

Anxiety resulting from PTSD digital drugs as a model - a case study

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Abstract:

The current study aimed to determine the degree of anxiety resulting from post-traumatic stress among digital drug addicts. And to know the severity of stress and psychological incompatibility that the victim of electronic addiction suffers in light of the terrible spread of modern technologies and misuse which to damage to psychological and physical health.

The study also dealt with a sample of people addicted to digital drags, represented by the victim B-A relying on observation and case studies as a tool analyse , interpret, and know their level of anxiety ,The results of the study also concluded that the case suffers from a high level of anxiety resulting from post-traumatic stress disorder through its addiction to drugs ,traditional and digital drugs in particular, which affected his behaviour and psychological as well as social compatibility.

Keywords: Anxiety, Post-traumatic stress disorder (PTSD), Digital drug addiction, Psychological incompatibility, Social compatibility.

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1. INTRODUCTION

The development witnessed by the world in all fields, especially in modern technologies, communication methods, and informatics, has necessarily led to changes and transformations in the social system. This has resulted in some deviant and abnormal phenomena, such as cybercrimes, which have spread widely with the increasing use and number of users. However, the misuse of technology, harm to others, and violations of privacy have prompted researchers and specialists to examine the nature of these socially unacceptable interactions that are legally punishable.

Among the most common and widespread deviant phenomena across various age groups and genders is the addiction to digital drugs, which has become more prominent than other modern crimes, or what is known as "crimes of the era." Individuals addicted to traditional drugs, regardless of their nature, whether hallucinogens or sedatives, often turn to these modern forms of cybercrime. This is because digital addiction poses less risk of exposure or accountability, as it occurs in complete secrecy. Additionally, it is easier to access, which has led to a significant increase in visits to audio and video websites, especially in recent times. This increase is due to the lack of monitoring of websites on one hand and the poor judgment regarding the consequences and results of these actions by addicts or their families on the other.

Digital drugs are considered far more dangerous than traditional ones due to their numerous negative effects and the psychological and



physical repercussions on the user. Moreover, an individual addicted to such substances does not recognize boundaries, neither at the beginning nor the end. Since they are connected through digital technologies to a world that does not provide them the opportunity to stop engaging, they may often lose awareness due to the absence of a physical barrier (such as the depletion of money as in the case of traditional drugs) or a psychological one, as they constantly seek intense stimulation at each stage and an uncontrollable euphoria.

The consumption of digital drugs affects the individual's psychological state, especially as it directly impacts the brain, nerves, and neurotransmitters, which in turn influence brain activities, hormones, and various nervous secretions. It causes damage to brain cells, leading to impaired brain functions, resulting in deficiencies in behavioral, emotional, and cognitive aspects, as well as mental functions.

One of the most important symptoms of digital drug use is anxiety, which is considered a common symptom in all mental and psychological disorders. It is one of the most dangerous symptoms accompanying the digital addict, necessitating the emergence of many disturbances such as depression, withdrawal, social isolation, poor self-esteem, and also body image distortion.

Problem of the Study:

The mere exploration of the background of digital drugs inevitably leads us to the technological advancements witnessed by the



world in the late 20th century and the widespread expansion of informatics, or the internet. This has, primarily, driven curious individuals to explore its secrets and risks. While obtaining traditional drugs was once a struggle that involved risks such as arrest, imprisonment, and even death in many cases, along with the high costs of acquiring these substances, digital drugs present a completely different form. Accessing them is inexpensive, effortless, and comes with the advantage of anonymity, unlike traditional drugs, where the user is exposed from the first transaction.

It became essential to investigate the nature of digital drugs, their emergence, characteristics, and their impact on the mental and psychological well-being of individuals. This includes examining the specific dangers of using digital drugs due to their severe damage to brain functions and the cognitive and neurological distortions caused by electronic and electromagnetic waves, which the addict uses to deceive the brain, manipulating it through processes such as stimulation and inhibition of alpha and beta waves, among others. Moreover, an individual addicted to these substances experiences a form of mental detachment, particularly a deficiency in major cognitive functions such as intelligence, attention, and imagination.

To understand the state of tension and internal conflict experienced by digital drug addicts, as well as to comprehend the relationship between the anxiety resulting from post-traumatic stress

related to digital addiction, this study revolves around several key questions, including:

- 1) Do digital drug users experience anxiety and stress as a result of their painful experiences, affecting their psychological adjustment?
- 2) How does anxiety affect the daily activities of digital drug addicts?

Hypotheses of the Study:

- 1) Digital drug users experience a high level of anxiety and stress due to their painful experiences.
- 2) Anxiety impacts the daily activities of digital drug addicts.

Importance of the Study:

The importance of this study lies in determining the extent of the danger posed by digital drug use to mental and physical health, relationships, and showing the link between anxiety resulting from post-traumatic stress in drug addicts in general and digital drug users in particular. The significance of the study is also evident in the fact that, while the phenomenon under investigation is relatively recent, it is expanding in multiple dimensions. Additionally, the study will assist researchers interested in studying digital drugs as part of previous studies.

Objectives of the Study:

This research aims to:



- 1) Determine the level of anxiety and stress caused by post-traumatic stress experienced by digital drug addicts.
- 2) Contribute to reducing the phenomenon by highlighting its consequences, dangers, and dimensions.
- 3) Identify the correlation between anxiety, a common disorder across various conditions, and poor psychological adjustment.

2. Concepts of the Study:

2.1. Definition of Anxiety:

Freud defines anxiety as a state of vague and intense fear that takes over the individual, leading to feelings of tension, discomfort, and pain.

According to Ahmed Ezzat, anxiety is "an emotional state indicating the presence of an internal or external threat, whether conscious or unconscious, that threatens the self and its essence. It involves waiting, anticipation, and an inability to escape. Anxiety is a compound emotion consisting of fear, pain, and the anticipation of harm." (Zaatar, 2010, p. 2)

2.2. Operational Definition of Anxiety:

Anxiety is the individual's feeling of psychological discomfort and intense tension resulting from external stimuli that affect their behaviors and emotions. It is a psychological state experienced when facing unfamiliar, unpleasant, or undesirable situations, where the

individual is unaware of the outcomes, affecting their psychological adjustment and adaptation to the external world. It is a disorder that is present in all psychological disorders.

2.3. Definition of Post-Traumatic Stress Disorder (PTSD):

According to the ICD-10 diagnostic manual of the World Health Organization (WHO), PTSD is defined as "a delayed response to an extremely stressful incident or situation, which is threatening or catastrophic in nature and causes psychological distress in almost anyone who experiences it, such as man-made disasters, serious combat situations, witnessing another's death or violence, or being a victim of torture, terrorism, rape, or other crimes." (Mansour, 2021, p. 227).

2.4. Concept of Digital Drugs:

"Digital drugs are the latest form of addiction among humans, relying on loud musical doses that induce a sensation of euphoria among youth, giving them a sense of temporary happiness. They affect the mood of the person and are listened to through headphones or speakers. The brain merges both signals, creating a third sound called binaural beats. This music creates illusions for the listener, transporting them into a state of unconsciousness, endangering their psychological, neurological, and physical balance." (Shahata, 2019, p. 87).

2.5. Operational Definition of Digital Drugs:

Digital drugs are a series of audio clips and tones with varying frequencies from the right ear to the left ear, leading to either inhibition or stimulation, causing the brain to experience slow waves like alpha

waves related to relaxation or faster and more intense waves like beta waves associated with excitement, alertness, and focus. This results in the user being in a state of unconsciousness.

3.Previous Studies:

3.1. Arabic Studies:

- **Zahdama, Zarouk, and Faraj Bel Aid (2018):** This study aimed to determine the relationship between PTSD, psychological isolation, anxiety, and depression among university students in Libya. The sample consisted of 296 students from the University of Bani Walid. The study found a relationship between PTSD and psychological isolation as well as anxiety among the students.
- **Lina Al-Asadi (2018):** A study titled "The Legislative Shortcomings in Addressing Digital Drugs in Light of Iraqi Law No. 50, 2018," aimed at defining the effects of drug abuse on listeners and ways to combat it using the inductive analytical method. The study concluded that digital drugs have negative effects on the mental, psychological, and physical health of individuals, and their sound frequencies disturb brain waves, leading to sleep and concentration disorders.
- **Nawal Ahmed Sarou Khalidi (2017):** A study on criminal responsibility arising from the use of digital drugs aimed at identifying the risks digital drugs pose to youth, especially their threat to mental and physical health.

- **Dubai Police Decision Support Center (2014):** This study indicated that digital drugs, known as I-Doser, pose the same dangers as traditional drugs like heroin and cocaine, inducing hallucinations and euphoria. The study confirmed that digital drugs cause brain cell damage and contribute to psychological issues like depression and anxiety.
- **Jamila Ben Amour and Souhila Boujalal (2021):** This clinical study examined the level of anxiety in adolescent drug addicts. The study, which focused on six adolescents undergoing treatment, used structured and semi-structured interviews based on Taylor's explicit anxiety test. The results showed a moderate to high level of anxiety among the addicts.
- **Boukari Siam (2016):** A field study at the France Fanon Hospital aimed at identifying irrational beliefs among addicts, which are considered key factors contributing to addiction, and their role in alleviating anxiety caused by drug withdrawal.
- **Shaheen (2014):** This study assessed the effectiveness of cognitive-behavioral therapy programs in reducing PTSD symptoms as well as anxiety and depression. The sample consisted of 600 students, and the study found no significant differences in psychological variables related to trauma, anxiety, or depression.
- **Amira (2017):** A study in Riyadh, focusing on the effects of PTSD on various psychological disorders, included a random sample of 184 people who had experienced traumatic events. The study concluded

that PTSD does not have a significant effect on psychological disorders.

3.2. Foreign Studies:

- **Daniele Zullino, Sonia Krenz, Jacques Besson, François Brogeât:**

This study focuses on the epidemiological aspect, highlighting that the comorbidity between addiction disorders and anxiety often exceeds 50%. Acute or chronic stress is considered a key factor in many addiction and anxiety disorder theories. The study also examines the ability to manage stress as a preventive factor against relapse, as well as the neural and biological structures involved in regulating stress responses. The study's aim is to emphasize the importance of research on the symptoms of both addiction and anxiety.

- **Manuel Belanger (2021):** This experimental study tests the relationship between anxiety symptoms and the severity of drug consumption or addiction. It presents theoretical contexts and hypotheses on the relationship between the two variables—anxiety and addiction. The study is cross-sectional and examines the relationship between anxiety and the severity of drug consumption or addiction among youth. The sample consisted of 2,912 young consumers aged 15 to 42, surveyed in 11 schools in Quebec in 2012 and 2013. The study concluded, through multiple linear regression analysis, that there is a weak but positive linear relationship between anxiety and the severity of usage.

- Alain Dervaux, Camille De Carvalho, Olivier Cottencin (2020):

This study aimed to determine the importance of self-treatment for withdrawal symptoms in addiction. It highlights that anxiety during withdrawal typically occurs at the last stages of consumption and is accompanied by several symptoms such as irritability, anger, aggression, nervousness, and cravings. The study emphasizes the significance of motivational interviews, which help clarify withdrawal symptoms and anxiety symptoms.

- Sheik (2014):** This study aimed to determine the relationship between demographic and social factors and PTSD. It also examined the relationship between traumatic psychological experiences and psychological adjustment. The study involved a sample of 250 adults, using two scales: one for traumatic events and another for psychological adjustment. The study found that 42% of the sample suffered from PTSD.

4. Follow-up on the Studies:

Our study aligns with Sheik's 2014 study regarding factors contributing to the onset of Post-Traumatic Stress Disorder (PTSD), particularly in the context of digital drug addiction. Our study also shares similarities with Amira's 2017 research, which explored the relationship between PTSD and certain psychological disorders, with anxiety being one of the disorders studied in our research.

4.1. Study Limitations:



- **Time Limitations:** The study was conducted over 5 months, from January to May 2024.
- **Geographical Limitations:** The study was conducted in Batna, specifically on Tazoult Road, where the interviews took place at the victim's home.
- **Human Limitations:** The study focused on a single case, the subject of the study, a 20-year-old individual.

4.2. Study Tools:

First: Observation: This is the initial impression upon which the specialist can base the treatment plan. It is one of the most important data collection tools used by the researcher to uncover the facts. In this study, the researcher relied on direct observation to analyze, investigate, and interpret the subject's behavior and responses during the interview. Some observations about the case include:

- Anxiety about the present and future.
- Difficulty expressing emotions and struggles with self-control, suggesting psychological, emotional, and mental instability.
- Persistent tension and fear during the interview.
- Magnification, exaggeration, and expectations of negative outcomes.

Second: Clinical Interview: This is a conversation aimed at achieving a specific goal and obtaining defined facts in a methodological, scientific

framework free from interpretations. The interview between the researcher and the client centered on three main aspects:

- The subject's history and the chronology of events in his life leading to digital drug addiction, where electronic applications control his thoughts and abilities.
- Measuring the anxiety resulting from trauma that has lasted for more than a month.
- The post-traumatic stage and the road to recovery.

Third: Davidson Anxiety Scale: This scale was used to measure the level of anxiety and the intensity of stress resulting from PTSD. It consists of 17 items, categorized into three sections:

- Items 1, 2, 3, 4, and 17 measure the degree of re-experiencing the traumatic event.
- Items 5, 6, 7, 8, 9, 10, and 11 measure the degree of avoidance of the traumatic event.
- Items 12, 13, 14, 15, and 16 measure the degree of arousal. Each item has five response options: Never (0), Rarely (1), Sometimes (2), Often (3), Always (4). The total score ranges from 0 to 68, where a higher score indicates a higher level of PTSD.

4.3. Case Definition:

- **Name:** Sh-A, **Gender:** Male, **Age:** 20, **Place of Birth:** Algeria.
- **Social Environment:** Urban, **Educational Level:** Secondary.



- **Number of Siblings:** Two, **Order in Family:** The youngest.
- **Marital Status:** Single, **Economic Status:** Comfortable.
- **Physical Appearance:** Short in height, **Behavior:** Regular.
- **Habits and Activities:** Sports, travel, animal care.

4.4. Case Problem:

The main complaint of the case revolves around difficulty in performance and social adaptation, particularly related to attempts to quit digital drug addiction. The case suffers from withdrawal symptoms, feeling trapped between a healthy family upbringing and a deviant social environment, particularly due to harmful peer influences. He became involved with friends who were drug dealers. The case described the internal conflict between a healthy family system and a social environment in which he spent most of his time. The interviews revealed that the case suffers from psychosomatic symptoms, sleep and eating disorders, and cognitive disturbances.

4.5. Case History:

- A. Current Medical History:** The case reports significant difficulty and psychological distress in carrying out daily activities, stating: "I feel spiritually and physically incapable, and people look at me with disdain."
- B. Previous Medical History:** The subject has no mental or psychological illnesses but is short in stature.

C. Motivation for Treatment: The subject expresses a strong desire to quit digital drug addiction due to the worsening impact on his life. He acknowledges the increasing pace of addiction but is determined to overcome it, although feelings of hopelessness sometimes surface.

D. Educational Background: Inquiring about the case's educational background revealed that, according to close acquaintances and teachers, the subject was intelligent, perceptive, and calm, which made him a role model among his peers in both primary and middle school. However, this calmness began to change upon entering high school, where the subject's journey into addiction started.

The school principal confirmed that the subject's behavior had become increasingly unstable, often displaying impulsive actions, lack of interest, and disregard for rules and instructions. This led to his parents being called to the school about three times per month. As a result, the intervention of the educational specialist was required. The specialist shared several observations and symptoms that were evident in the subject's behavior, including:

- Constant and persistent anxiety regarding his situation and its consequences.
- Excessive and negative thinking, often accompanied by irrational fear.
- Unfounded predictions of disasters or major problems occurring.
- Catastrophic thinking and a negative outlook on life.



- A pervasive sense of guilt, which contributed to his psychological and social discord.
- Withdrawal and introversion.

E- Family History:

The subject is the youngest child, raised in a well-off, conservative, and religious family, free from intense family conflicts or characterized by moderation. Due to work commitments, the father, who is the primary breadwinner, is often absent for months at a time. The mother is a housewife. The family is free from any hereditary physical or mental disorders. The relationship between the subject and his parents is very good and strong, a blend of friendship and respect, which contrasts with his experiences at the educational institution. However, upon reaching the age of sixteen, coinciding with his entrance to high school, the family began to notice some changes in their son. He started staying up late with friends and became moody more often than not. The mother observed that this behavior occurred only when the father was absent. There was also a marked increase in his isolation and avoidance of family activities, such as daily tasks, outings, family visits, and celebrations during holidays and festivities. Additionally, there was a noticeable shift in his preferences related to music and films; he became inclined toward loud Western music such as Rock, Metal, Slash, and Trash, which led to increased aggression and sharp anger over trivial matters. The mother also noticed a change in his

interest in drawing, where his drawings became strange and mysterious, with some featuring skulls in black only.

After conducting the first interview, which served as an introductory session to gather personal data and establish a communication relationship to make the subject feel secure and comfortable with full confidentiality, we began targeted interviews a week later. Through these, we confirmed that the subject had faced several difficulties, as he expressed, "I was bullied when I used to go to school," referring to his high school peers. The subject had suffered from a type of bullying related to his short stature, which led to feelings of hatred towards others, body image distortion, and a lack of self-esteem, resulting in his withdrawal and introversion. The interviews also revealed that the subject harbored a deep resentment towards individuals who differed from him physically, i.e., those without similar issues. The subject expressed his dissatisfaction with statements like "Why did God create me like this?"

The subject sought to escape reality due to the bullying and society's negative and degrading perception of him, which affected his mental state and social exclusion. As a result, he turned to addiction as a way to cope with his internal and psychological conflict, which further amplified his strange and intense behavior with others, believing that they labeled him a "dwarf." He eventually became addicted to some electronic applications like the Dark Web, which played a key role in his descent into deviance and addiction to digital drugs as a means of relieving psychological pressure and constant tension.



The subject experienced two consecutive comas due to digital drugs, consisting of electronic waves that induce unconsciousness, disrupt psychological and neurological balance, and damage brain cells. This led to his persistent fear and constant anticipation of another shocking event, which contributed to some physical illnesses with psychological origins, such as peptic ulcers and high blood pressure, linked to the severe stress and ongoing tension.

5. Post-Traumatic Stress Disorder Scale Results:

The scale was applied to the subject during the seventh interview, which lasted approximately 30 minutes. The results were as follows:

5.1. Overall Result:

Based on the Davidson scale, the total result was 35 out of 68 points. This indicates a moderate level of post-traumatic stress disorder (PTSD) based on the symptoms identified by the subject, which included a constant and lingering sense of danger and disaster, affecting psychological balance, stability, and the feeling of safety. Additionally, feelings of fear, anxiety, and negative thoughts related to the trauma were evident. The scale also revealed a high level of anxiety and stress in the subject whenever a situation similar to the trauma occurred.

5.2. Partial Results:

Since the scale measures three dimensions of PTSD (Avoidance of the traumatic experience, Re-experiencing the traumatic experience, and Arousal), the detailed results were as follows:

A. Symptoms of Avoidance of the Traumatic Experience: These symptoms appear in items 9, 8, 6, 5, consistently, providing three symptoms.

B. Symptoms of Re-experiencing the Traumatic Experience: These symptoms appear in items 3, 2, 1, with one symptom of re-experiencing the trauma.

C. Arousal: Symptoms appear in items 16, 13, 12, with one symptom of arousal, confirming the presence of stress.

6. Reliability and Validity of the Scale:

The internal consistency reliability of the anxiety scale was measured using Cronbach's alpha in a study involving 241 rape victims. The alpha coefficient was 0.99, which validates the scale for the nature of this study, as well as for the sample (digital drug victims).

7. Scale Correction:

The scale correction is done by calculating the total points on a scale consisting of 5 points (from 0 to 4), by asking the subject about certain symptoms resulting from experiencing a traumatic event. The total possible score for the scale is 153 points.

The score for post-traumatic stress is calculated by considering the following:

- One symptom from the re-experiencing of the traumatic event.
- Three symptoms from the avoidance symptoms.

One symptom from the arousal symptoms. (Sadeem 2014, p.7)



The scale is corrected by calculating the overall average and its dimensions as follows: The highest score for post-traumatic stress disorder is 68, and the lowest is 0. The scale contains 17 items, which are answered with 4 options (from 0 to 4). The scores are as shown below in table No. 01 which illustrates the severity level of symptoms for Post-Traumatic Stress Disorder:

Table 1 . The Severity Level of Symptoms for Post-Traumatic Stress Disorder.

Hypothetical mean of responses	Severity level
(00 to 17) Points	No post-traumatic stress disorder
(18 to 34) Points	Mild post-traumatic stress disorder
(35 to 51) Points	Moderate post-traumatic stress disorder
(52 to 68) Points	Severe post-traumatic stress disorder

Source: Hamza Ahlam, 2021, p. 650.

8. Analysis of Results in Light of Hypotheses:

8.1. Analysis of results in light of the first hypothesis:

The first hypothesis of the study was as follows:

"Digital drug users experience a moderate level of anxiety and tension resulting from the painful experience."

From the clinical interviews and the questions mainly focused on the degree of anxiety and tension related to the painful experience, the following became clear:

Regarding avoidance of the traumatic experience, the case suffers from emotional imbalance and a moderate level of anxiety related to the traumatic experience. This was indicated by the outputs of the interviews conducted with the subject, where the case showed emotional, psychological, and behavioral effects due to the anxiety and tension resulting from digital drug addiction. Through the therapeutic process, it became apparent that the psychological fragility that the case developed over the period of normal social interaction with the environment led to impaired self-esteem and body image, which led to the use of this type of drug.

It also became clear that the case uses digital drugs as a defense mechanism to alleviate the psychological pain caused by the tension, as he described - "I feel like I'm not a person."

Thus, we cannot prove the first hypothesis based on the results, which showed a moderate level of anxiety resulting from post-traumatic stress disorder related to digital drug users. The following are the basic dimensions:

- Avoidance symptoms: Four avoidance symptoms related to the traumatic experience.



- Arousal symptoms: Three symptoms of arousal.
- Re-experiencing traumatic experience symptoms: Three symptoms.

8.2 Analysis of results in light of the second hypothesis:

The second hypothesis was as follows: “Anxiety affects the daily activities of digital drug addicts.”

From the clinical interview and observation, which were the main tools that helped the researcher in his study, as well as the degree of reliability and accuracy in the results, it became clear that the level of anxiety experienced by the case affected his efficiency, interaction, and ability to adapt and integrate into society. This is due to the suffering, pain, and internal psychological conflict, as well as difficulty in social adjustment, which formed a barrier to feeling psychological comfort and the desire to live like others.

The case suffered from attention and concentration problems, which inevitably hindered most of his daily activities. The anger and tension accompanying the case formed a barrier to the normal daily flow of life. Therefore, the second hypothesis can be confirmed based on the results of the study, which indicate the presence of an obstacle preventing the patient from engaging in daily activities in a normal manner.

9. Discussion of Results:

The results of the study refute the first hypothesis, which suggested that digital drug users experience a high level of anxiety and

tension resulting from the traumatic experience. The study's findings align with a study by Jamila Ben Amour and Suheila Boujelal, 2021, to identify the level of anxiety experienced by adolescent drug addicts. The results concluded that the anxiety level among addicts ranged from moderate to high. Therefore, the anxiety and tension felt by digital drug addicts can be attributed to several factors, including:

- The state of unconsciousness caused by the beep or ringing, which affects alpha and beta waves.
- The incompatibility between reality and the individual's desires and inclinations.
- The attachment to the drug, which causes emotional and psychological instability, similar to traditional drugs.

As we proved in the second hypothesis regarding the effect of anxiety on the daily activities of digital drug addicts, which aligns with a study by Lina Al-Asadi, 2018, titled "Legislative Shortcomings in Addressing Digital Drugs Under Iraqi Law No. 50," which concluded that the sound waves of these digital drugs affect brain waves, causing disruptions in sleep and concentration. This is due to the following: - The chemical imbalance caused by the disruption of brain processes, which affects the balanced performance of daily functions. Therefore, the brain is unable to send signals through neurotransmitters, or it sends them incorrectly, affecting the individual's safety and behavior.

10. General Results:



- 1) The study confirmed that digital drugs are more dangerous than other types of drugs because they are related to modern technologies that are difficult to identify and monitor.
- 2) The study concluded that addiction to digital drugs can be life-threatening for the user or addict because the unconscious state caused by the ringing in the ears or the unlimited stimulation of alpha and beta waves, and the continuity of this effect is not dependent on the quantity of the drug.
- 3) The study revealed that the feeling of alienation, inferiority, and the lack of a healthy environment negatively affects the individual's positive thinking, psychological, and physical well-being.
- 4) The role of social upbringing, resources, and experiences in developing psychological resilience, which acts as a shield to protect the individual from external shocks. This can explain all unacceptable and painful behaviors as ordinary events that can be overcome by avoiding excessive thinking and negative thinking.

11. Conclusion:

All types and forms of drugs, whether stimulants, sedatives, hallucinogens, or alcohol, affect the addict, leading to the loss of consciousness, imbalance in mental, emotional, and behavioral states, which impacts their effectiveness and social role. Similarly, digital drugs follow the same path and lead to the same symptoms and outcomes. These types of emerging drugs have often caused complete

destruction of brain cells and even death. Digital drugs are considered the most dangerous due to their easy accessibility and the absence of risk factors, unlike traditional drugs. The danger surrounding the addict is that they cannot control or set boundaries for either the beginning or the end of their addiction, as the digital drug addict is isolated with the computer and software. It can be said that one of the main symptoms shared by all psychological disorders, as well as the main driver of these disorders, is anxiety. Anxiety leads the individual to psychological fragility and is a source of psychological stress and tension, reducing psychological immunity. As a result, the individual becomes vulnerable to various external influences, as clearly demonstrated in our study.

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