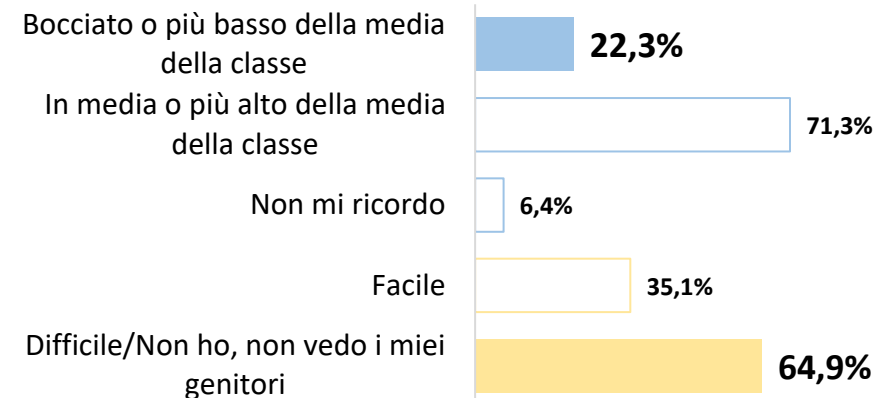
14-17 anni

Assenza gaming disorder



RENDIMENTO SCOLASTICO

PARLARE CON MADRE/PADRE



Elaborazioni Explora

Gaming disorder: fattori associati



Sesso maschile



ansia



depressione



impulsività



Fumo, alcol,
ubriacatura ultimo mese



Addormentamento
difficile



Dormire meno di
6 ore/notte



Difficoltà a parlare con i
genitori



Basso rendimento
scolastico



Doxing
praticato/subito

Social challenge



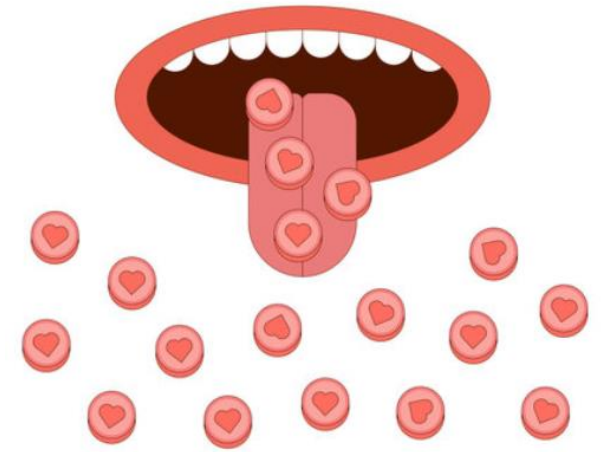
Gaming disorder 14-17 anni– fattori associati



Sexting
inviato/ricevuto



Ubriacatura ultimo
mese



Uso di altre sostanze
psicoattive

GAMING DISORDER* - ODDS RATIO 11-13 e 14-17 ANNI

* Scala IGDS9-SF - Internet Gaming Disorder Scale Short-Form (Monacis et al., 2016)

Considerando tutti i fattori significativamente associati al **gaming disorder**, quelli che hanno un peso maggiore sono i seguenti:

11-13 ANNI

DEPRESSIONE MODER. GRAVE/GRAVE – **OR 5,54**

GENERE MASCHILE – **4,17**

DEPRESSIONE MODERATA – **OR 3,93**

ANSIA SOCIALE GRAVE/MOLTO GRAVE – **OR 3,65**

14-17 ANNI

GENERE MASCHILE – **OR 7,66**

ANSIA SOCIALE GRAVE/MOLTO GRAVE – **OR 5,80**

ANSIA SOCIALE MODERATA – **OR 4,29**

DEPRESSIONE MODERA. GRAVE/GRAVE – **OR 3,49**

DEPRESSIONE MODERATA – **OR 3,32**

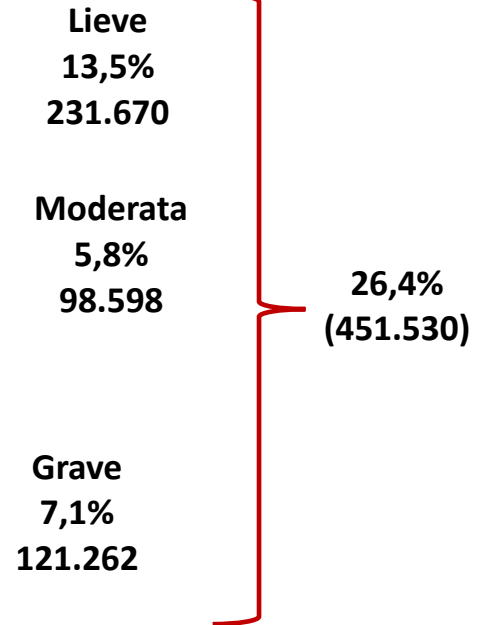
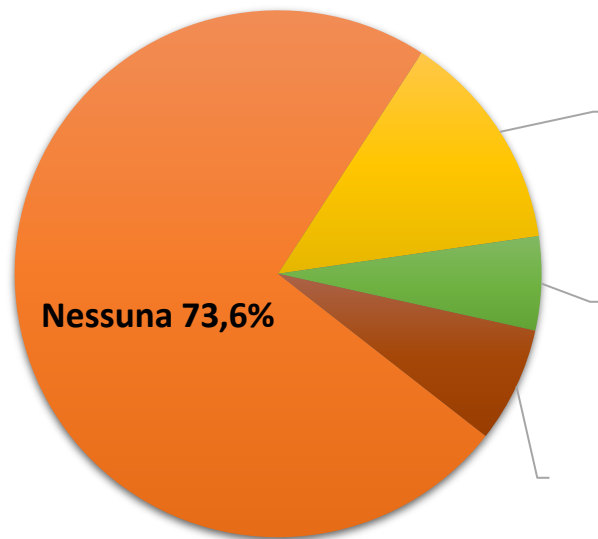
Elaborazioni Explora

FOOD ADDICTION

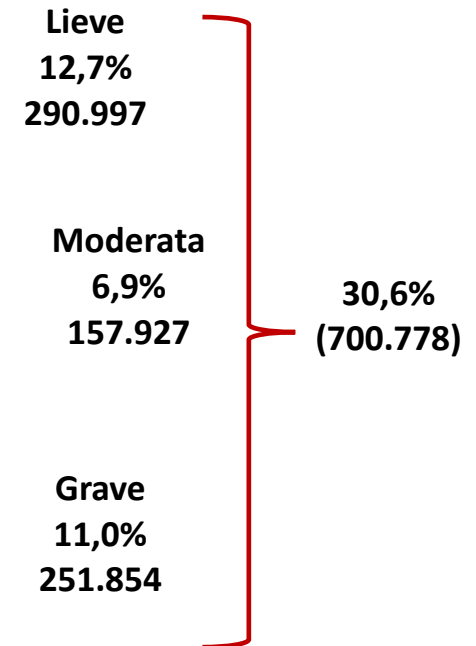
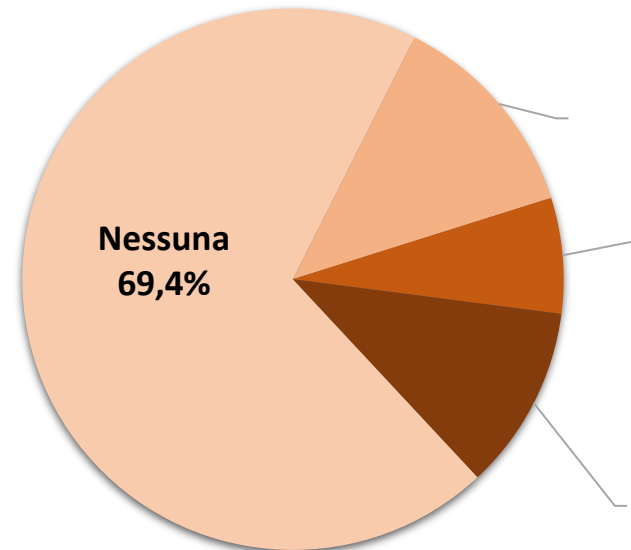


FOOD ADDICTION* - PREVALENZA % DI STUDENTI

STUDENTI 11-13 ANNI



STUDENTI 14-17 ANNI

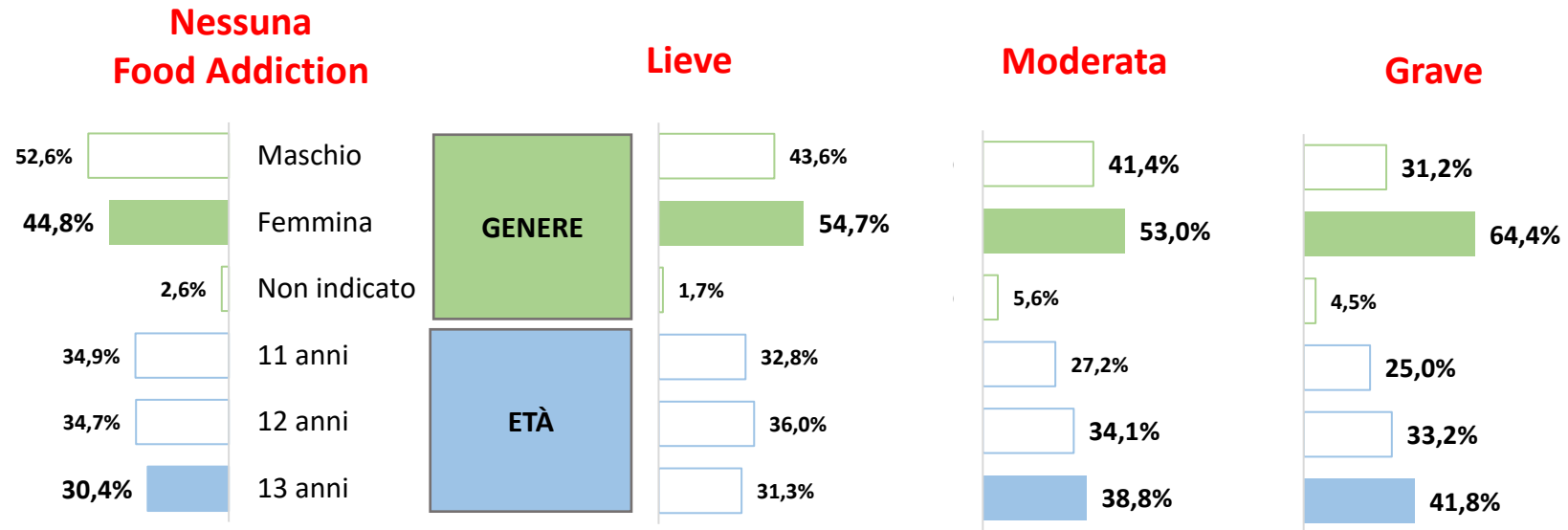


* Scala YFAS 20 - YALE FOOD ADDICTION SCALE (Aloi et al., 2017) – versione ridotta Anselmi P. & Colledani D.

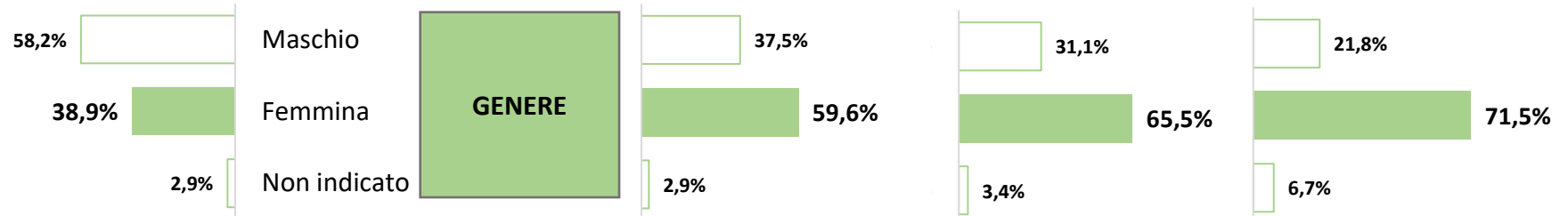
Elaborazioni Explora

Food addiction

11-13 anni



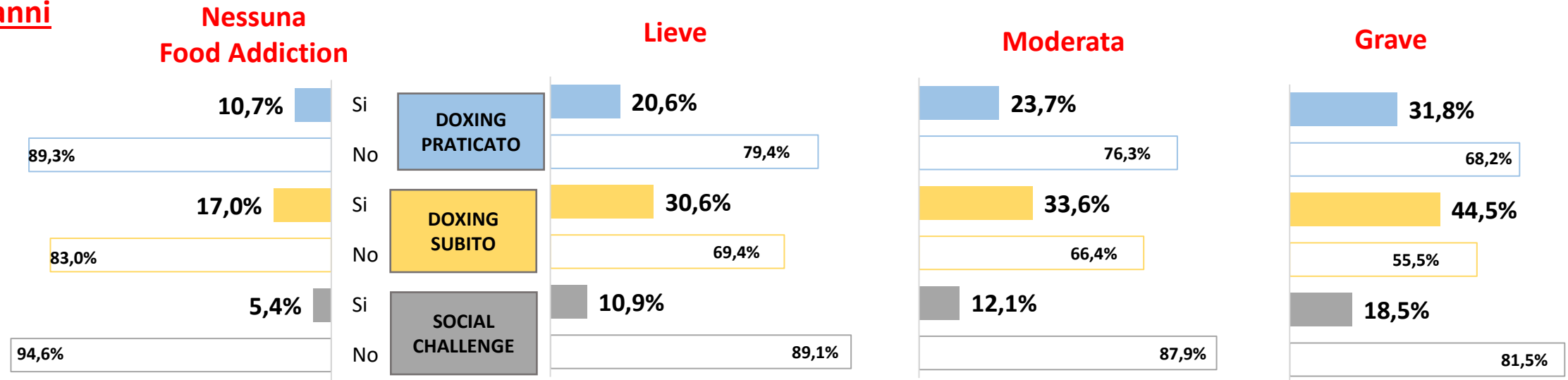
14-17 anni



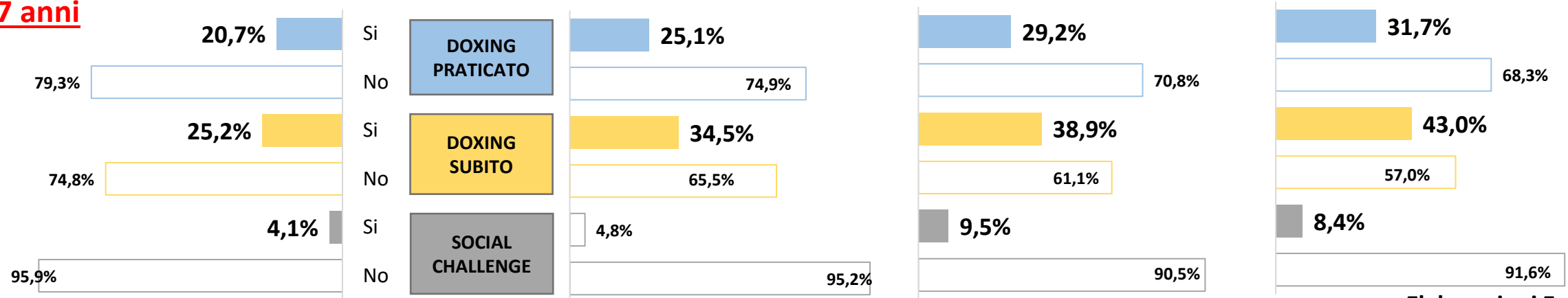
Elaborazioni Explora

Food addiction – Utilizzo problematico di Internet

11-13 anni



14-17 anni



Elaborazioni Explora

Food addiction – utilizzo problematico di internet

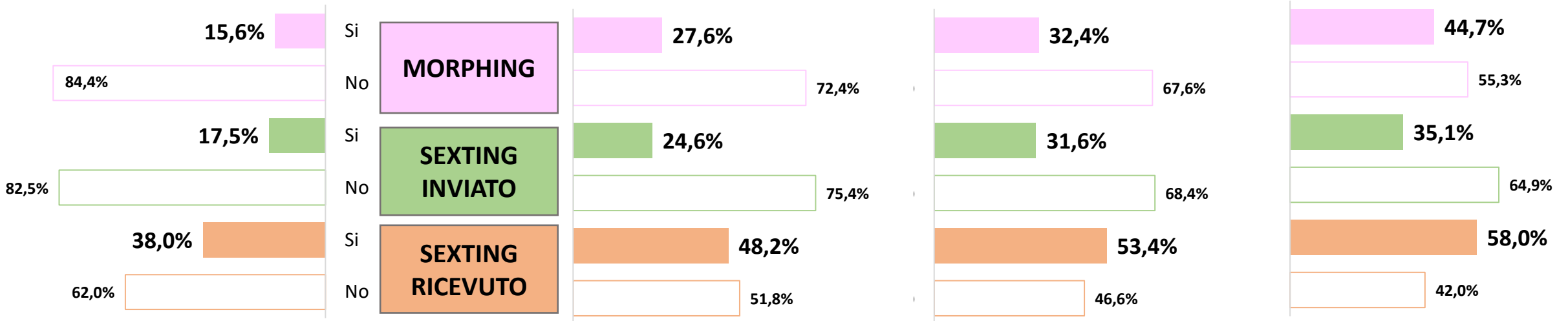
14-17 anni

**Nessuna
Food Addiction**

Lieve

Moderata

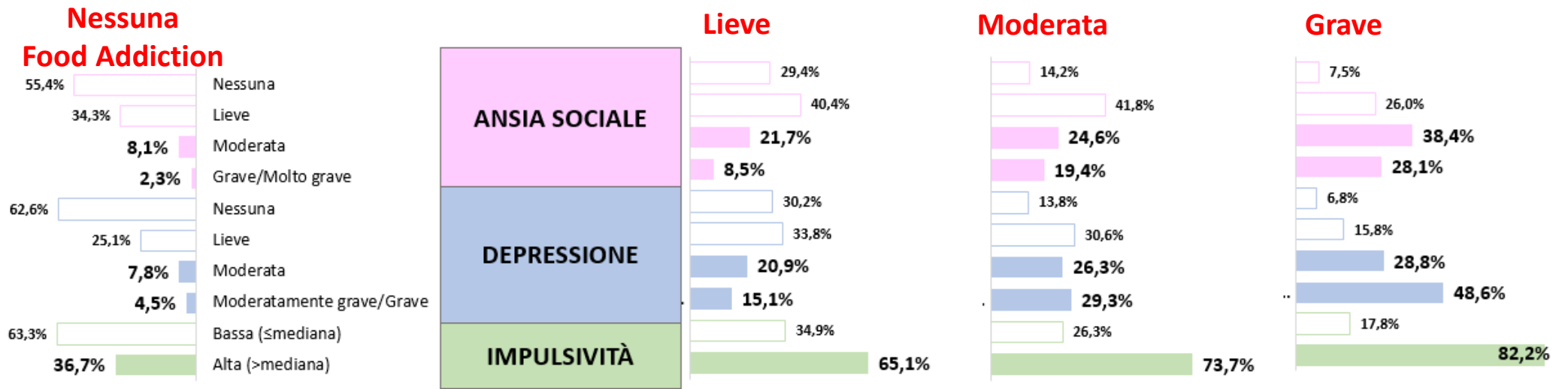
Grave



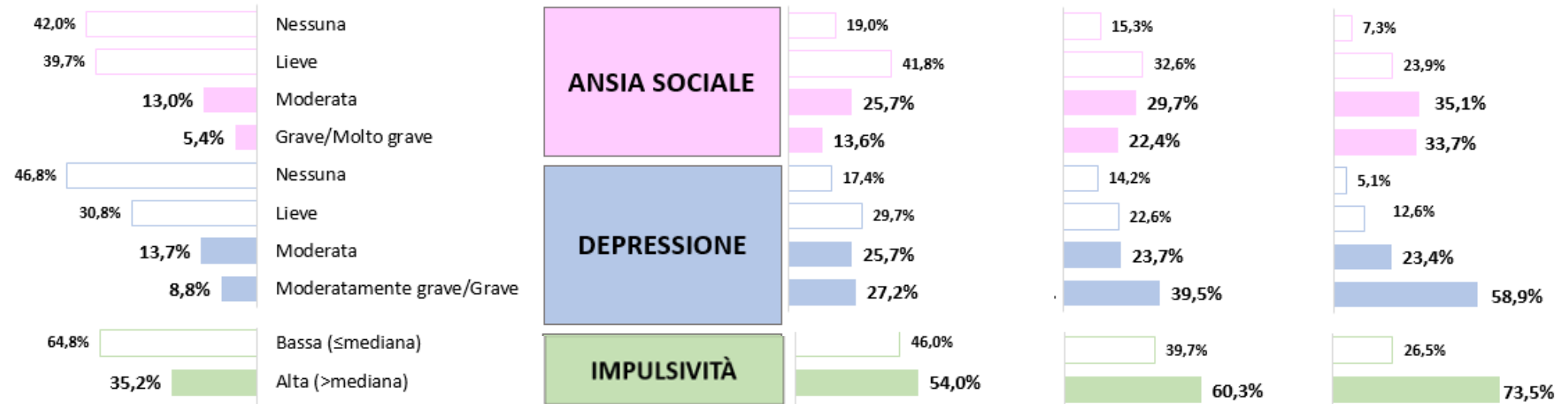
Elaborazioni Explora

Food addiction

11-13 anni



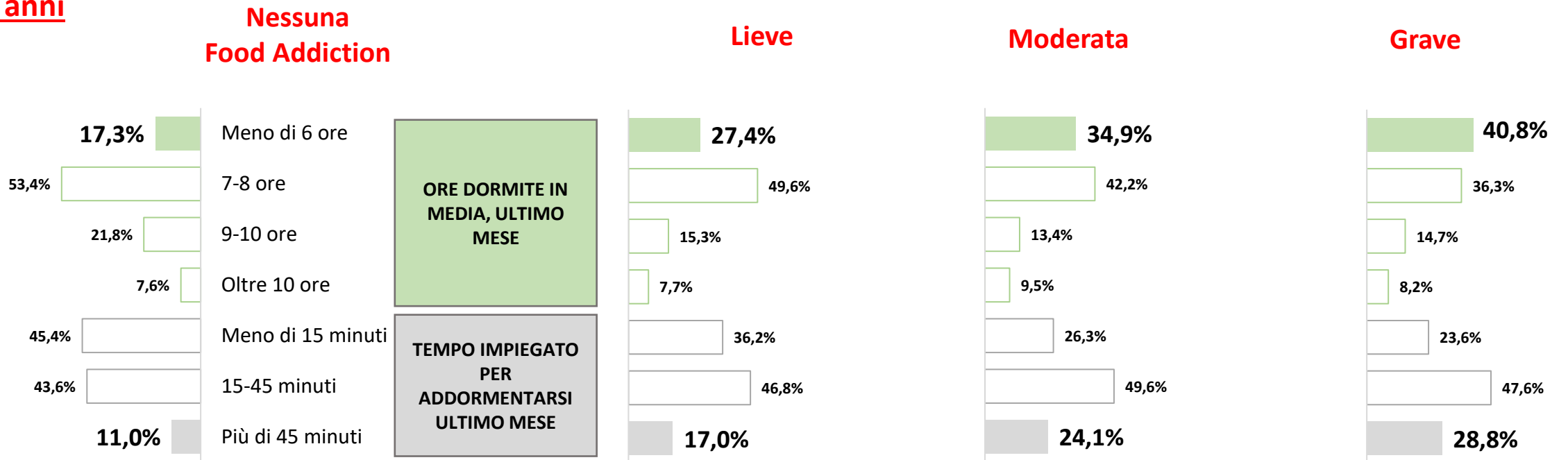
14-17 anni



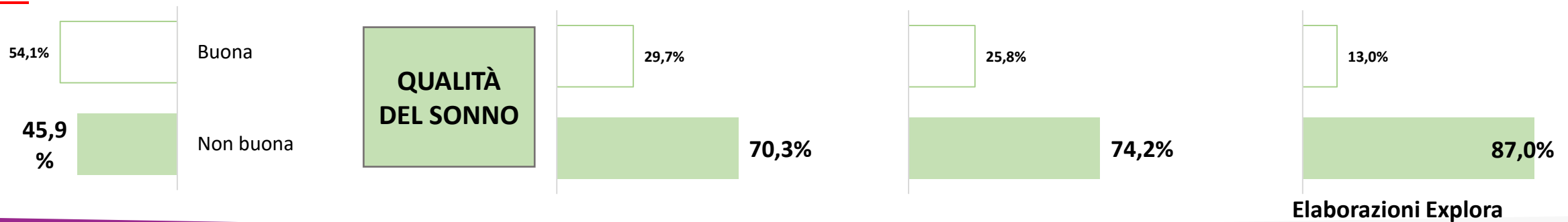
Elaborazioni Explora

Food addiction

11-13 anni



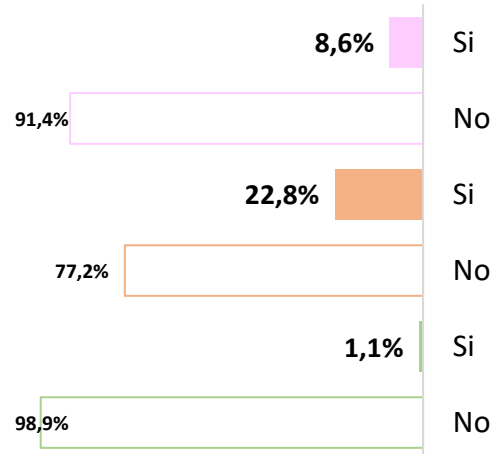
14-17 anni



Food addiction

11-13 anni

Nessuna Food Addiction

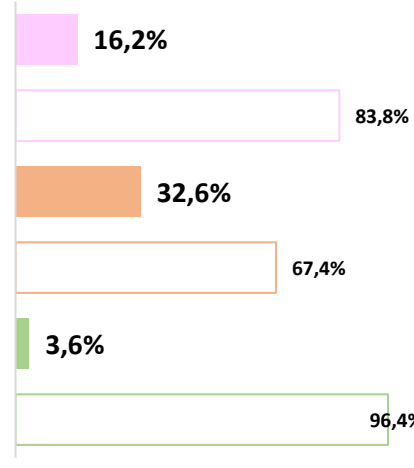


FUMO

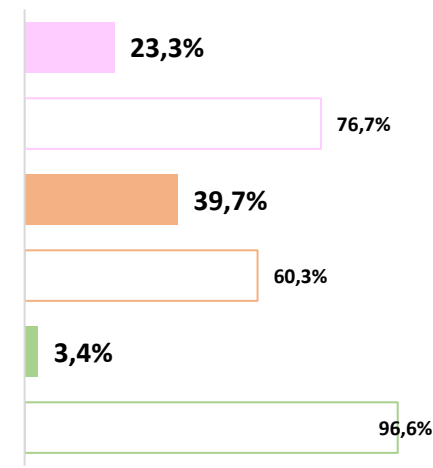
ALCOL

UBRIACATURE, ULTIMO MESE

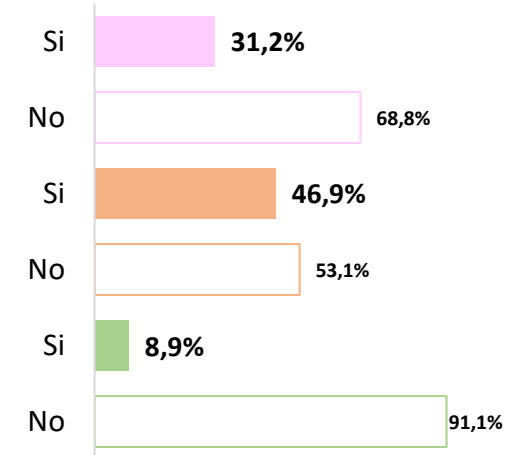
Lieve



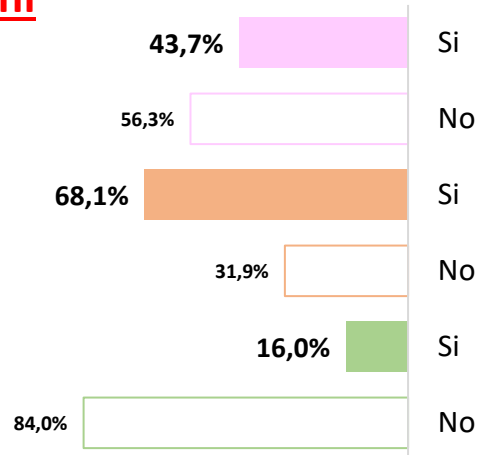
Moderata



Grave



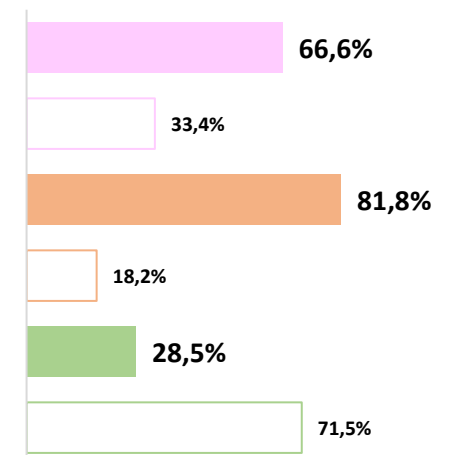
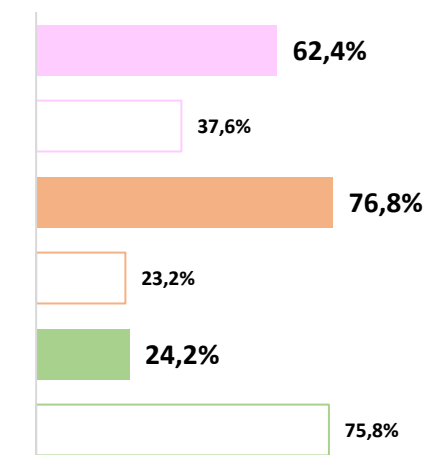
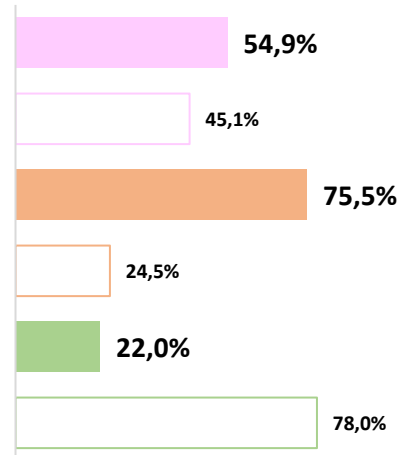
14-17 anni



FUMO

ALCOL

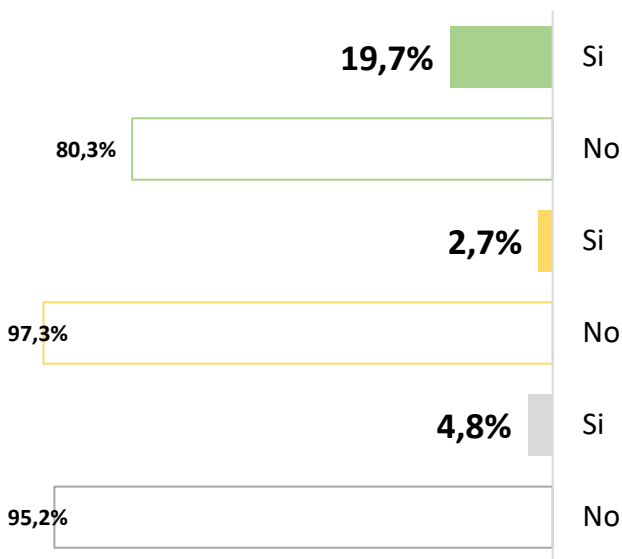
UBRIACATURE, ULTIMO MESE



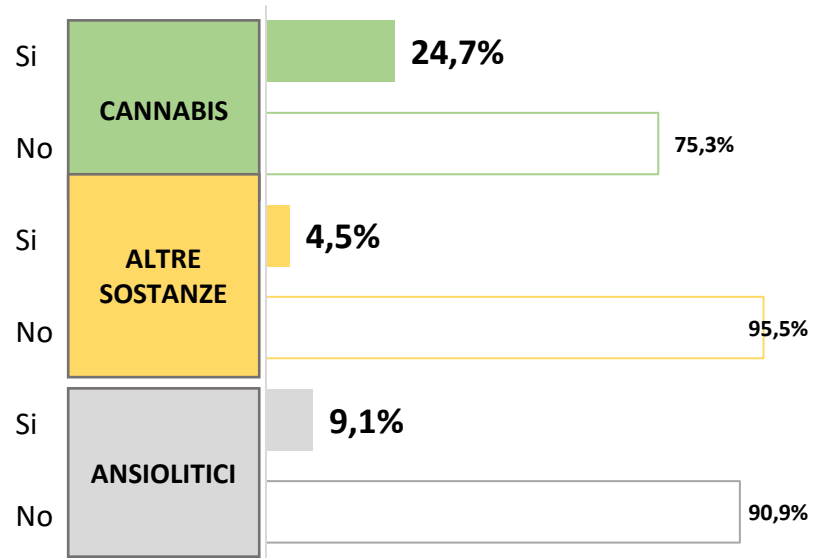
Elaborazioni Explora

Food addiction 14-17 anni

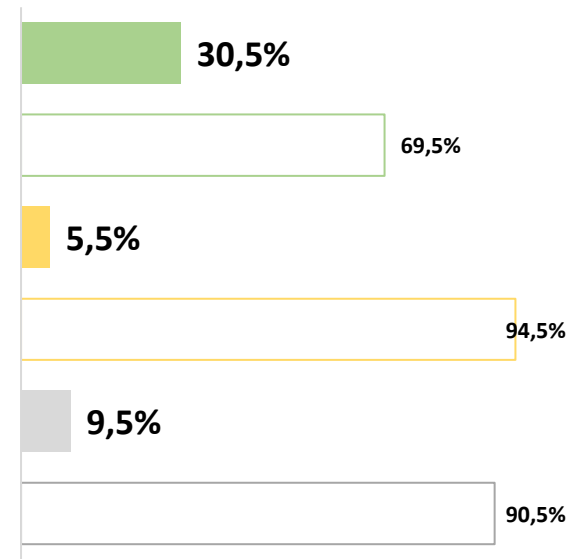
Nessuna Food Addiction



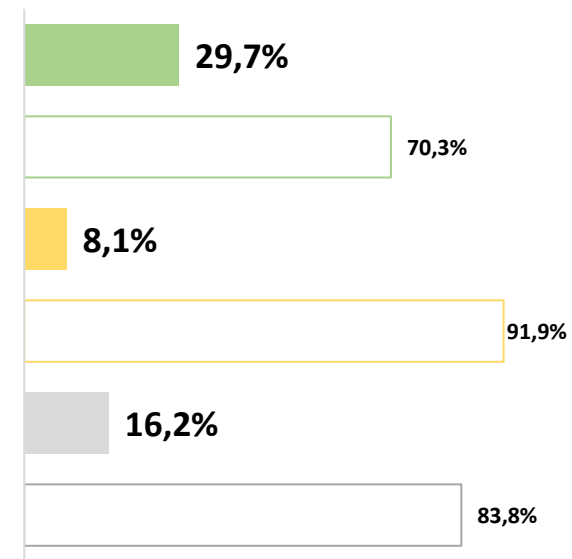
Lieve



Moderata



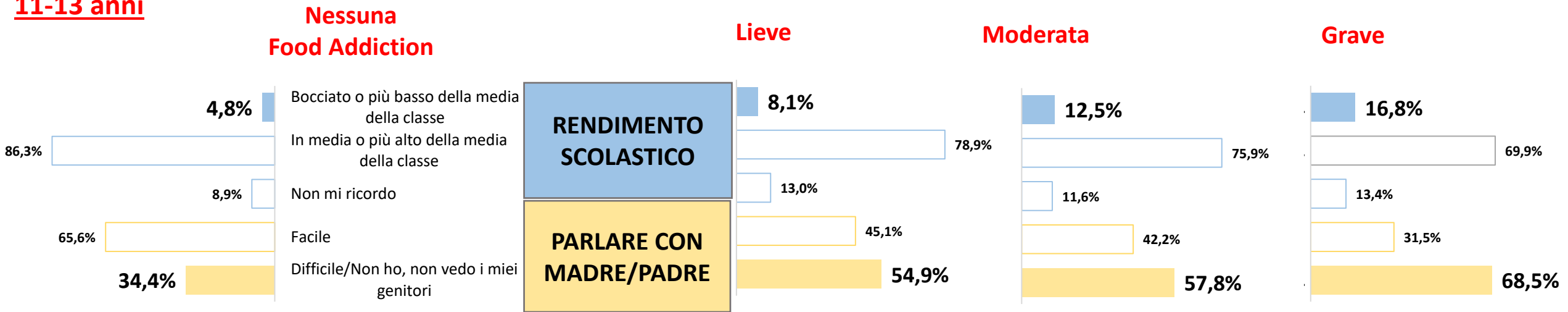
Grave



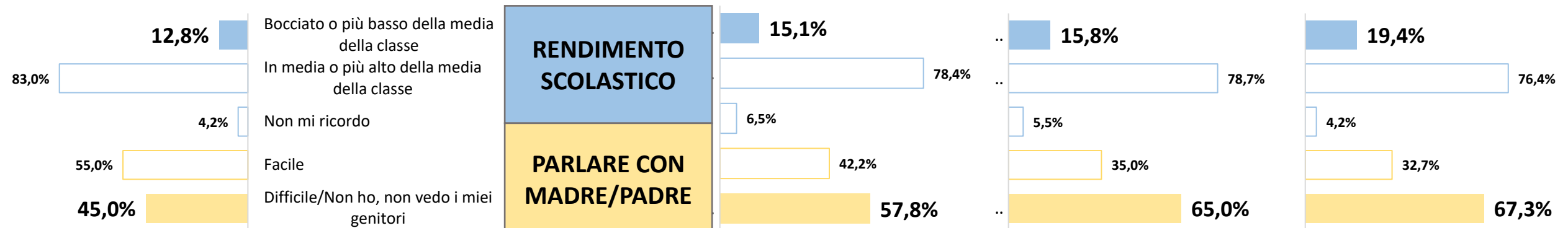
Elaborazioni Explora

Food addiction

11-13 anni

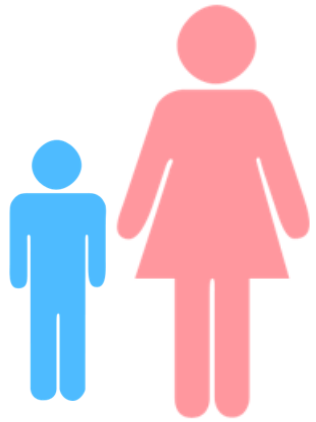


14-17 anni



Elaborazioni Explora

Food addiction: fattori associati



Sesso femminile



ansia



depressione



impulsività



Fumo, alcol,
ubriacatura ultimo mese



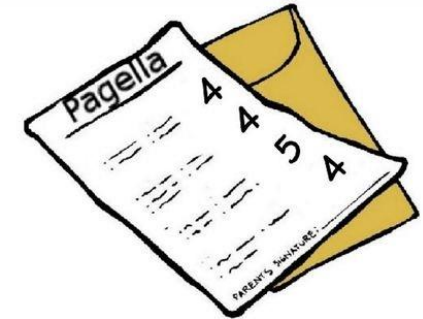
Addormentamento
difficile



Dormire meno di
6 ore/notte



Difficoltà a parlare con i
genitori



Basso rendimento
scolastico

Food addiction 14-17 anni– fattori associati



FOOD ADDICTION GRAVE* - ODDS RATIO 11-13 e 14-17 ANNI

* Scala YFAS 20 - YALE FOOD ADDICTION SCALE (Aloi et al., 2017) – versione ridotta Anselmi P. & Colledani D.

Considerando tutti i fattori significativamente associati alla **food addiction grave**, quelli che hanno un peso maggiore sono i seguenti:

11-13 ANNI

DEPRESSIONE MODER. GRAVE/GRAVE – **OR 11,62**

DEPRESSIONE MODERATA – **OR 6,55**

ANSIA SOCIALE GRAVE/MOLTO GRAVE – **OR 4,43**

ANSIA SOCIALE MODERATA – **OR 4,17**

14-17 ANNI

DEPRESSIONE MODERA. GRAVE/GRAVE – **OR 7,91**

DEPRESSIONE MODERATA – **OR 4,22**

ANSIA SOCIALE GRAVE/MOLTO GRAVE – **OR 2,44**

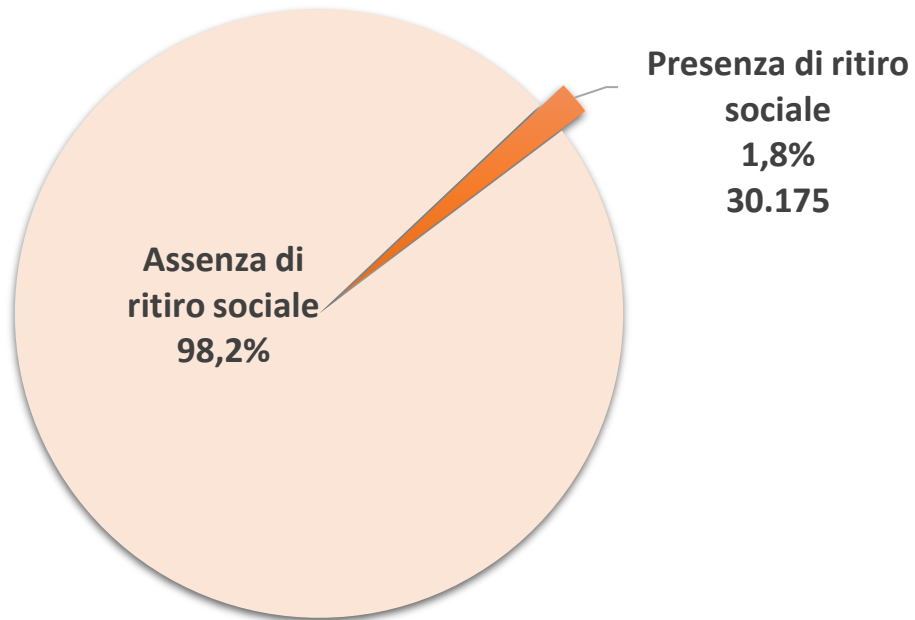
Elaborazioni Explora

RITIRO SOCIALE

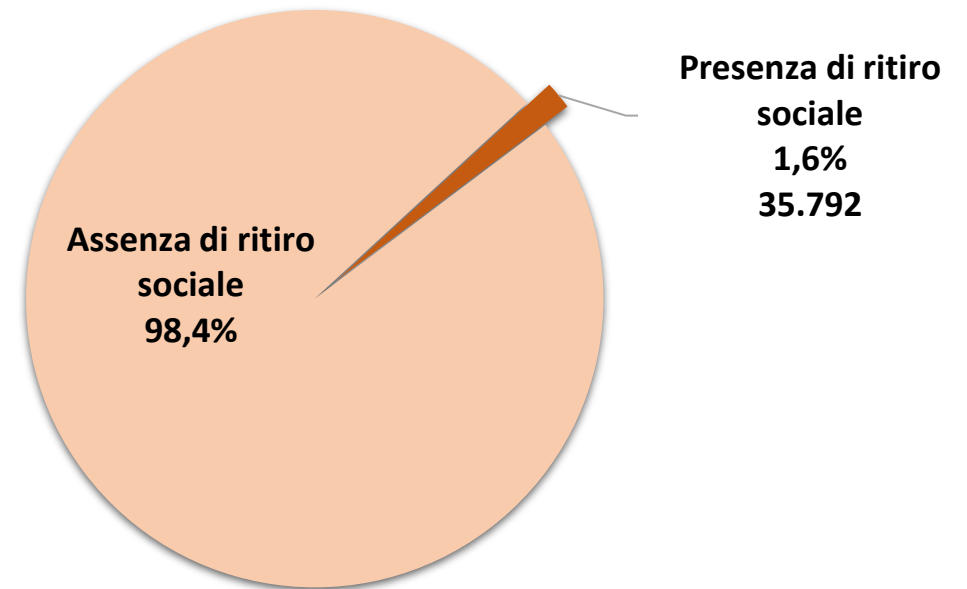


RITIRO SOCIALE* - PREVALENZA % DI STUDENTI

STUDENTI 11-13 ANNI



STUDENTI 14-17 ANNI



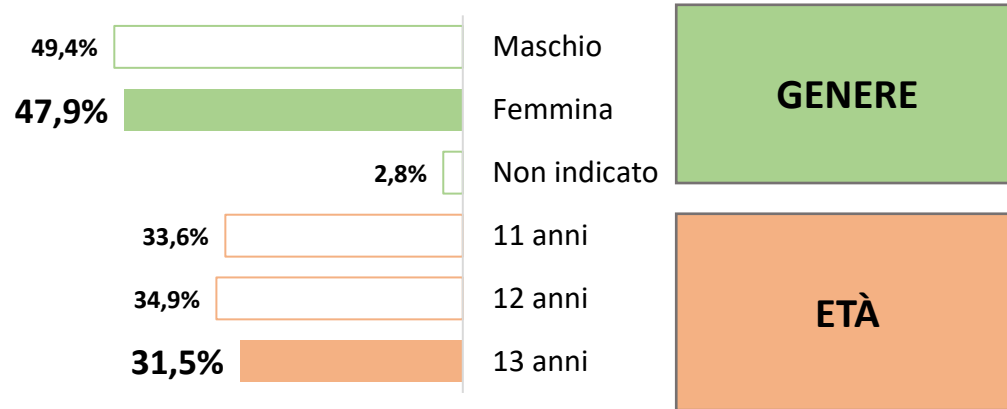
* Studenti che hanno indicato di essersi isolati tutti i giorni negli ultimi sei mesi.

Elaborazioni Explora

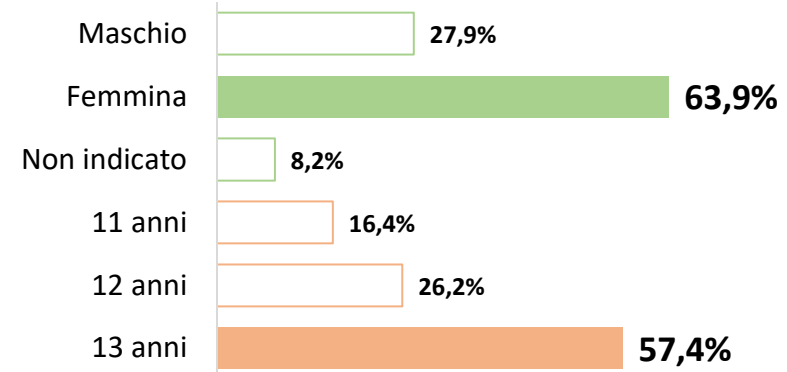
RITIRO SOCIALE

11-13 anni

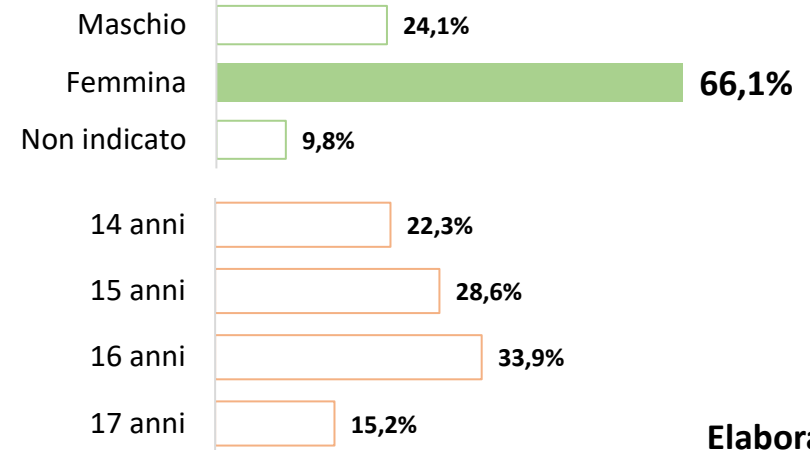
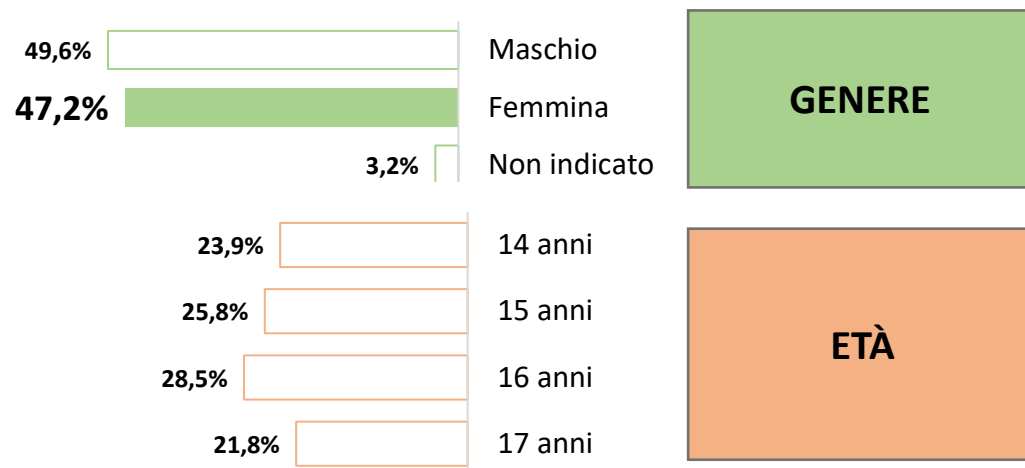
Assenza di ritiro sociale



Presenza di ritiro sociale



14-17 anni

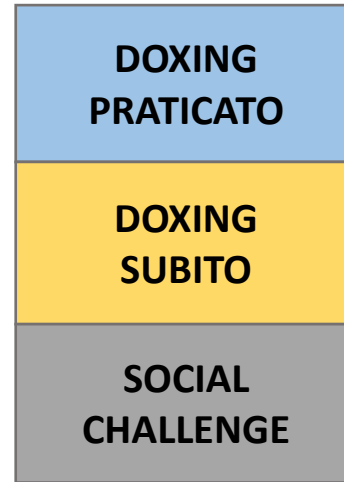
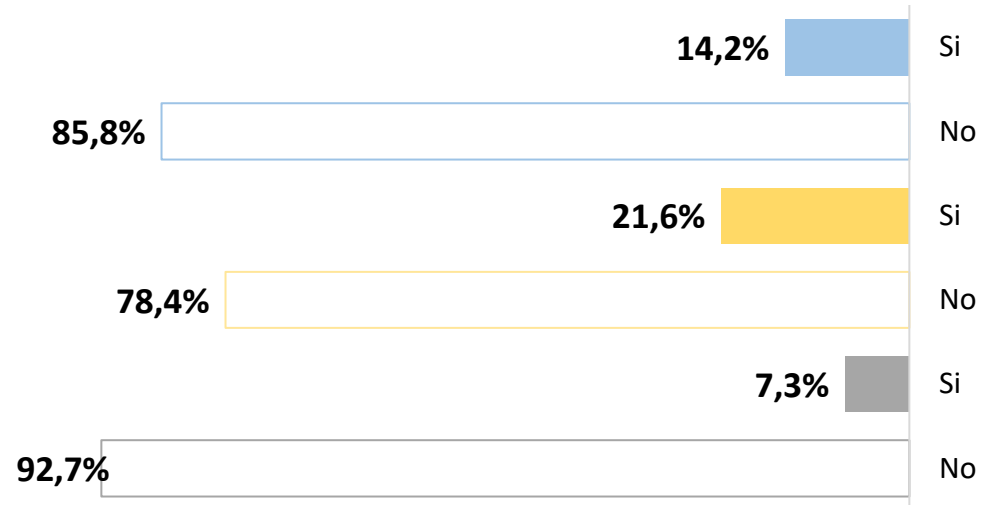


Elaborazioni Explora

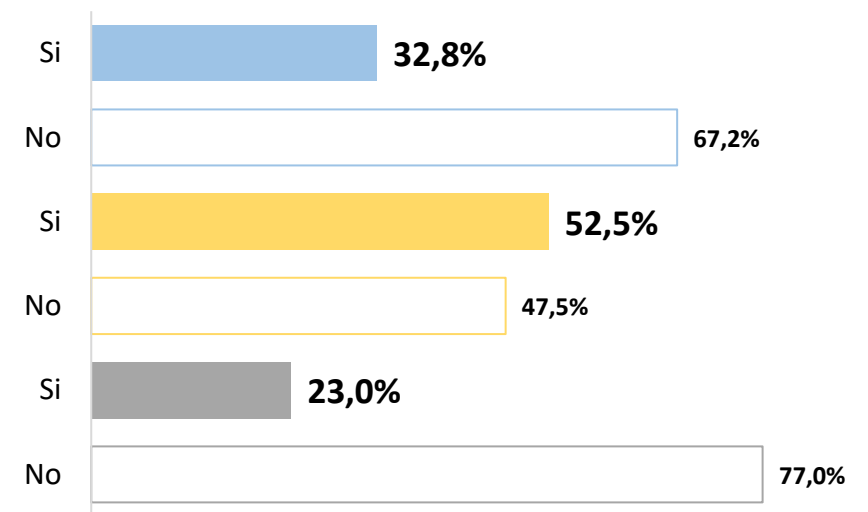
RITIRO SOCIALE

11-13 anni

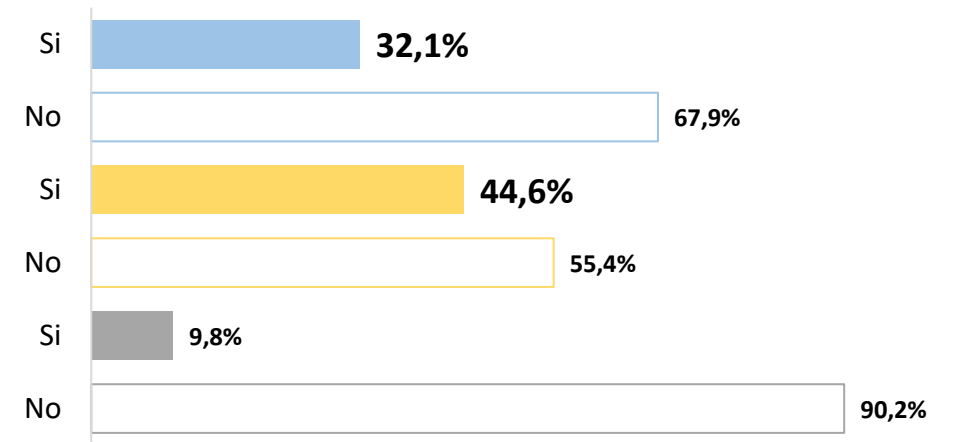
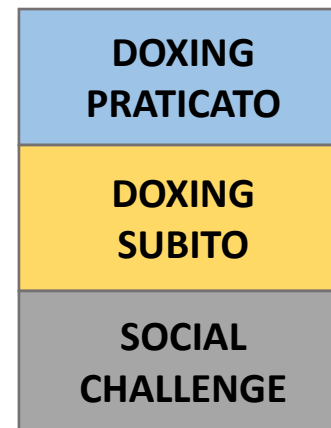
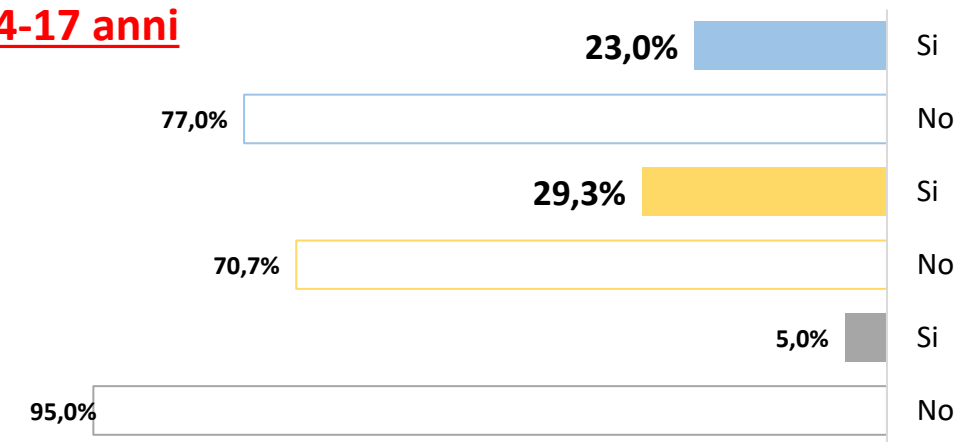
Assenza di ritiro sociale



Presenza di ritiro sociale



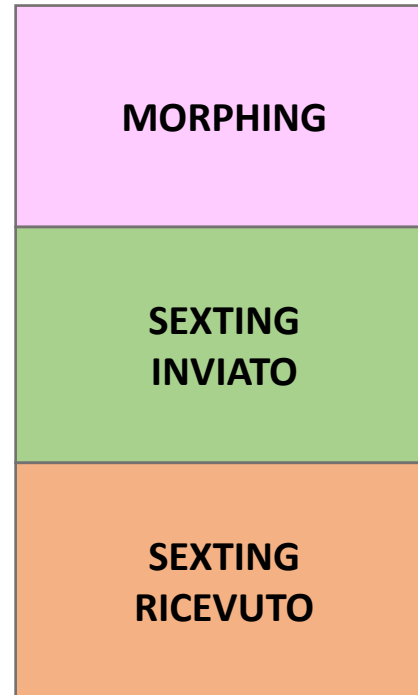
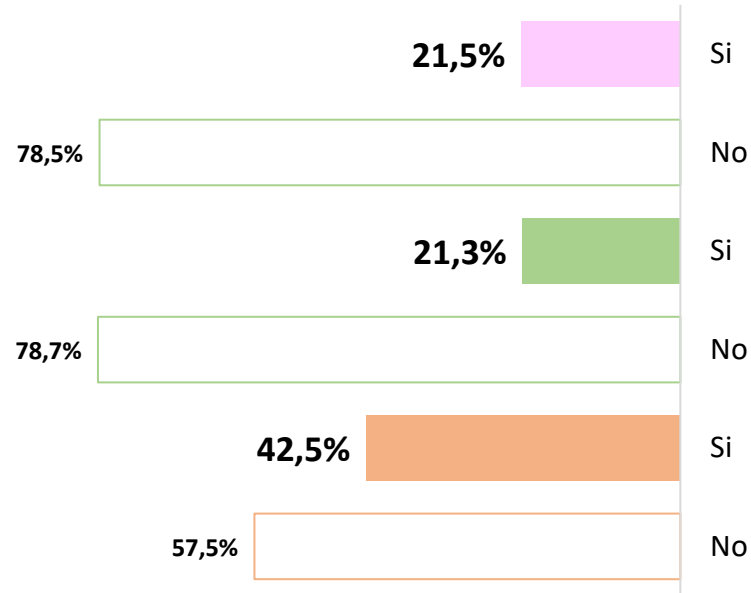
14-17 anni



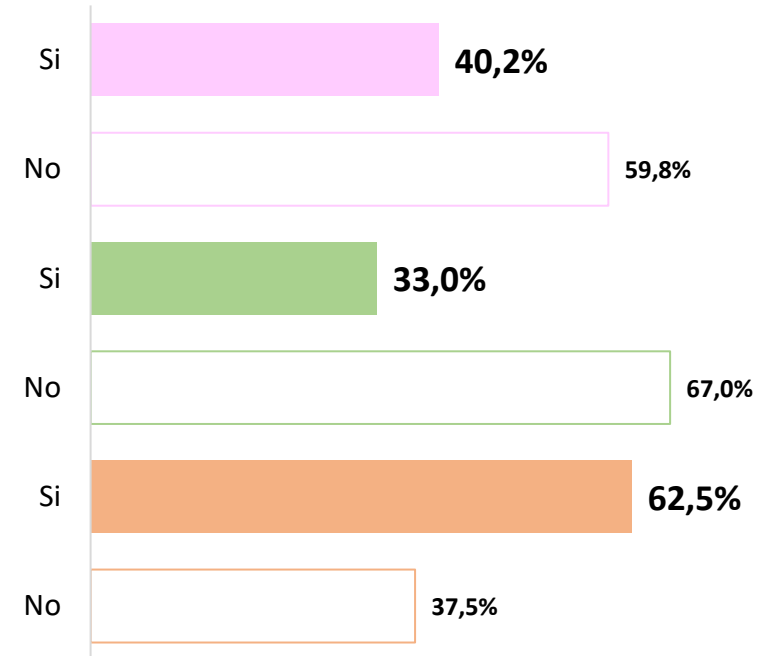
Elaborazioni Explora

RITIRO SOCIALE 14-17 aa

Assenza ritiro sociale



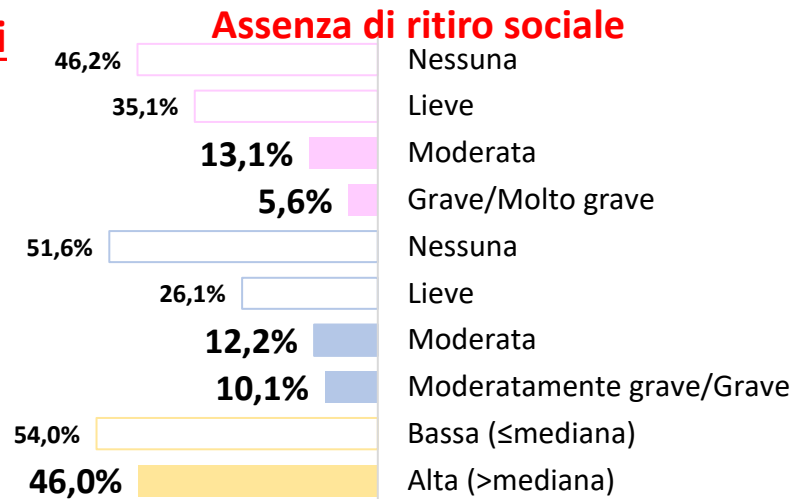
Presenza ritiro sociale



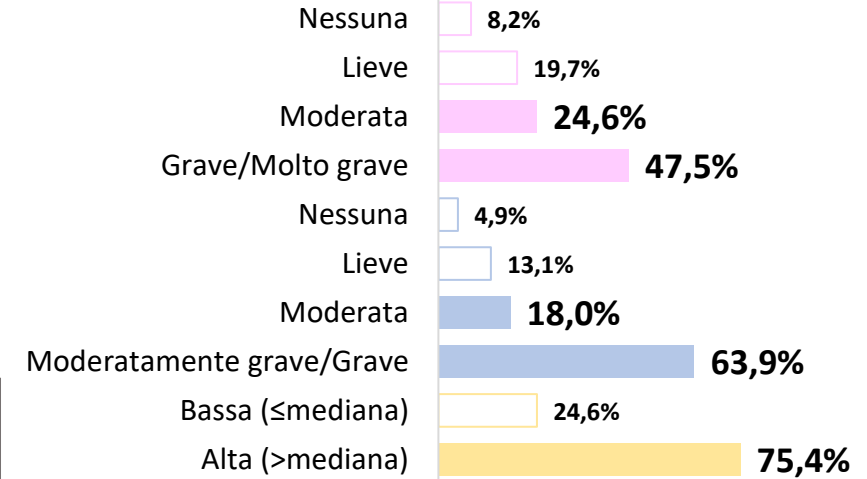
Elaborazioni Explora

RITIRO SOCIALE

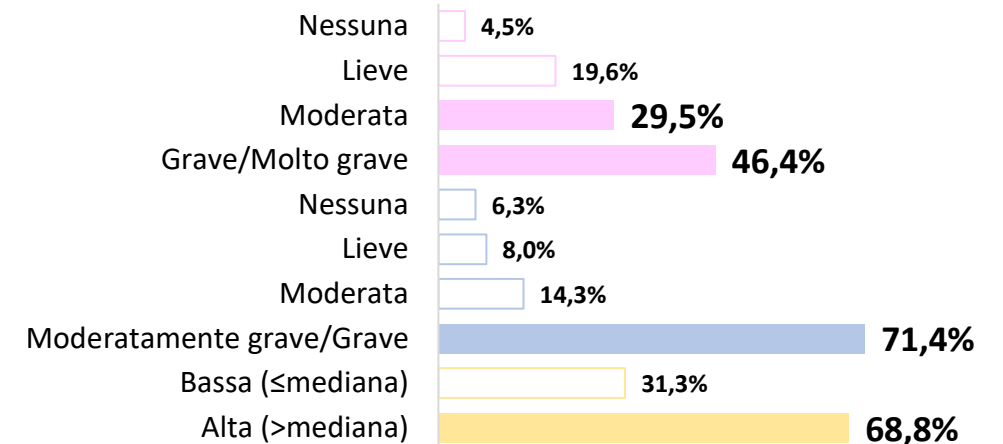
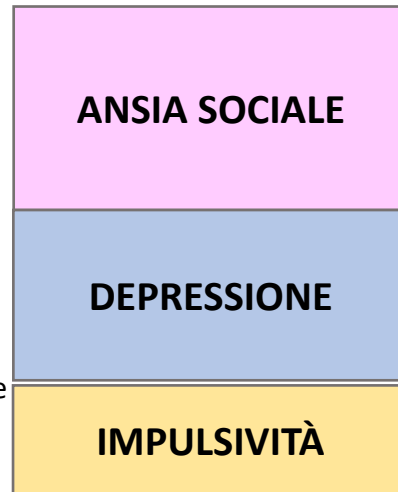
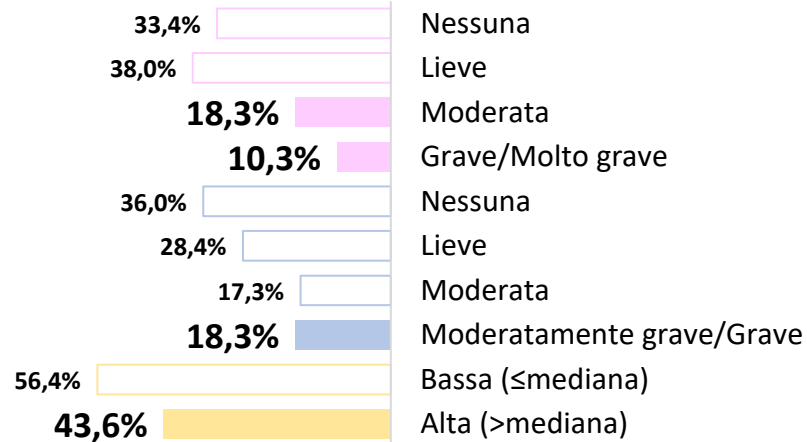
11-13 anni



Presenza di ritiro sociale



14-17 anni

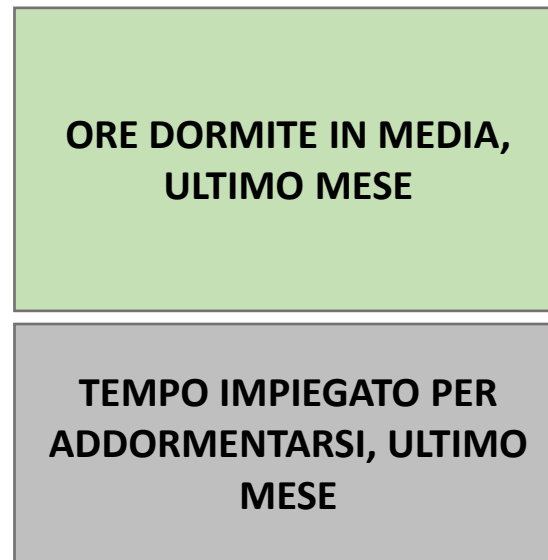
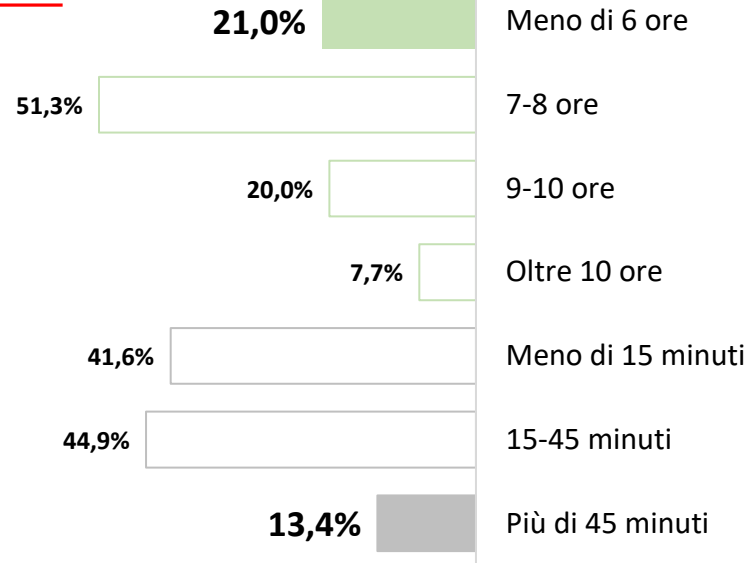


Elaborazioni Explora

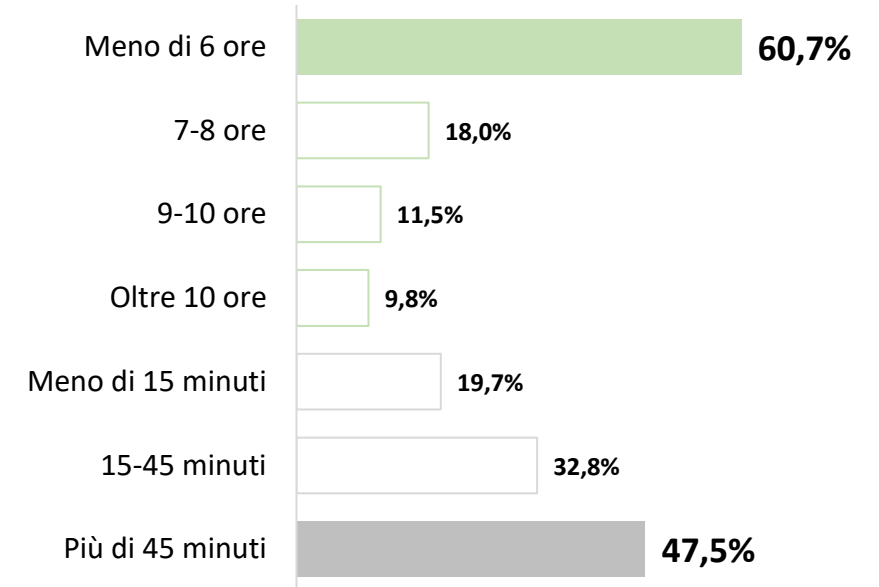
RITIRO SOCIALE

11-13 anni

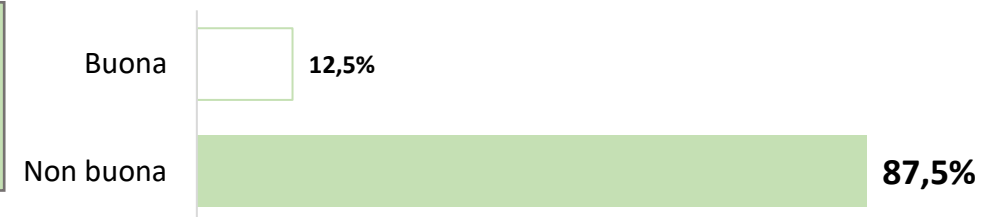
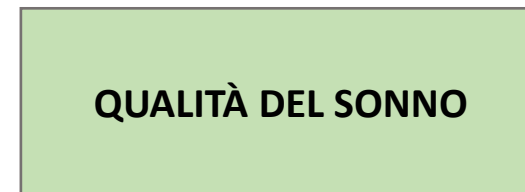
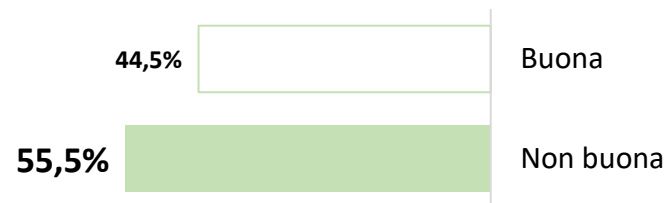
Assenza di ritiro sociale



Presenza di ritiro sociale



14-17 anni

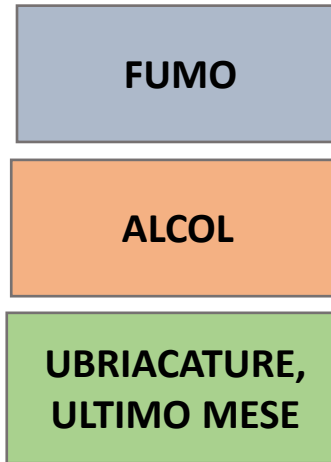
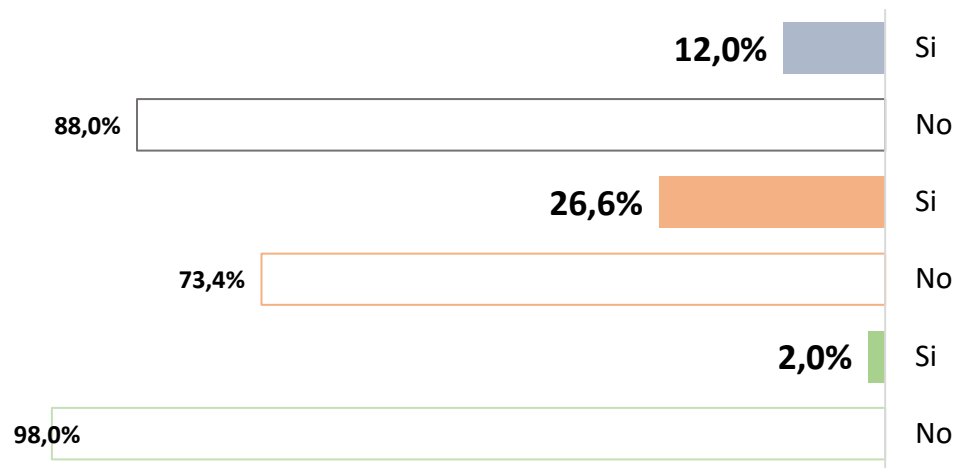


Elaborazioni Explora

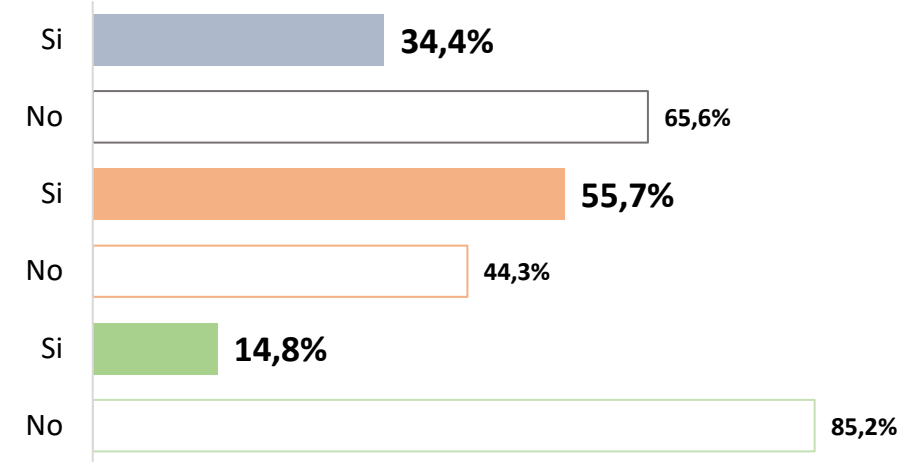
RITIRO SOCIALE

11-13 anni

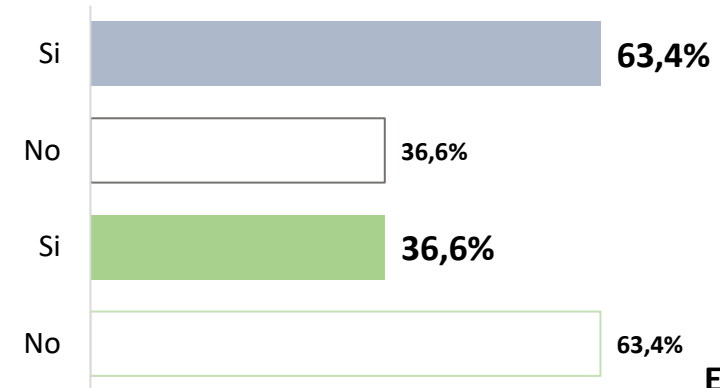
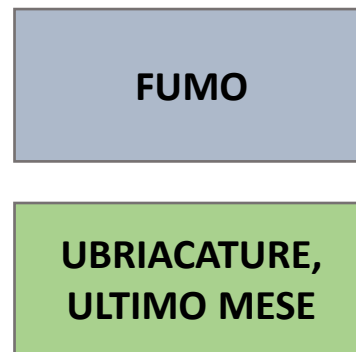
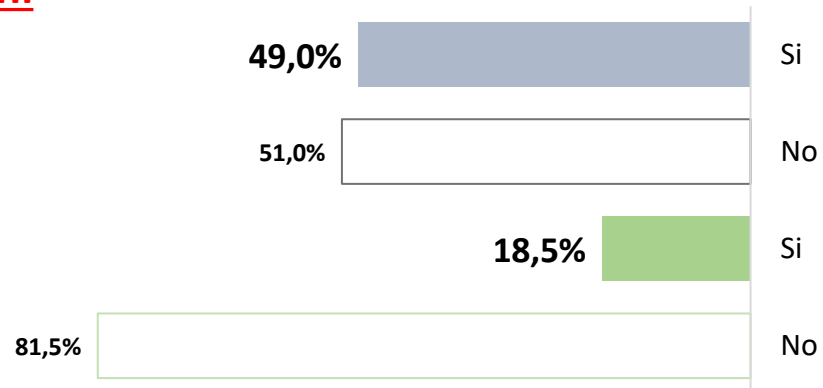
Assenza di ritiro sociale



Presenza di ritiro sociale



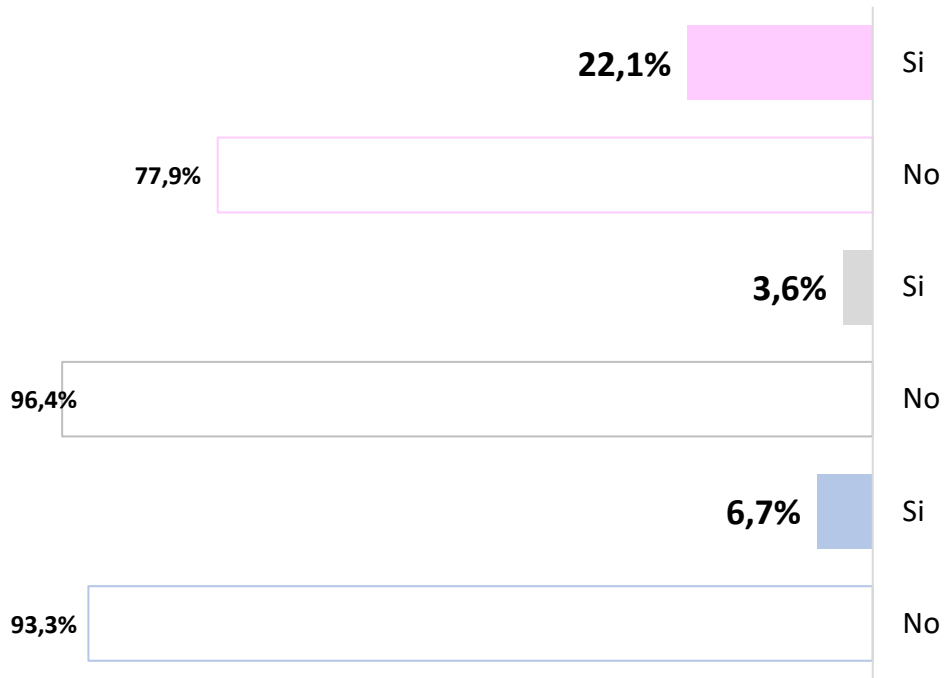
14-17 anni



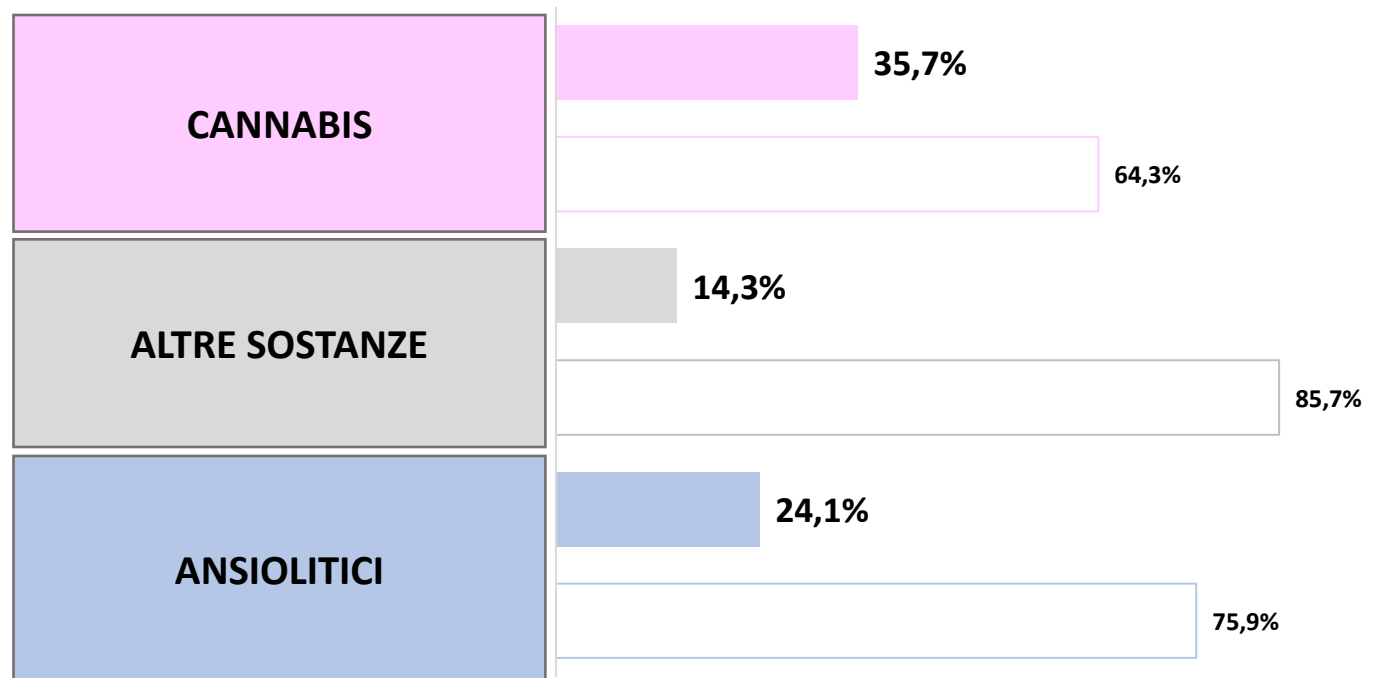
Elaborazioni Explora

RITIRO SOCIALE 14-17 aa

Assenza ritiro sociale



Presenza ritiro sociale



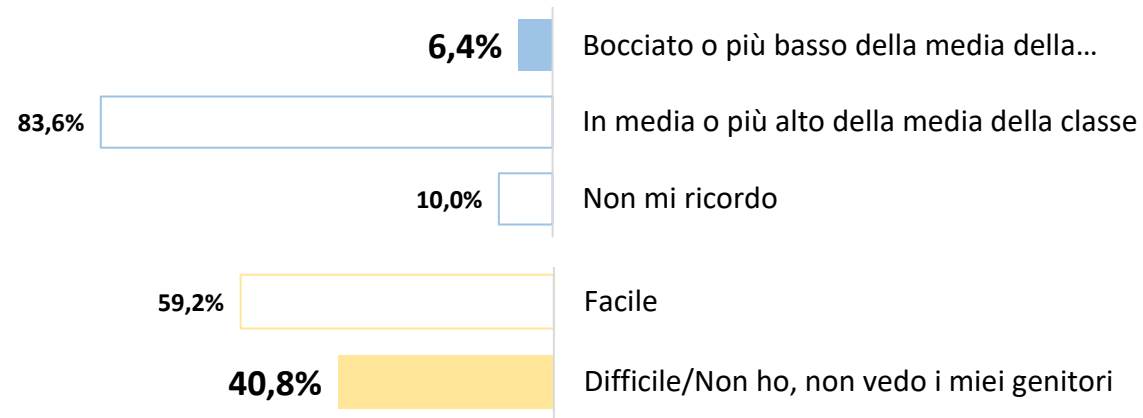
Elaborazioni Explora

RITIRO SOCIALE

11-13 anni

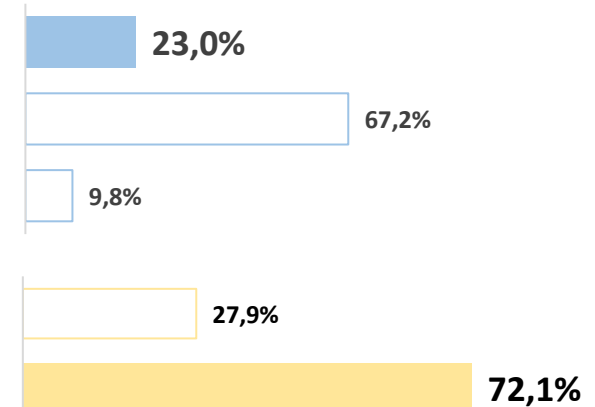
Assenza di ritiro sociale

Presenza di ritiro sociale

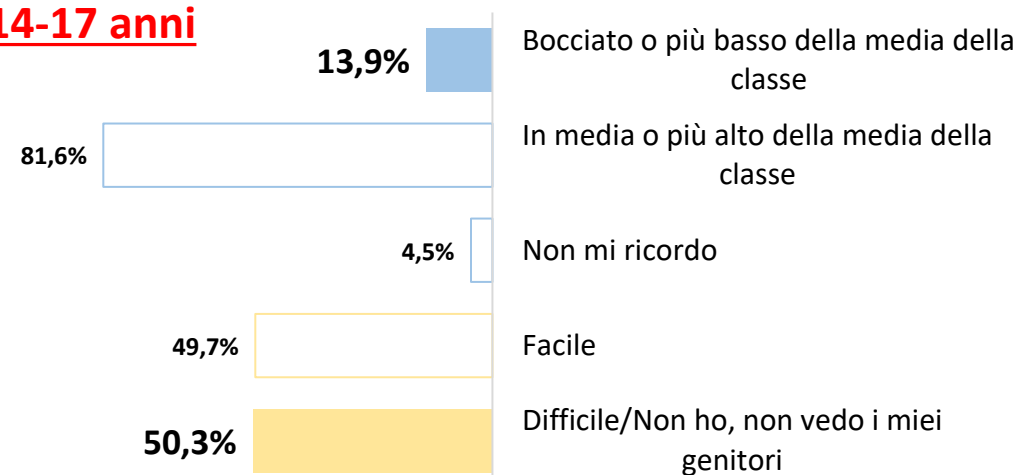


RENDIMENTO SCOLASTICO

PARLARE CON MADRE/PADRE

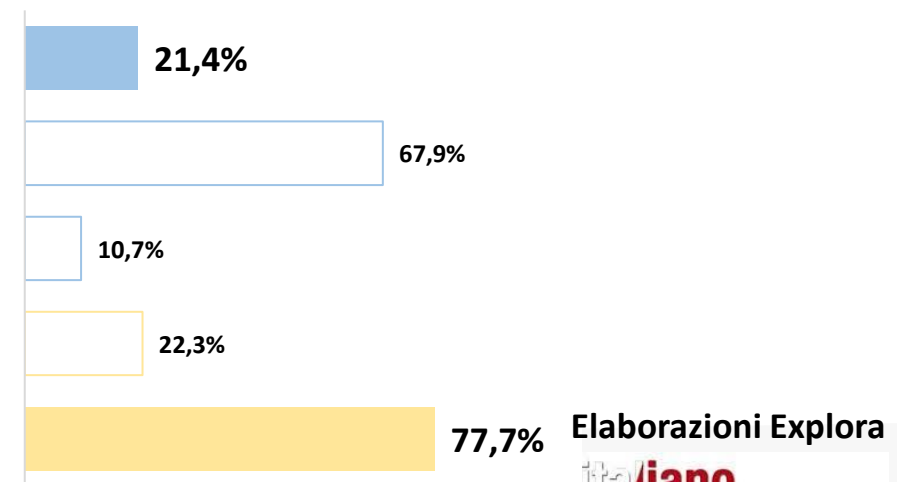


14-17 anni



RENDIMENTO SCOLASTICO

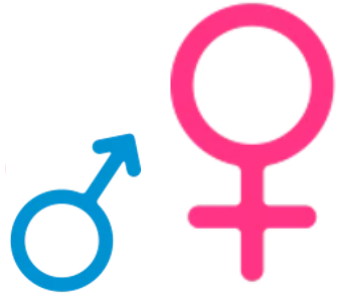
PARLARE CON MADRE/PADRE



Elaborazioni Explora
italiano

Dipartimento politiche antidroga
Presidenza del Consiglio dei Ministri

Ritiro sociale: fattori associati



sesso femminile



ansia



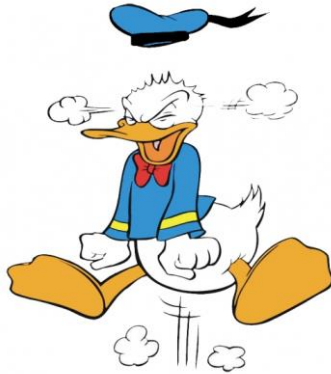
depressione



Addormentamento
difficile



Dormire meno di
6 ore/notte



impulsività



Fumo, alcol,
ubriacatura ultimo mese



Difficoltà a parlare con i
genitori



Basso rendimento
scolastico



Doxing
praticato/subito



Social challenge

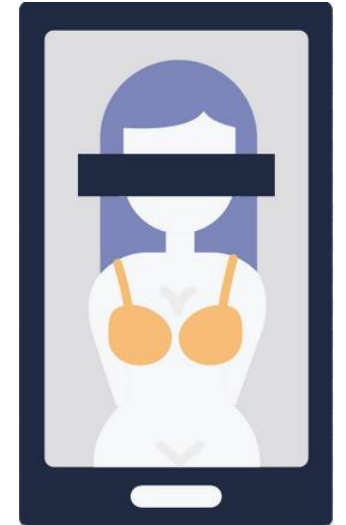
Ritiro sociale 14-17 anni– fattori associati



Altre sostanze



morphing



Sexting
inviato/ricevuto



cannabis



ansiolitici

RITIRO SOCIALE * - ODDS RATIO PRESENZA RITIRO SOCIALE 11-13 E 14-17 ANNI

* Studenti che hanno indicato di essersi isolati tutti i giorni negli ultimi sei mesi.

Considerando tutti i fattori significativamente associati alla **presenza di ritiro sociale**, quelli che hanno un peso maggiore sono i seguenti:

11-13 ANNI

DEPRESSIONE MODER. GRAVE/GRAVE - **OR 14,79**

DEPRESSIONE MODERATA - **OR 6,81**

ANSIA SOCIALE GRAVE/MOLTO GRAVE – **OR 3,96**

14-17 ANNI

ANSIA SOCIALE GRAVE/MOLTO GRAVE – **OR 6,81**

DEPRESSIONE MODER. GRAVE/GRAVE - **OR 6,12**

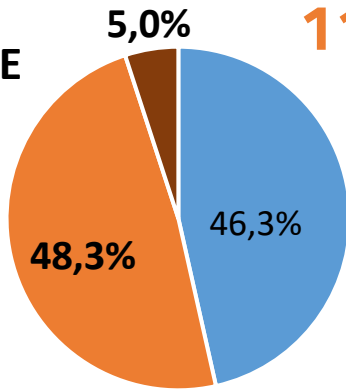
ANSIA SOCIALE MODERATA - **OR 3,88**

Elaborazioni Explora

PREVALENZA ANSIA E DEPRESSIONE STUDENTI 11-13 E 14-17 ANNI

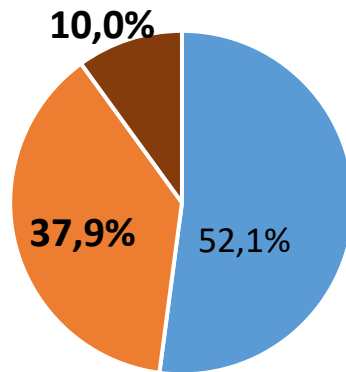
11-13 ANNI

ANSIA SOCIALE
53,3%



- NESSUNA
- LIEVE/MODERATA
- GRAVE/MOLTO GRAVE

DEPRESSIONE
47,9%

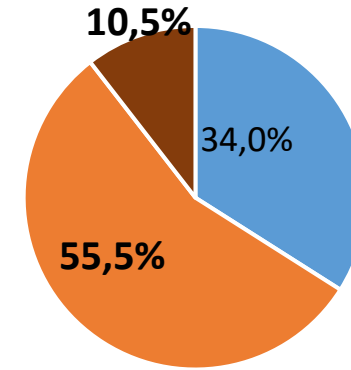


Quella degli studenti si rivela una fascia di popolazione fragile per quel che riguarda alcuni disturbi della sfera emozionale

Elaborazioni Explora

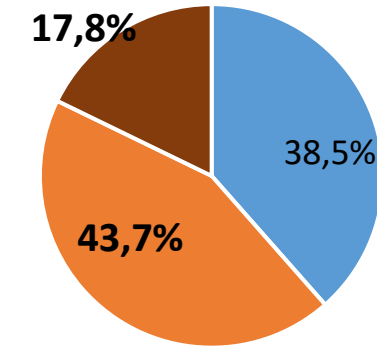
14-17 ANNI

ANSIA SOCIALE
66,0%



- NESSUNA
- LIEVE/MODERATA
- GRAVE/MOLTO GRAVE

DEPRESSIONE
61,5%



HAI MAI ASSUNTO ANSIOLITICI?



HAI ASSUNTO ANSIOLITICI NEGLI ULTIMI 30 GG?

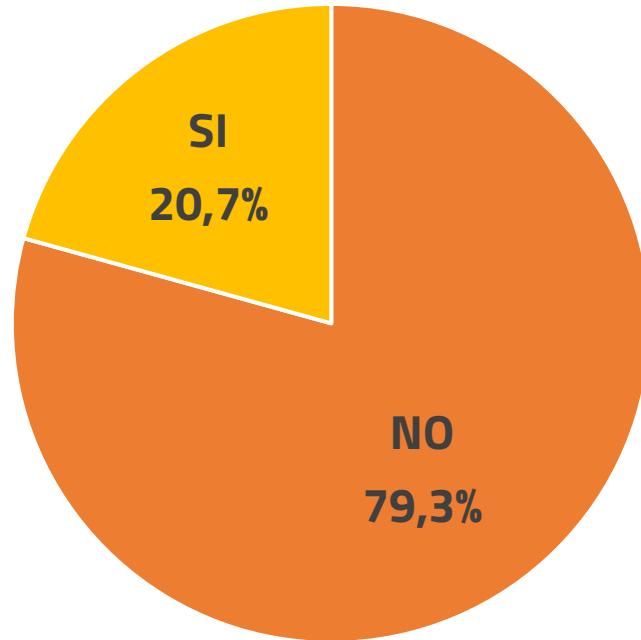


FOCUS CANNABIS



Hai mai fumato cannabis?

Prevalenza nella popolazione scolastica 14-17 anni



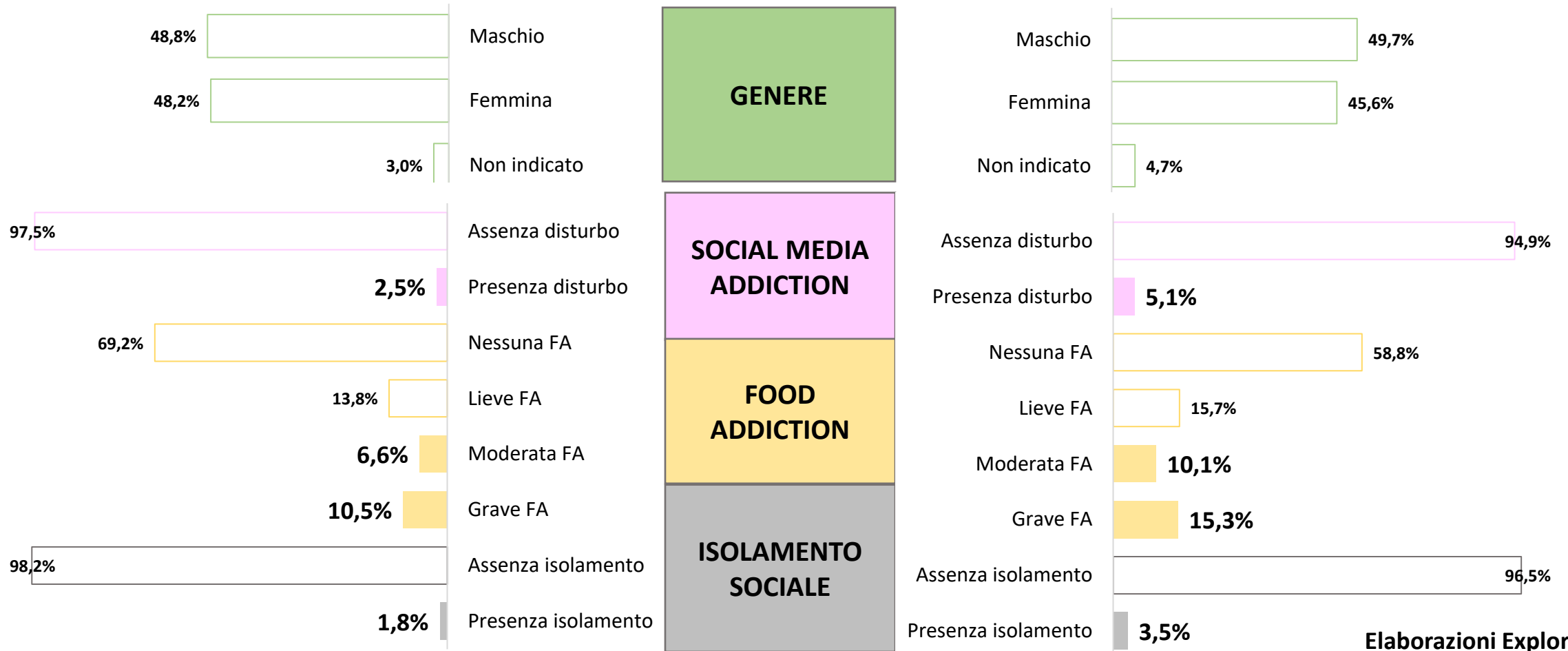
Elaborazioni Explora

Hai mai fumato cannabis?

14-17 anni

Non ha mai fumato cannabis

Ha fumato cannabis

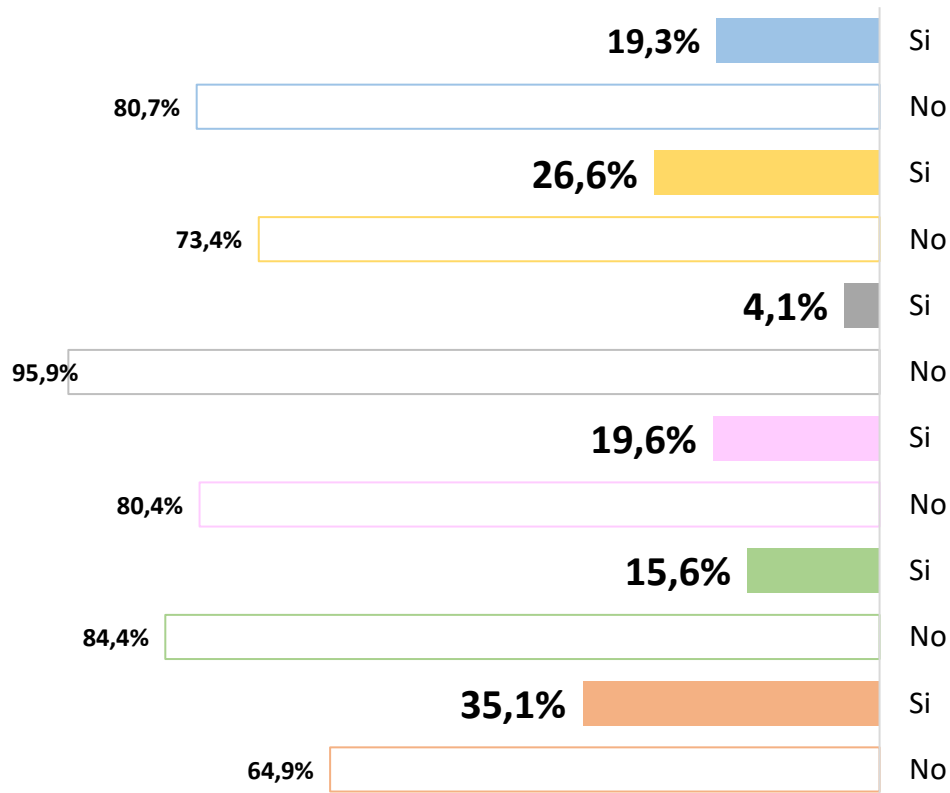


Elaborazioni Explora

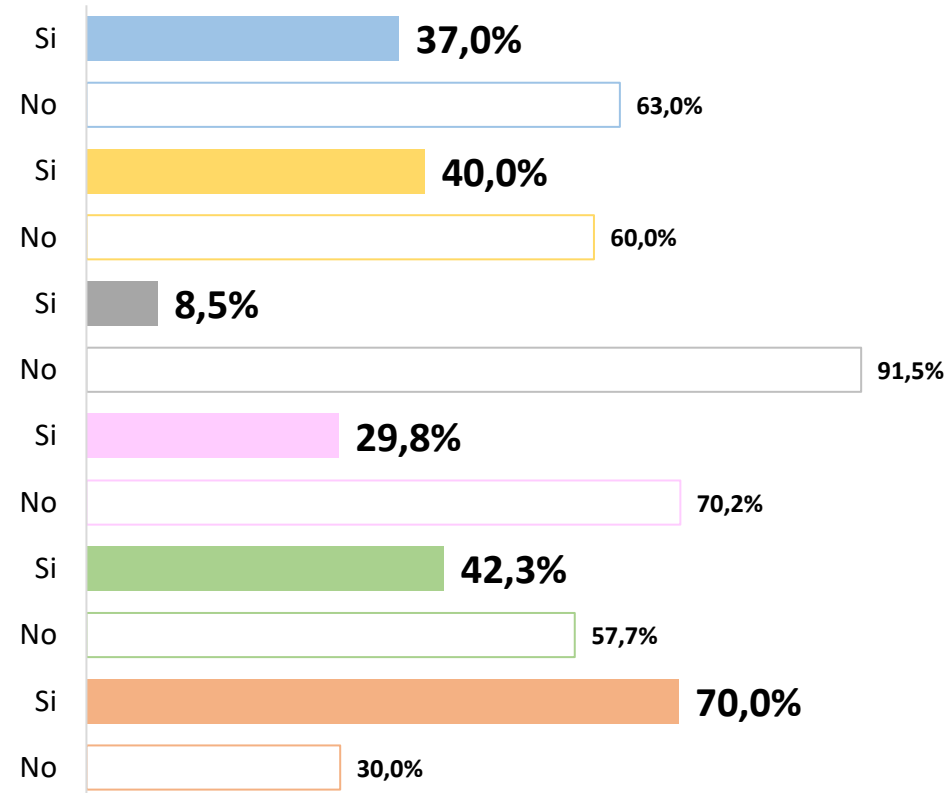
Hai mai fumato cannabis?

14-17 anni

Non ha mai fumato cannabis



Ha fumato cannabis

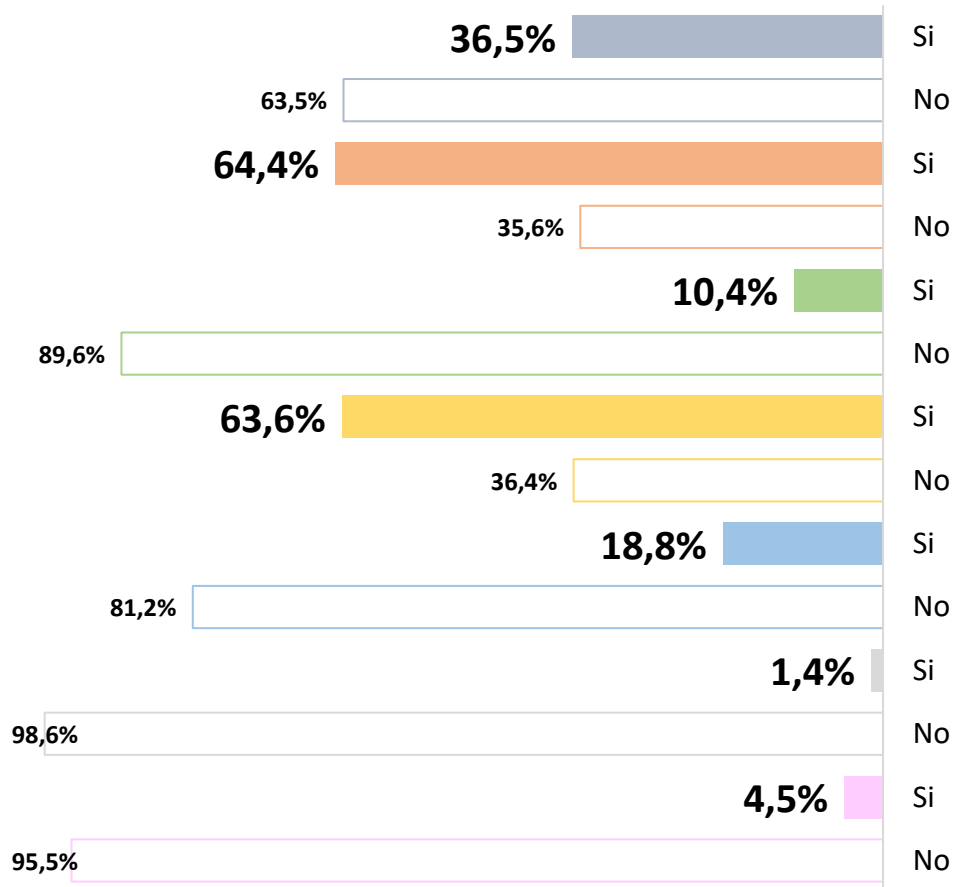


Elaborazioni Explora

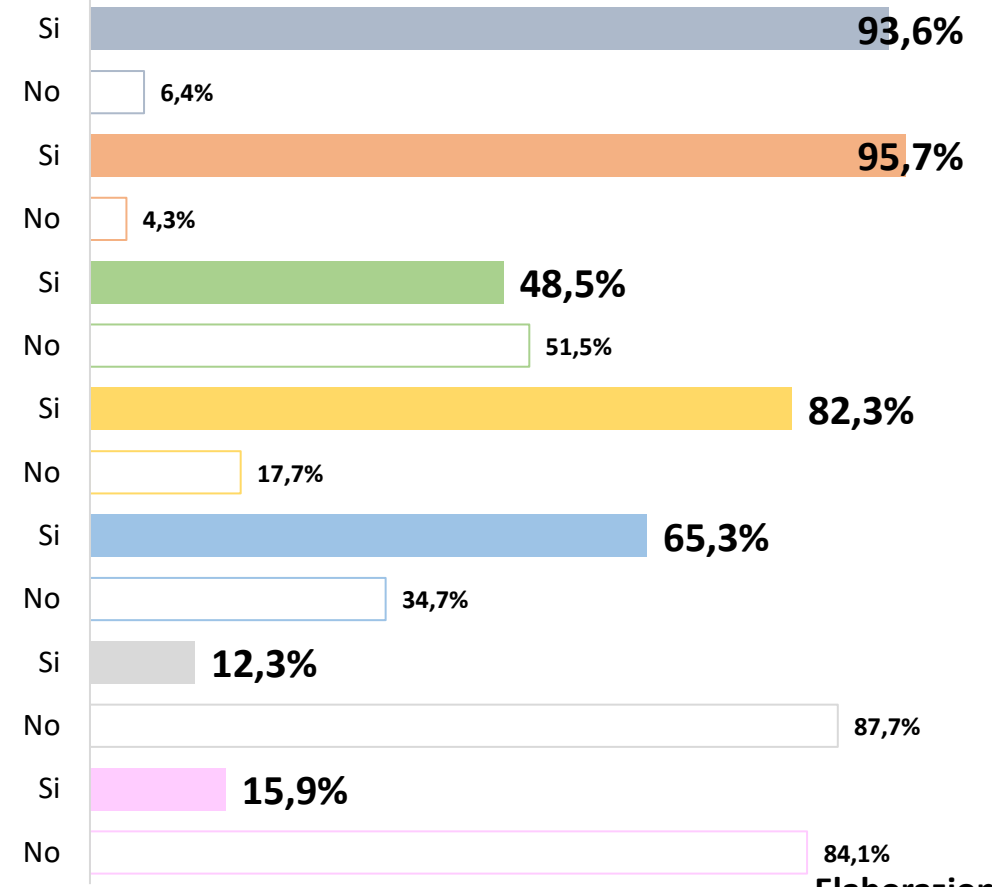
Hai mai fumato cannabis?

14-17 anni

Non ha mai fumato cannabis



Ha fumato cannabis

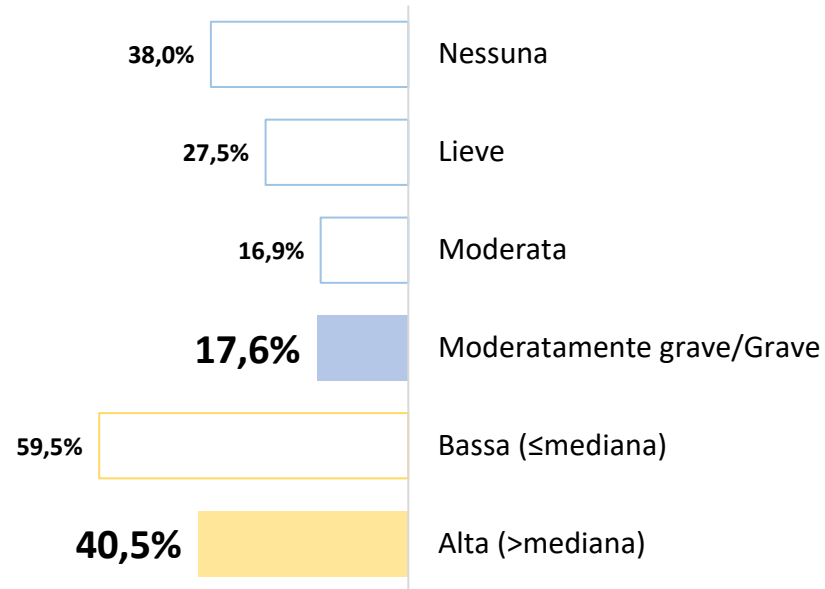


Elaborazioni Explora

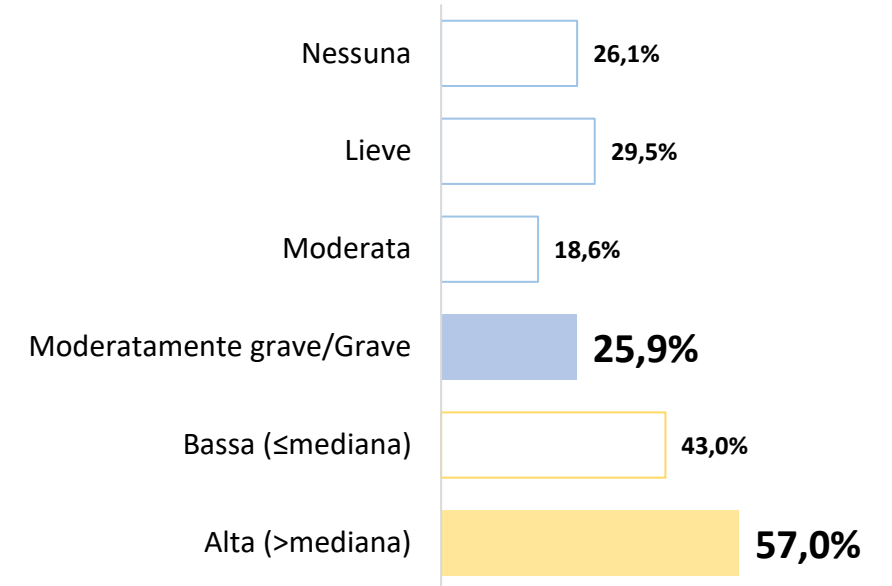
Hai mai fumato cannabis?

14-17 anni

Non ha mai fumato cannabis



Ha fumato cannabis



Elaborazioni Explora

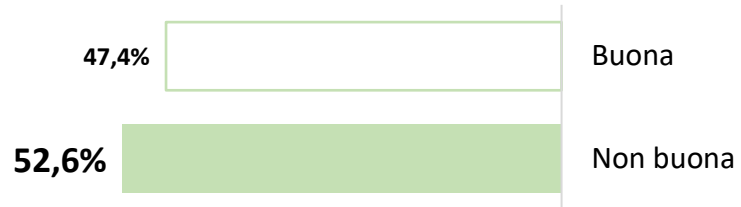
Hai mai fumato cannabis?

14-17 anni

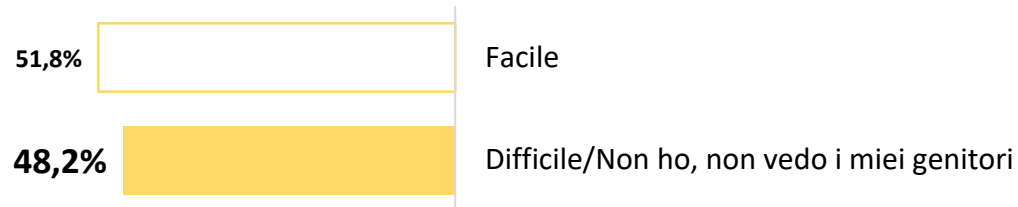
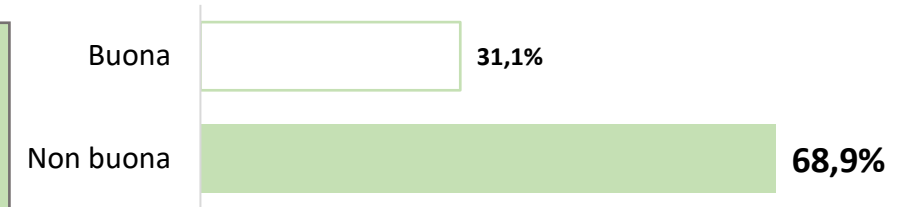
Non ha mai fumato cannabis



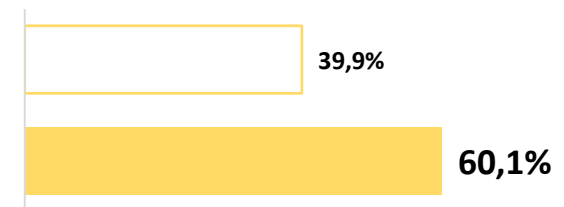
Ha fumato cannabis



QUALITÀ DEL SONNO



PARLARE CON MADRE/PADRE



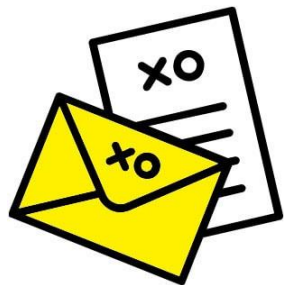
Elaborazioni Explora

FOCUS GENITORI



Arruolamento dei genitori

Genitori di alunni di 11-13 anni (scuola media)



Invito a partecipare alla rilevazione rivolto a tutti i genitori degli alunni che hanno aderito



adesione volontaria



Raccolti 1044 questionari genitori

Regole in casa sull'utilizzo da parte dei figli di social media e videogiochi (n=1044)



55%

mette regole in casa sul loro utilizzo

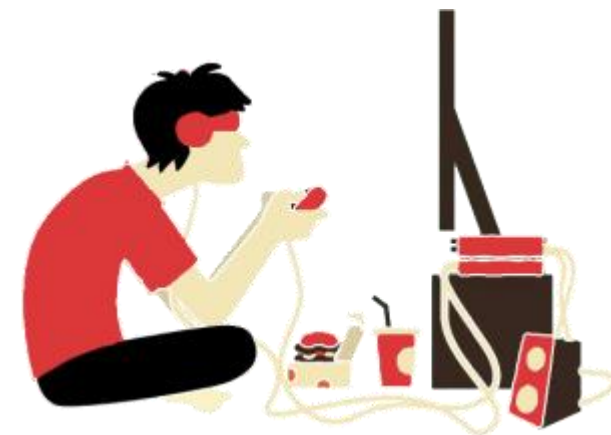
38%

mette regole «a volte»



7%

non mette regole

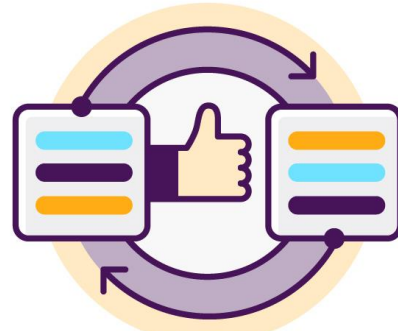


Elaborazioni Explora

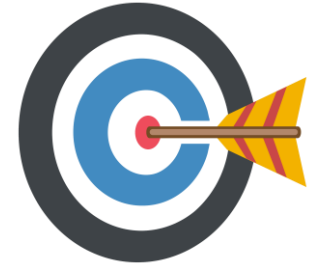
Genitori - abbinamento dei questionari



Raccolti 1044 questionari genitori



Abbinati 681 questionari
(coppie genitore/figlio)

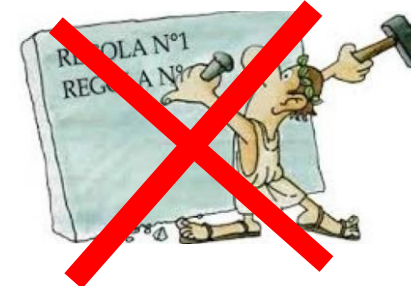


Confrontare i profili emotivi e comportamentali dei ragazzi con quanto riportato dai genitori e approfondire le conoscenze su competenze e stili genitoriali

Regole sull'utilizzo dei social media e rischio disturbi indagati (n= 681)



Avere regole sempre



Non avere regole



Social media addiction

2,9%

17,2%



Gaming disorder

12,9%

31,0%



Food addiction grave

9,5%

13,8%



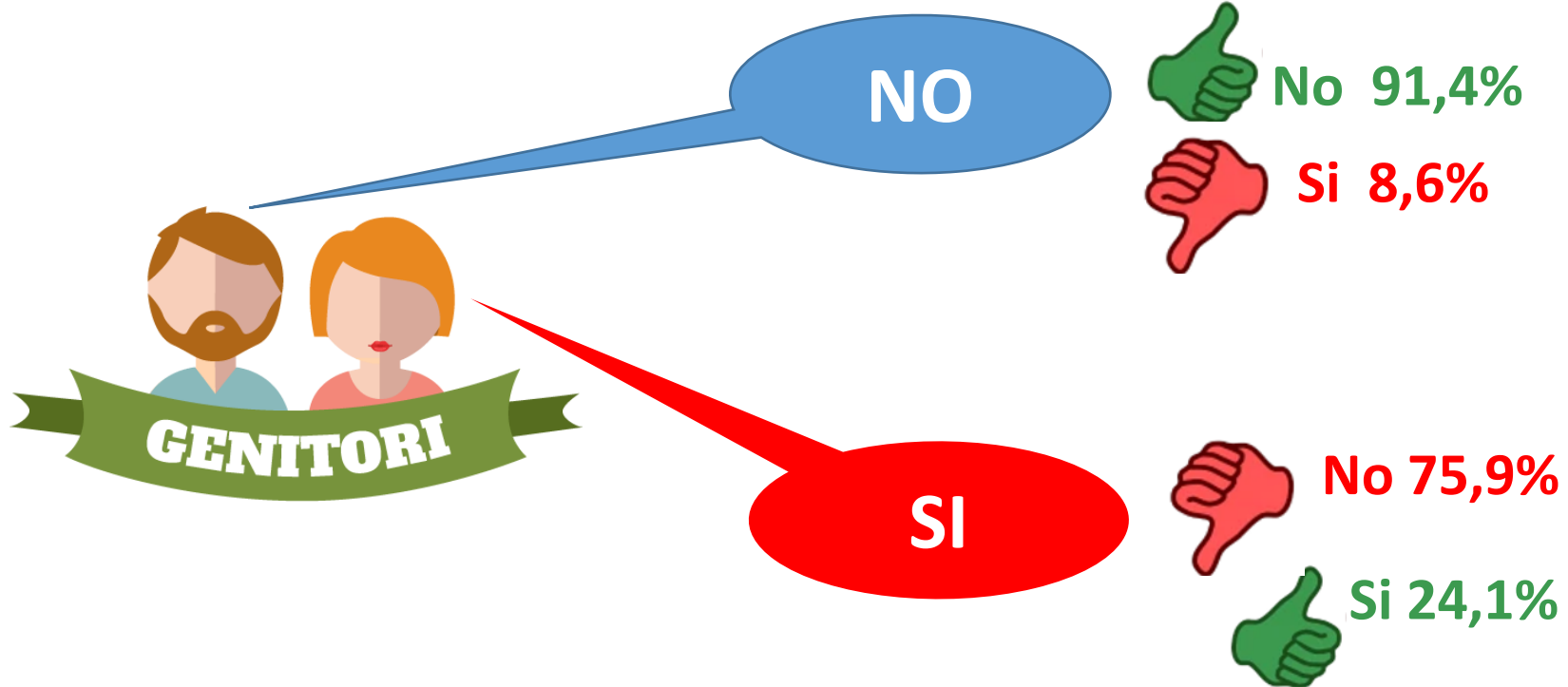
Ritiro sociale

1,0%

10,3%

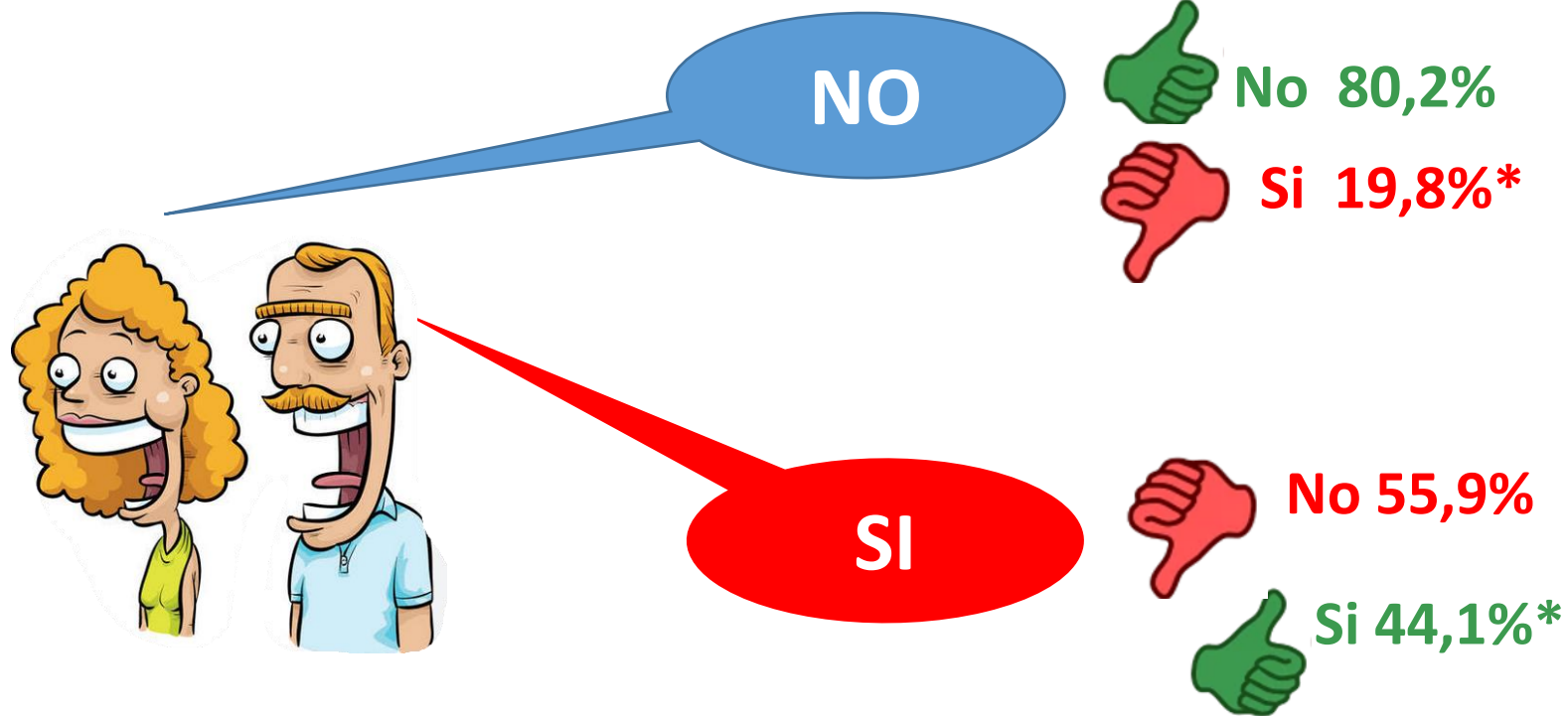
Elaborazioni Explora

Gaming disorder



Elaborazioni Explora

FOOD ADDICTION



*9,1% lieve; 5,5% moderata; 5,2% grave
*18,6% lieve, 8,1% moderata, 17,4% grave

Elaborazioni Explora

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FINE

