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Studies on digital diet and digital detox: A meta-analysis

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Digital diet and detox can be defined as strategies to balance technology use and mitigate the adverse effects of digital dependency. These concepts are designed to reduce negative impacts such as stress, insomnia, and social isolation, which can result from excessive reliance on technology and prolonged screen exposure. In recent years, digital addiction has been increasingly recognized as a growing concern, particularly among young people, underscoring the escalating importance of these interventions. This study conducts a comprehensive meta-analysis of academic research on digital diets and digital detox conducted between 2008 and 2023, emphasizing the growing prevalence and significance of these concepts in alleviating the detrimental effects of digital technology use. The analysis encompasses a total of 144 studies, detailing the number of studies conducted, their distribution, and providing an in-depth examination of these studies by year, type, and primary topics. Notably, the analysis highlights a significant surge in research during the COVID-19 pandemic in 2020, corresponding with an increase in digital device use due to changes in educational practices and increased remote connectivity. These studies aim to draw attention to issues of digital addiction and constant connectivity, fostering societal awareness regarding healthy technology use.

Key words: Digital detox, digital diet, meta-analysis, technology, digital addiction.

INTRODUCTION

The digital age signifies a period marked by the accelerated sharing of information alongside rapid technological advancements. Particularly, advancements in computer and internet technology have transformed how individuals access information. People can now access desired information almost instantly from anywhere in the world. This has created positive impacts across various domains, including education, health, business, and social relationships. However, this swift transformation has also introduced several challenges.

Increased time spent in online environments has led to issues such as social isolation, privacy concerns, and digital security risks. Additionally, technology addiction has emerged as one of the most significant problems of the digital age. This issue has become more pronounced as individuals' interactions with the internet and digital devices have increased (Chayko, 2008; Ersöz and Özmen, 2020).

Research from the late 20th century onward has shown that behaviors not involving substance use can still

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become addictive, similar to substance addiction. Technology addiction, in particular, is a significant example of such addiction. It is a condition arising from excessive technology use that adversely affects an individual's social, functional, and psychological well-being. Researchers like Morgan and Cotten (2003) have indicated that technology addiction can lead to symptoms similar to those of substance addiction, including mood swings, conflict, and withdrawal. In this context, it is crucial to recognize technology addiction as a serious illness that requires treatment. According to the We Are Social Digital Turkey (2020) report, internet users in Turkey spend an average of 7.5 h/day online and about 3 h on social media. These statistics highlight the extent of excessive and uncontrolled use of technology.

In this era of widespread and uncontrolled use of technology, the potential physical and mental health risks associated with technology addiction necessitate the implementation of preventive measures and the promotion of conscious use. Through suggested strategies, it is possible to maximize the benefits of technology while minimizing its negative effects. Moreover, in many countries, severe cases of technology and internet addiction are being addressed with professional medical and psychological support (King et al., 2011). It is in this context that the concepts of "digital detox" and "digital diet" have gained prominence. These concepts aim to reduce the digital clutter impacting our mental health and improve our overall well-being.

Digital detox involves a period during which an individual completely avoids using digital devices. This concept has emerged alongside the increasing prevalence of technology and digital devices in our daily lives. It specifically refers to individuals consciously taking breaks from computers, smartphones, tablets, and other digital devices. The goal of digital detox is to reduce the negative effects of constant digital connectivity, such as stress, anxiety, and even physical health problems. This practice aims to help individuals lead more balanced lives by taking breaks from the digital world for their physical and mental well-being (Syvertsen, 2020).

Similarly, the concept of a digital diet adopts a more moderate approach by limiting technology use. This concept aims to regulate technology use in a manner akin to how a dietitian would manage eating habits. This approach focuses on enabling individuals to use technology in a healthier and more balanced manner, aiming to reduce the adverse effects encountered in the digital space.

A digital diet can offer customized programs tailored to personal needs to control unconscious technology consumption and improve individuals' social lives. This concept aims to reduce the time spent in digital environments, thereby enhancing both mental and physical health. Furthermore, as an inevitable part of the digital age, completely severing ties with technology is not feasible; thus, digital dietetics helps individuals find a healthy balance and manage their technology use to

avoid potentially harmful extremes.

These two concepts aim to combat the side effects of digital saturation, promoting healthier and more conscious interactions with technology. By addressing both the positive and negative aspects of technology use in a balanced manner, these concepts can enable individuals to use technology more effectively and positively. A fundamental goal of these concepts is to signify a growing awareness and efforts toward solving problems arising from technology use within society. These approaches can help the community gain greater awareness of the problems caused by technology use, thereby promoting a healthier and more balanced use of technology.

This study comprehensively compiles academic literature on digital diet and detox conducted between 2008 and 2023, presenting a detailed analysis of how this literature has evolved. The study systematically examines the trends and developments in this literature using the meta-analysis method, ensuring that the findings are based on a strong foundation of scientific rigor and general validity.

Particularly since 2008, there has been an increase in academic interest regarding the impacts of technology on human health and social relationships. During this period, researchers have begun to investigate the physical, psychological, and social dimensions of technology use in depth. In 2020, the spread of remote work and education practices due to the COVID-19 pandemic increased individuals' dependency on technology and significantly brought concepts such as digital diet and detox to the forefront. The increase in technology use during this period has distinctly influenced the focus of academic studies, initiating new discussions on the necessity and effectiveness of interventions like digital detox and digital diet. These studies could be important for understanding the long-term effects of technology on individuals and minimizing potential harms.

MATERIALS AND METHODS

Research model

This study utilizes meta-analysis, a methodology for quantitative research synthesis. Experimental and survey-type studies often operate with limited sample sizes, which restricts the interpretation of their findings. However, meta-analyses that aggregate the outcomes of these individual studies allow for a broader evaluation of the results (Büyükoztürk et al., 2016). This method facilitates the integration and analysis of quantitative data from multiple studies, offering more in-depth insights and shedding light on previously unclear issues. This process provides researchers with the opportunity to obtain more comprehensive and generalizable results (Card, 2012; Dinçer, 2014).

Study group

This study encompasses research conducted on digital diet and digital detox between the years 2008 and 2023. The study group includes academic theses, articles, books, book chapters, and

Table 1. Annual distribution of studies on digital diet and detox.

Publication year	Thesis		Article		Book/Translated book/Book chapter		Conference paper		Total	
	Digital diet	Digital detox	Digital diet	Digital detox	Digital diet	Digital detox	Digital diet	Digital detox	Digital diet	Digital detox
2008			1						1	0
2009									0	0
2010					1				1	0
2011					1				1	0
2012									0	0
2013									0	0
2014		1							0	1
2015		1		2	1				1	3
2016				1	1	2			1	3
2017		2		1	1	1			1	4
2018		1		3	1	2		1	1	7
2019		2	1	8		4		1	1	15
2020	1	2		13	1	7		2	2	27
2021				13		7		3	0	23
2022		6	1	13		6		1	1	26
2023				10		13		2	0	25
Total	1	15	3	65	7	42	0	10	11	134

conference papers published on these topics during this time frame. During the data collection process, scientific databases such as the National Thesis Center of the Council of Higher Education (YÖK), Google Scholar, Scopus, PubMed, and Web of Science were used as reference sources. Accordingly, a total of 144 studies related to digital diet and digital detox were accessed from the databases for the sample years, of which 11 focus on digital diet and 134 on digital detox.

Data collection and analysis

Data were collected by scanning academic databases that contain studies published on the topics of digital diet and detox. A detailed literature review was conducted using keywords and subject headings, and the publications obtained were classified into relevant tables according to their annual distribution, type, and topics. The data collection process utilized reference sources such as the National Thesis Center of the Council of Higher Education (YÖK), Google Scholar, Scopus, PubMed, and Web of Science. Each table includes the years, topics, authors, and main findings of the studies.

FINDINGS

The findings are presented regarding studies on digital diet and digital detox, displayed in Tables 1 to 3.

Annual distribution of studies on digital diet and detox

Table 1 provides the annual distribution of studies

conducted on digital diet and digital detox. Upon examining Table 1, it is observed that between 2008 and 2023, a total of 144 studies were conducted on these topics. According to the distribution of publications shown in the table, there are 11 studies related to digital diet, with the majority being in the format of books, translated books, or book chapters. Notably, more studies on digital diet were conducted in the year 2020. In contrast, for digital detox, the other focus of this study, there are a total of 134 studies, with the majority being articles and books, translated books, or book chapters. It is also observed that studies on digital detox were more frequently conducted in 2020. Based on these findings, it is apparent that while studies related to "digital diet" are fewer, indicating less focus on managing the appropriate and sufficient use of digital tools despite the increasing centrality of technology in people's lives, there is a greater inclination toward "digital detox" studies.

Distribution of book studies on digital diet and digital detox by characteristics

Table 2 presents the distribution of studies on digital diet and digital detox in the form of books, translated books, and book chapters according to their topics. From Table 2, it is evident that these publications have been released by both national and international publishing houses. The accessible book studies are predominantly authored by foreign writers. Within the scope of the digital diet, topics such as individuals' controlled use of technology, tips for

Table 2. Distribution of topics in books, translated books, and book chapters on digital diet and digital detox.

Author	Book/Translated book/Book chapter	Subject of book/book chapter
Ayaz (2018)	Book	The book focuses on the high usage rates of digital devices among youth and the various problems they encounter, emphasizing the uncontrolled use of technology by individuals.
Dilci (2026)	Book	In individuals lacking digital world literacy competencies, superiority is demonstrated through various destructive effects. The book highlights the necessities and importance of being genuine and sincere, offering tips for living in the digital world.
Brabazon (2016)	Book	It offers active, conscious, cautious, and practical strategies aimed at preventing individuals from sharing information without prior research, encouraging them to think before posting, and shifting their focus from shopping to reading.
Sieberg (2011)	Book	A four-step plan is proposed to help individuals refocus on their lives and regain genuine connections.
Churches et al. (2010)	Book	In the short digital diet consisting of various tools, the focus is on enabling both novice and experienced users to explore these tools at an individual pace and on integrating them into contemporary settings to promote productive learning.
David (2020)	Book	While phones are intended to save time and help people stay connected, they often lead to time loss and reduced interpersonal connections. The book discusses a 7-day challenge to address these issues.
Ellis (2017)	Book	Digitox focuses on a family's decision to implement "Technology-Free Sundays" as a means to break technology addiction and serves as a guide on how to reduce technology consumption.
Marshall (2019)	Book	In the book aimed at parents and children, a seven-step digital diet is presented as a way to overcome technology addiction.
Syvertsen (2020)	Book	The book explores the digital detox aspect of increasingly influential technologies in daily life, providing examples of how digital self-regulation can be implemented and its potential impact in the 21st century.
Goodin (2017)	Book	It serves as a guide for establishing a more balanced relationship with technology for all ages.
Otto (2016)	Book	Excessive digital use and overload can limit productivity and creativity and may lead to negative health outcomes. Therefore, the importance of a digital detox, involving the complete abandonment of electronic devices for a certain period, is emphasized.
Romanik (2022)	Book chapter	In a chapter of the book titled "Digital Detox," this study explores what life was like before the advent of mobile devices and digitalization.
Bernadette (2022)	Book	The dangers of excessive technology use are discussed, and the benefits of digital detox are investigated. It is an important resource that offers various programs and approaches for establishing a healthier relationship with the digital world.
Goodin (2018)	Book	Although technology is designed to make our lives easier, it is one of the biggest contributors to stress. The book provides solutions on how to stop looking at screens in order to restore balance in home life.
Otto (2021)	Book	The digital detox method is recommended to provide concrete examples of how to use social media and smartphones consciously and mindfully.
DeFrank (2022)	Book	The author declared a two-week digital detox for their children to help them break free from digital devices. They observed a change in their children's moods, an increase in creativity, and how they began to enjoy life without screens. The book also emphasizes setting the right technology boundaries for lasting change.

Table 2. Cont'd

Fleming (2020)	Book	To guide against excessive exposure to television and cell phones, activities related to woodworking are recommended.
Yazar et al. (2021)	Translated book	It offers a practical and enjoyable step-by-step plan to break free from phone addiction and subsequently establish a healthier relationship with your phone.
Aydiner (2019)	Book	The digital detox book set is specifically designed for children, aiming to promote mental and physical cleansing by restricting all internet and technology access for a designated period of time.
McLeod and Sinožić (2023)	Book	This comprehensive, engaging, and practical book serves as a resource that offers scientific research and practical strategies to overcome digital addiction and reconnect with the real world.
Jackson (2021)	Book	The book explores how digital devices can impact both physical and mental health. Additionally, it teaches simple and highly effective strategies for using digital devices in a better, more efficient, and healthier way.
Luca (2023)	Book	While digital transformation has led to numerous benefits such as increased productivity and global communication, it has also impacted our daily lives and habits, often in harmful ways.
Welfens (2019)	Book	Technology has started to alienate people from the real world. This book helps you rediscover the things you love by establishing a healthy relationship with digital devices.
Wallace (2017)	Book	The book is a comprehensive guide to breaking free from screen addiction and reclaiming a life filled with intention, connection, and empowerment.
Jack (2022)	Book	This book is a guide for both parents and individuals to organize their digital lives.
Sarkar (2023)	Book	This book, consisting of 15 chapters based on extensive research and personal experiences, offers effective strategies and practical techniques to help you embrace a digital detox and break free from the chains of digital addiction.
Arora (2022)	Book	Especially after the digital explosion during COVID-19, a planning guide is suggested to break free from the effects of screens and technology and to practically plan a digital detox by answering 7 prompts: why, when, where, who, how, whom, and what.
Weber and Wagner (2023)	Book	The book provides key insights into achieving a liberating and fulfilling digital lifestyle.
Fischer (2023)	Book	This book serves as a guide on how to approach digital media within 14 days and outlines the methods that can be used to overcome smartphone addiction.
Cooper (2023)	Book	The book offers effective tips on how to overcome technology addiction and reduce screen time through the "3-Step Digital Detox System."
Reid and Williams (2020)	Book	The book provides a starting point on how to disconnect from digital devices, featuring illustrated activities and journaling prompts.
Bowles and Rikard (2019)	Book	This book helps find balance and joy in daily life through digital detox, while guiding you in relieving stress, enhancing mindfulness, and improving your mood and health.
Juan Campos	Book	This book offers information and tools for those who want to understand the extent to which cell phone use has become an addiction or are considering how to break free from screen dependency.

Table 2. Cont'd

Goali Bocci	Book	This book lists 56 practices for detoxing from your digital devices, finding coping skills, and spending moments more meaningfully.
Liam Mason	Book	This digital detox handbook serves as a practical guide for a digital diet. It includes step-by-step instructions for coping without sacrificing the benefits of the digital world and for re-experiencing real life.
Olga González	Book	The book presents a 21-day plan on how to use technology, which is supported by the latest global research on digital technology addiction as well as the author's clinical experience with addiction and obsessive disorders.
James Mitchell	Book	The book serves as a guide to overcoming the sudden onslaught of digital overload and becoming more balanced and mindful.
Molly McCord	Book	During a 10-day journey, this book realistically focuses on the permanence of our digital devices. It aims to facilitate the process of stepping away from the keyboard and finding it easier and more liberating to experience the natural highs of living with less electronic connection and more mindful presence daily.
Richard Dirna	Book	This book explains how to assist children in overcoming digital addiction and how to help them lead healthier, more balanced lives.
Leonardo Amaral	Book	In the book, individuals will learn how social media can harm their lives and explore a new way of engaging with the internet that leads to being more focused, productive, and happier.
Arthur Irwine	Book	Digital detox involves disconnecting from technology and limiting screen time to improve mental and physical health. Therefore, the book discusses reassessing our relationship with technology to lead healthier, more balanced lives.
Damon Zahariades	Book	This book, which helps you overcome digital addictions, reveals how the compulsion to use technology negatively affects your life, including issues with concentration, sleep disturbances, stress, and more.
Cypress and Brighton	Book	This book is a practical and concise guide to understanding the importance of digital detox and how to perform it in the most effective way possible.
Thalia Soren	Book	The book guides you through the necessary steps to break free from digital addiction and rediscover the joy of living in the real world.
Karlsen	Book	The book discusses an analysis of the Underleir camp in Norway, a digital detox retreat designed for adults.
Juncal et al.	Book chapter	This book chapter highlights the increasing importance of the 'digital detox' concept. It discusses the reasons and factors that stimulate demand as a segment of the tourism market, the diversity of the businesses involved, and the strategies they employ. Additionally, it provides information on defining boundaries, facilitating adaptation to market conditions, and aiding in the development of marketing strategies that respond to this need.
Kayıkcı	Book chapter	The relevant book chapter addresses the concept of Digital-Free Tourism (DFT), which is emerging as a tourist motivation and travel option, currently forming a niche market.
Jorge and Salgado	Book chapter	The book chapter includes experiences related to distancing from social media.
Enli and Syvertsen	Book chapter	This book chapter explores how social and physical reconnection is conceptualized in popular discourse on digital detox and characterizes the motivational rhetoric that encourages users to regain a more authentic sense of place.

Table 3. Distribution of characteristics of article studies on digital diet and digital detox.

Author	Article Topic	Study Group	Conclusion	Recommendation
Orben (2022). "Digital diet: A 21st century approach to understanding digital technologies and development"	The article discusses the importance of the digital diet approach in eliminating the negative effects of widespread use of digital technologies on children and adolescents.	-	Developments in digital technologies are at uncontrolled levels. In this context, it should be acknowledged that the digital diet approach alone will not be sufficient. Adopting the digital diet approach can be positively viewed as a counter to the overgeneralizations of developmental psychology. However, this necessitates a more complex research study..	More research should be conducted on the negative impacts of digital technologies on individuals, particularly children.
Gorissen (2019). "The digital diet: is social networking mentally healthy or not?"	The issue of the significant negative effects of excessive use of social networks on individuals and the necessity and challenge of adopting a digital diet to combat this are discussed.	-	Social network sites are considered important for socialization, a sense of belonging, and self-presentation, especially during adolescence. However, these sites can also lead to addiction and may adversely affect the mental health of young people.	The consequences of young people's addiction to social network sites should be taken more seriously by all sectors. The digital diet should be utilized in response to the negative situations created by social network sites.
Biello (2008). "Digital Diet"	The article emphasizes that the energy savings provided by the use of digital technologies have been offset by their widespread use, and highlights the role of digital diet in achieving energy conservation in this context.	-	The widespread use of digital technologies is also increasing energy consumption. Technology companies can drift away from their social and environmental responsibilities while updating their digital tools.	The amount of energy used by digital devices can be reduced. Efforts can also be made to encourage internet and computer companies to reduce energy costs.
İflazoğlu (2021). "Digital detox tourism against post-modernity"	To better understand the emotions of individuals who participate in or avoid digital detox tourism.	-	The concept of digital detox is a new addition to tourism literature and represents an alternative tourism type with high future potential.	Destination marketers and managers can investigate digital detox tourism and its relationship with various variables.
Ulucay and Kobak (2020). "Digital Detox: A New Trend Against technology Addiction"	To examine the digital detox behaviors of young adults and uncover the reasons that drive them to engage in this behavior.	five adults aged 19 to 45	Common digital detox behaviors include deleting apps, silencing all notifications, and being mindful about social media posts.	The topic of digital detox should be evaluated in its economic, psychological, sociological, and ideological dimensions..
Yorulmaz and Karadeniz (2023). "Hemşirelik Öğrencilerinde Dijital Bağımlılık ve Dijital Detoks Farkındalığının Belirlenmesi"	The level of digital addiction among nursing students, associated factors, and awareness of digital detox are being determined.	377 nursing students	Nursing students have a moderate level of addiction according to their digital addiction scores.	The concepts of digital detox and digital addiction can be studied across different samples and age groups, and qualitative and quantitative research can be conducted on digital detox and preparation for digital detox

Table 3. Cont'd

Aslantürk (2021). "Teknoloji Bağımlılığının Turizm Deneyimlerine Etkisi ve Dijital Detoks Turizminin Tercih Edilebilirliği"	The research focuses on the impact of technology addiction on tourism experiences and the desirability of digital detox tourism.	70 participants aged between 15 and 65	Individuals show a tendency to go on digital detox vacations driven by motivations to disconnect, relax, and be in the flow, thus preferring vacations where technology is absent or restricted.	Research can be conducted with a sample group consisting of individuals who have taken or are taking vacations in concepts suitable for digital detox holidays. Additionally, the focus can be on tourist experiences during the digital detox holiday.
Karapınar and Fidan(2019). "Teknolojinin Gelişimiyle Ortaya Çıkan Teknoloji Bağımlılığı Ve Teknoloji (Dijital) Detoksu"	The implementation of digital detox, strategies for coping with withdrawal, the experiences of individuals during digital detox, and the developments in individuals' lives after completing digital detox are examined.	-	Internet addiction does not target a single generation or age group. Today, every individual who uses smartphones and the internet is at risk of addiction.	Individuals learning to use technology to their advantage in their lives will not provide immediate benefits, but will contribute to the individual in the long term.
Pınarbaşı and Astam (2020) "Vazgeçmek Mümkün Mü?": Kuşakların Dijital Detoks Deneyimleri Üzerine Bir Analiz"	The concept of digital detox has been focused within the framework of internet/technology addiction and digital illnesses.	-	Participants have concluded that the digitalization of daily life and work life necessitates the use of the internet in all areas, whereas social media is primarily used to satisfy curiosity.	Digital detox can be functionally implemented to create awareness and various tools can be utilized to manage the time spent on the internet and social media.
Topsakal and Dinç (2022). "Çevrimdışı Tatil: Dijital Detoks İçin Ekoturizm"	To study ecotourism within the scope of digital detox offline and to provide recommendations.	-	It has been determined that facilities most frequently implement 'complete digital detox' practices.	Future studies could explore topics such as the classification of digital detox ecotourism types, how it can be adapted to ecotourism, perspectives of ecotourists on this subject, viewpoints of ecotourism managers, and what standards should be for ecotourism digital detox practices.
Göktaş and Ülkü (2021). "Dijitalleşme sürecinde ortaya çıkan bir kavram: Dijital detoks tatili"	The concepts of 'digital detox and digital detox vacation,' which emerged as a result of the negative effects of digitalization on individuals, are explained, and the literature related to these concepts is reviewed.	-	With the increasing influence of information and communication technologies in people's daily lives, it has been observed that these technologies cause adversities in socialization, personal life, and professional life, and lead to addiction to digital technologies among individuals.	Studies could be conducted on the physical health of tourists before and after a digital detox vacation through medical or psychological analyses, on tourism enterprises that will offer digital detox concepts, on tourists who will choose these enterprises, and on the motivational factors that drive tourists to opt for this type of vacation.

Table 3. Cont'd

Albayrak (2020). "Sosyal medya platformlarında dijital detoks: Deneysel bir araştırma"	Participants were asked to close their social media accounts for a week to undergo digital detox, and the study examined their feelings before and after this process, as well as the changes (or lack thereof) that occurred in their lives..	Fifteen students studying in the Communication and Design department.	After a digital detox, individuals show improvements in productivity, creativity, and family communication, along with an increased positive awareness in these areas.	The connection between digital detox and FOMO can be examined together and applied across different geographies and a wide range of ages.
Syvertsen and Enli (2020). "Digital detox: Media resistance and the promise of authenticity"	An analysis of 20 articles related to digital detox is included.	-	The definition of problems related to digital media and the strategies recommended for addressing them are discussed	-
Altınay Özdemir and Gökteş (2021). "Research trends on digital detox holidays: A bibliometric analysis"	The concept of a digital detox vacation is clarified as a form of tourism.	Analysis of 20 articles	It has been shown that digital detox is a new area of research and that there has been an increase in related publications, especially since 2018, following an initial interest starting in 2016.	Future studies could examine the marketing of digital detox vacations, particularly in the design of accommodation facilities and in the holiday packages offered by tour operators.
Ugur and Koc (2015). "Time for digital detox: Misuse of mobile technology and phubbing"	Challenges associated with mobile phones in university classrooms are being investigated	Three hundred and forty-nine students from six different departments.	The majority of students admitted that their classmates distract them and that they could cheat using their phones.	Integrating the use of mobile phones with an effective learning environment in university classrooms.
Schmitt et al. (2021). From cognitive overload to digital detox: Psychological implications of telework during the COVID-19 pandemic"	The analysis investigates the relationships between the use of digital tools, the sensation of cognitive overload, digital detox measures, perceived job performance, and well-being..	Four hundred and three participants aged between 18 and 87	The desired relationships were not found in the use of digital tools. However, for those using these tools, a relationship exists between the number of digital detox measures and the perception of cognitive overload and job demands.	Future research should conduct further investigations on the topic.
Nguyen (2022). "The perceptions of social media users of digital detox apps considering personality traits"	The study aims to investigate users' perceptions of utilizing digital detox applications and to reveal the relationships between personality traits and technology-related variables.	Two hundred and sixty-three participants who used detox applications.	It has been determined that behavioral intention significantly predicts usage behavior.	Educators, policymakers, and software designers need to consider personal factors to reduce learning problems associated with attention distractions on social media..
Sutton (2017). "Disconnect to reconnect: The food/technology metaphor in digital detoxing"	The digital detox example discusses the technologies used by detoxers, the necessity of distancing, and considerations that need to be taken into account.	Eight individuals participated in a 14-day digital detox camp.	Individuals undergoing digital detox have distanced themselves from overworking and internet use, and have chosen to reconnect with nature, play, and each other.	Further research could be conducted on digital usage strategies after individual detox

Table 3. Cont'd

Gong et al. (2023). "Digital detox tourism: An Ellulian critique"	Your sentence is well-written and clear in academic English. It effectively conveys the focus on digital detox tourism as a temporary escape from the negative effects of digital technology. No further adjustments are necessary	-	It is argued that digital detox tourism can be a way to seek authenticity and nostalgia through digital disconnection.	Future studies could utilize existentialist philosophy to theorize what this authenticity means when compared to the concepts of authenticity commonly used by tourism researchers.
Jiang and Balaji (2022). "Getting unwired: What drives travellers to take a digital detox holiday?"	The factors that motivate travelers to undertake digital detox vacations are examined using the uses and gratifications theory	Phase 1: Eighteen individuals who have traveled abroad in the past year. Phase 2: Twenty individuals who have taken a digital detox vacation in the past year	Awareness, technostress, relaxation, and self-expression each play a role in determining a traveler's intention to take a detox vacation.	Future studies could examine the factors influencing the intention to repurchase digital detox vacations
Wilcockson et al. (2019). "Digital detox: The effect of smartphone abstinence on mood, anxiety, and craving"	The study aims to examine the effects on mood, anxiety, and craving when participants stop using their smartphones for 24 hours.	Forty-five adults	It has been determined that intensive smartphone use does not meet the criteria to be considered an addiction.	Future research could focus on heavy users based on their usage patterns.
Wood and Muñoz (2021). "Unplugged: Digital detox enhances student learning"	The purpose, design, and methods of an experiential digital detox class activity, where undergraduate students refrain from digital media for 48 hours, are explained	Sixty-six undergraduate students enrolled in a Consumer Behavior course at a university in the Northeastern United States.	Many students realized that their lives felt somewhat incomplete and more challenging in the absence of digital devices and tools.	Embracing technology in the classroom can aid student learning, but as this disconnection assignment demonstrates, restricting its use can also provide valuable learning experiences.
Kent (2020). "Self-tracking health over time: From the use of Instagram to perform optimal health to the protective shield of the digital detox"	The use of technologies in sharing health-related data on Instagram is being examined to comprehensively explore the mediations of self-monitoring in identity construction.	Fourteen participants aged between 19 and 26.	They have developed impulses to use these technologies to document and share various aspects of health and lifestyle.	Similarly, social platforms can be studied in more detail from the user perspective.
Gorissen (2019). "The digital diet: Is social networking mentally healthy or not?"	The negative impact of excessive use of social networks on individuals and the necessity of engaging in a digital diet to combat this issue are discussed.	-	Social networking sites are considered important during adolescence, particularly in the context of socialization, a sense of belonging, and self-presentation. However, these platforms can also lead to addiction and negatively impact the mental health of young people.	The consequences of young people's addiction to social networking sites should be taken more seriously by all sectors." A digital diet should be utilized in response to the negative effects created by social networking sites.

Table 3. Cont'd

Chaoyang and Jinkai (2021). Research on the Effect of Technostress on Addiction Tendency according to Smart Device Properties-Digital Detox as a Controlling Variable	The subject of the article is the impact of various smartphone features (technical limitations, complexity, and speed of change) on technostress. Additionally, the effect of technostress on addiction tendencies and the moderating effect of digital detox are also examined within the context of the article.	Two hundred and two people living in China.	The findings of the study indicate that the independent variables of technical limitations and speed of change have a positive (+) effect on technostress, whereas complexity does not have a significant impact on technostress." "The other results of the study reveal that technostress has a positive effect on addiction tendencies, and digital detox does not have a moderating effect.	Studies could be conducted on the various effects of smart device features on individuals.
Agnese et al. (2019). Digital Detox Tourism as a Resource for the Enhancement of Cultural Heritage. A Development Study for Certosa di Pisa in Calci (Tuscany)	The subject of the article is the creation of an accommodation structure for digital detox in a public museum center located in a former monastery.	-	In the context of decreasing public financial resources, public cultural heritage can be utilized effectively. Innovative solutions are needed for this purpose. In this regard, conducting digital detox activities in public cultural heritage sites could be effective.	Digital detox can be identified as an activity to enhance the potential appeal of cultural heritage
Schmitt (2021). From cognitive overload to digital detox: Psychological implications of telework during the COVID-19 pandemic in Germany.	The article presents an analysis of the relationships between the use of digital work tools, the sensation of cognitive overload, digital detox measures, perceived job performance, and well-being.	The study involved 403 participants who completed an online survey in Germany during April and May 2020.	The results indicate that the relationship between the use of text-based tools and well-being is mediated not by perceived job performance but by digital detox measures. The number of digital detox measures moderates the relationship between cognitive overload and the perception of job demands.	Organizations should rely on synchronized, audio-visual work tools as much as possible, rather than asynchronous text-based tools." "Organizations should ensure that all tools are user-friendly and that standardization is achieved across a limited number of tools (if possible)." "Encouraging digital detox behaviors could be beneficial."
Соколова and Драгунова (2021). Разработка Информационно-Просветительского Веб-Сайта" Проблемы Цифровой Зависимости И Digital Detox".	The article addresses the issue of digital addiction among students and highlights the need to create an educational resource to educate students about digital addiction problems.	-	Digital addiction among students is increasingly growing. Students need to be educated about digital addiction.	Students can be educated about digital addiction by creating a web resource focused on digital addiction.
Black (2018). Take a digital detox: Our screen fixation is harming us	The subject of the article is the time spent on phones and its reflections on screen addiction	-	Screen addiction makes it difficult to set boundaries between our online and offline lives. It negatively affects both our health and our social relationships.	Digital detox is crucial for reducing screen addiction.

Table 3. Cont'd

Pieš (2022). Slow media manifesto, digital minimalism and digital detox as important notions of the 21st century	The article addresses the philosophies of slow media and digital minimalism, which advocate for a moderate approach to digital technology and media.	-	Digital minimalism, slow media, and digital detox are ways to effectively manage time	Completely abandoning the use of digital technologies is not advisable. However, individuals need to learn to use digital technologies wisely and in moderation.
Nypadmka (2022). Digital detox: Towards an understanding of technology addiction in higher education and daily routine.	The article investigates the perspectives of students and parents on the excessive use of digital devices during the Covid-19 pandemic, and how these technologies have influenced their understanding of the need to overcome device addiction.	The sample of the study consists of 233 students and 187 parents, all of whom are affiliated with various departments at the Kyiv National University of Trade and Economics.	The study reveals that remote education and remote work during the Coronavirus pandemic have increased the need for digital detox.	Students need to be mindful of the amount of time they spend using digital devices to avoid health problems.
Agha and Obinna (2023). Tech-free zones establishment and dumb-phone utilization as digital detoxification predictors of students' academic improvements in universities in rivers state	The article examines the impact of establishing technology-free zones and promoting silent phone usage as determinants of digital detoxification on the academic progress of students at universities in Rivers State, Nigeria.	The population of the study comprises 3,680 students from the Department of Educational Management at three state universities in Rivers State, Nigeria, while the sample consists of 1,472 students, representing 40% of the population involved..	The study has found that as variables of digital detoxification, technology-free zones and silent phone usage contribute to students' work-life balance, support their academic development and emotional intelligence. Additionally, it was discovered that these detoxification strategies also support students' academic endeavors, reduce smartphone addiction, restore natural rhythms, and enhance academic performance.	The research indicates that technology-free zones and silent phone usage are strong and valid determinants of students' academic development. In this context, school authorities and students can utilize various digital detoxification strategies to enhance the pace of academic progress by reducing exposure to digital technology devices.
Ulucay and Kobak (2020). Digital Detox: A New Trend Against technology Addiction	The subject of the article focuses on the digital detox behaviors of young adults and the factors that motivate these behaviors.	The study involves five young adults who practice digital detox.	The motivations for social media use among young adults are influenced by the desire to interact socially and to stay informed about developments in their surroundings. Digital detox is effective in reducing the time spent using social media.	The number of studies related to the economic, psychological, sociological, and ideological dimensions of digital technology use can be increased.
Schuiemaker (2018). Ook toe aan een digital detox	The article addresses the intensive use of digital devices by individuals and the resulting need for digital detox, while also exploring whether people are ready to engage in digital detox.	-	Addiction to digital devices is steadily increasing.	Digital detox is necessary to recover from digital addiction and its effects. Digital detox practices can be initiated through practical application.
Radtke et al. (2021). Digital detox: An effective solution in the smartphone era? A systematic.	The article examines whether digital detox interventions are effective in improving outcomes such as health and well-being, social relationships, self-control, or performance, within the context of the relevant literature.	-	Within the context of the studies examined, it has been found that digital detox interventions have positive effects on usage itself and symptoms of depression.	It is recommended that more investment be made in high-quality empirical research to understand under what conditions and for whom digital detox is beneficial.

Table 3. Cont'd

Дроздова and Фаизова (2022). Проблема Digital Detox как экономический феномен: формирование спроса и предложения.	The article addresses the issue of digital detoxification and proposed solutions to this problem from an economic perspective.	-	Digital detoxification has significant contributions to our social relationships, psychological, and physiological health. Digital detoxification can negatively impact the economy (in the context of the production and use of digital technology).	Completely abandoning the use of digital technology can create negative effects in an economic context, but excessive use can lead to physiological and psychological problems. In this context, balanced use of digital technology will be beneficial for both individuals and the economy.
Sitepu et al. (2022). M. how do high school students in medan city understand and implement digital detoxification?.	The article discusses the patterns of digital device usage and detoxification efforts among high school students.	The sample of the study consists of 14 students from 6 high schools and vocational schools in the city of Medan, North Sumatra Province.	Despite the positive aspects of digital media, it also has its downsides, which can particularly affect high school students who are in the phase of self-discovery. It is crucial for students to undertake digital detoxification steps to cleanse themselves from the negative effects of digital media and device usage.	To detoxify from digital overload, it is advisable for students to learn how to manage digital devices, limit internet access, engage in exercise or social activities as part of a healthy lifestyle, and undergo social media detoxification.
Bieckmann (2020). Zwischen „Always Online “und „Digital Detox “-Strategien von Unternehmen und Beschäftigten, die Nutzung digitaler Medien zur Stressreduktion einzugrenzen.	The article addresses strategies for reducing or reflecting on media use, focusing on the utilization of digital media in daily work life.	The sample of the study consists of 7 employees from various large companies in Germany.	It has been determined that there is a fundamental need and interest among employees for strategies aimed at reducing digital media use or its reflective use. Researchers have found that entrepreneurial projects that deprive employees of the autonomy to flexibly decide when and how to limit their media use are not well-received.	It is recommended that companies adopt strategies that do not hinder the individual and self-determined work styles of their employees in terms of media usage.
Железняк (2022). Digitalization, digitization of the world and “digital detox”.	The article addresses the complexity of digitalization, its relationship with digitalization processes, and the roles and significance of these in the fields of art and design. It also discusses the lack of examination regarding the outcomes and potential risks associated with digitalization.	-	Digitalization is a reality of the modern world. It is possible to digitize cultural objects such as architecture, sculpture, and art. This is effective in the context of developing modern culture, preserving traditional examples, and creating comprehensive databases that can be used in education, research, and restoration activities. However, the insufficient study of the digitalization of modern life and the development of network systems leads to threats and potential risks. These manifest as responses in the form of "digital detox" and media asceticism, serving as methods of restoration and personal protection against the threats of digital dependency, the risks of technological expansion, and the invasion of the digital world.	In the modern world, the use of digital devices is inevitable. However, individuals need to use digital technology in a balanced manner, considering both their own development and the needs of the modern world..

Table 3. Cont'd

Lercher et al. (2019). What can we do about Smartphone-addiction—or the dream of a wireless-free digital detox Island?.	The article reviews the current literature on the relationship between "screen time" and changing social behavior.	-	Spending time in front of screens leads to various problems, including depression, obesity, diabetes, anxiety, and systematic disruption of sleep quality.	Research facilities equipped as holiday camps can be established to study behavioral therapies. These camps can offer support to families suffering from problems caused by the misuse of technology.
Bhattacharya and Raghuvanshi (2019). Digital detoxification: A pressing need for restoring balance in tech-driven life.	The article discusses the problems caused by the use of digital devices worldwide and the concept of digital detoxification.	-	The active use of technology leads to addiction, which in turn causes mental and physical problems.	Digital detoxification is necessary for the mental and physical health of individuals with technology addiction. Expert advice can be sought to combat technology addiction.
Umasankar et al. (2022).	The article addresses the challenges of ensuring the well-being of employees in the digital workplace and discusses viable solutions for promoting digital well-being in the post-Covid-19 era.	The study involves 463 employees in the IT sector who have adopted remote work.	Promoting digital detox strategies is crucial.	The article suggests investigating the long-term effects of digital detox programs on employee performance and their impact on the mental and physical well-being of employees within a corporate context.
Karlsen (2021). Affordances In Digital Detox And Productivity Apps.	The article explores the enablers and barriers to smartphone usage within the context of new empirical data and a conceptual framework..	-	Various applications that can be downloaded onto phones are not sufficient to prevent or reduce phone addiction and usage.	Gamification design can be partially utilized to reduce smartphone addiction.
You and Karlsen (2023). Gamification and undesign: exploring the affordances of digital detox apps with game features.	The research analyzes three gamified productivity applications, examining the motivational possibilities of digital detox practices and their effects on people's smartphone usage and non-usage.	-	Detox applications that can be downloaded onto phones through apps can help users change their habits. However, the frequent encouragement for users to log in to achieve various goals may lead to new forms of addiction.	Detox applications that can be downloaded onto phones can create an encouraging effect in the context of digital detox.
Винтайкина and Семенова (2019). Внедрение услуг Digital Detox и размещения с животными в отели повышенной категории.	The article discusses the use of hotels in the context of digital detox.	-	Hotels are being established in various countries around the world with the aim of offering digital detox services.	Hotels can create digital detox programs to serve individuals struggling with digital addiction from various parts of the world..
Golding (2015). Digital detox for lawyers: 5 steps to help you switch off	The article discusses five steps of digital detox specifically tailored for lawyers.	-	Digital detox requires specific practices and actions.	In the context of digital detox, one can overcome digital addiction by establishing predictable periods of time off, overcoming the fear of being away from technology, avoiding taking phones and tablets to bed, preferring face-to-face meetings, and learning to entertain oneself without the use of technology.

Table 3. Cont'd

Golding (2015). Digital detox for lawyers: 5 steps to help you switch off	The article discusses five steps of digital detox specifically tailored for lawyers.	-	Digital detox requires specific practices and actions.	In the context of digital detox, one can overcome digital addiction by establishing predictable periods of time off, overcoming the fear of being away from technology, avoiding taking phones and tablets to bed, preferring face-to-face meetings, and learning to entertain oneself without the use of technology.
Shields (2020). Is It Time for a Digital Detox?	The article addresses the problems caused by digital addiction and the necessity of digital detox in response to these issues..	-	Digital detox is crucial for overcoming digital addiction.	Individuals can overcome digital addiction not by completely abandoning the use of digital tools, but by returning to previous habits and using technology more consciously.
Белякова (2018). Digital detox как позиционный продукт индустрии гостеприимства и маркетинга дестинаций	The article examines the phenomenon of limiting digital communication as a positional product in the high-segment hospitality industry.	-	Digital detox is an important option in the promotion of regions within the tourism services market.	Various marketing opportunities and tools are required for effective digital detox promotion.
Gray (2023). Digital Detox: One Strategy for Establishing a More Ethical Relationship to Educational Technologies on Campus	The article explores the definition and analysis of a strategy aimed at enhancing the engagement of the university community in ethical and educational technology issues.	-	University initiatives on ethics and educational technologies contribute to raising awareness about digital detox.	Efforts to promote digital detox on campus can be undertaken by all units involved in critical digital pedagogies.
Макурина (2019). Использование тренда digital detox в зарубежной и отечественной маркетинговой коммуникации.	The article explains the practice of leveraging a new public demand in marketing communication, which is associated with the stress and fatigue caused by constant connectivity and information overload. As a result, there is a growing desire to take breaks from phones, computers, and the internet.	-	In marketing communication, consumers were previously constantly reminded of the importance of staying connected, but now the benefits of being offline are increasingly emphasized. At the same time, the desire of people to disconnect, take a break from the Internet, and step away from gadgets is being leveraged.	-
Marx et al. (2022). Motivators of Knowledge Workers to Conduct Digital Detox.	The article addresses digital detox and its effects on the experience of technostress, as well as the theoretical development of digital detox..	The study involves 10 individuals who have experience with digital detox and regular use of ICT (Information and Communication Technologies).	It has been observed that when individuals experience a positive impact attributed to one or more coping strategies, their motivation for digital detox can shift from coping to prevention.	Further research can explore the managerial perspectives and measures that organizations can adopt to motivate knowledge workers to engage in digital detox, as well as the relationship between digital detox and technostress.

Table 3. Cont'd

Sutton (2020). Digital harm and addiction: An anthropological view	The article discusses the removal of technology in the context of the values of the digital detox community and American culture.	The study involves 1,000 digital detox enthusiasts living in California.	Digital harm is a "social reality."	Digital addiction and harm can be approached from a values-based perspective rather than purely clinical issues.
Harrison (2022). In the Digital World, We Work; At Camp, We Play: Discourses from 'Digital Detox' Campers	The article focuses on a digital detox retreat conducted at a digital detox center in North America and examines its outcomes.	-	-	-
Stangl (2023). Digital Detox Research: An Analysis of Applied Methods and Implications for Future Studies.	The article addresses empirical digital detox studies, focusing on their methodological aspects.	-	It has been determined that research on digital detox is still in its early stages.	The number of scientific studies on digital detox can be increased.
Can and İfazoğlu (2021). Digital detox tourism against post-modernity.	The article examines theoretical and practical studies related to digital detox tourism.	-	Although 2009 and 2010 are known as the birth years of the digital detox vacation concept, it has been determined that digital detox vacations began to gain significant media attention starting in 2011. Digital detox vacations offer positive physiological and psychological benefits to individuals.	In today's world, where opportunities for digital detox vacations are rapidly increasing, it is advisable to consider digital detox tourism as a new form of alternative tourism.
Pathak (2016). Digital detox in India.	The article addresses the increasing issue of technology addiction in the context of India and the application of digital detox as a response.	-	Digital detox is no longer just a concept; it is a reality. Engaging in digital detox presents various challenging aspects for individuals.	Living in the modern world is impossible without technology, but we need to learn how to live healthily with technology..
Syvetsen (2023). Framing digital disconnection: Problem definitions, values, and actions among digital detox organisers	The article focuses on interviews with organizers aimed at highlighting organized efforts to facilitate digital detox experiences.	The study involves 10 organizers.	Local offline initiatives are not aware of each other. It has been observed that cultural environments welcome offline initiatives and that personal user patterns are increasingly becoming part of the motivation for action.	-
Basu (2019). Impact of digital detox on individual performance of the employees	The article examines the impact of digital detox on individual performance.	The study's sample consists of 70 employees from various sectors and work areas who have undergone a mandatory detox process.	There is a positive relationship between digital detox and individual performance.	The number of studies examining the relationship between digital detox and individual performance could be increased.

Table 3. Cont'd

Basu (2019). Impact of digital detox on individual performance of the employees	The article examines the impact of digital detox on individual performance.	The study's sample consists of 70 employees from various sectors and work areas who have undergone a mandatory detox process.	There is a positive relationship between digital detox and individual performance.	The number of studies examining the relationship between digital detox and individual performance could be increased.
Mohamed et al. (2023). Effect of digital detox program on electronic screen syndrome among preparatory school students	The article discusses the impact of a digital detox program on electronic screen syndrome among preparatory school students.	The study involves 105 students enrolled in the preparatory programs at two public schools in Cairo.	The digital detox program is effective in reducing students' screen addiction.	It is recommended to implement protective care programs for high school-aged children.
Dimova (2022). Digital detox—strategic tool for tourism development in Bulgaria.	The article explores the concepts of digital detox and its effects on users, as well as the current state of digitalization, with a focus on Bulgaria.	-	Digitalization has negative aspects that contribute to technostress and has led to the emergence of digital detox interventions and the formation of this new structure. Bulgaria can be concluded to have many competitive advantages in terms of resources as a health and detox tourism destination. The country is suitable for sustainable development and investment in the detox tourism sector.	Bulgaria needs to pay special attention to marketing efficiency, branding, and image in order to reposition itself as a detox destination.
Anashkina et al. (2020). Digital-detox Technology for Vocational Guidance Selection of Applicants for Media Communications Area.	The article examines the use of digital detox technologies in the professional guidance choices of individuals entering media communication education.	-	Digital detox technologies have an impact on the development of communication skills..	A responsible and environmentally friendly media consumption model is being proposed..
Mirbabaie et al. (2022). Knowledge Work 'Unplugged'- Digital Detox Effects on ICT Demands, Job Performance and Satisfaction	The article examines the extent to which digital detox can support information workers in preventing and coping with demands related to the usability of IT.	The study involves 47 participants who were recruited through social media and a form.	Digital detox can lead to a reduction in demands for information and communication technology usability. The concept of digital detox holds significant potential for future information systems (IS) research.	Future studies could conduct experiments testing different strategies against each other. The results may reveal various guidelines aimed at individually supporting employees based on their work situations and living conditions.
Mutsvairo et al. (2023). 'Our old pastor thinks the mobile phone is a source of evil.' Capturing contested and conflicting insights on digital wellbeing and digital detoxing in an age of rapid mobile connectivity.	The article addresses mobile users and digital inequalities in Africa.	In Harare, the capital of Zimbabwe, the study involves 10 individuals aged 18-30 with different education levels.	The research demonstrates how electronic connectivity is perceived both as a tool of freedom and as a subtle form of potential digital enslavement.	In Africa, the study of digital well-being could benefit from an increase in the number of research efforts. Broader approaches that address issues beyond addiction and usage time should also be explored.

Table 3. Cont'd

Szablewicz (2020). From the media fast to digital detox: Examining dominant discourses about technology use	The article examines dominant discourses on media and communication technologies, including their adoption and use, as well as their positive and negative outcomes.	-	A critical perspective could be developed to address students' tendency to blame technology for social issues, by evaluating the dominant discourses on media and communication technologies and their adoption and use, including both their positive and negative outcomes.	-
Efimova and Semenov (2020). Digital detox of the youth (on the example of social networks).	The article explores how the use of virtual social networks and the attitudes of students and young professionals towards rejecting information and communication services are influenced by both objective and subjective factors such as age, social status, competitive strength, and trust in others.	The study sample consists of 3,169 students enrolled in high schools, vocational schools, and higher education institutions in the Tyumen region.	The study results show that students primarily use social networks to acquire new information, consume entertaining video and audio content, and meet educational needs. The highest level of readiness for digital detox was recorded among high school students.	The current article topic can be revisited with qualitative methods, such as in-depth interviews and focus group discussions.
Gaafar and Allah (2021). Digital Detox Tourism at The Egyptian Destination: Attitudes and Motivators.	The article discusses the phenomenon of Digital Detox Tourism (DDT), focusing on technology use among digital natives and digital immigrants, the impact of excessive IT usage, tourists' awareness of these effects, their attitudes towards DDT, and motivational factors that encourage disconnecting during travel.	The study sample consists of 30 Egyptian and 20 foreign participants who took part in the online survey.	The study results reveal the dependence of digital natives on technology. The findings also include the advantages of being disconnected at a tourism destination.	It is recommended to promote Digital Detox Tourism (DDT) as a travel option to enhance tourists' mindful experiences and interactions with their environment.
Vialle et al. (2023). Better than scrolling: Digital detox in the search for the ideal self	The article discusses a qualitative study examining the experiences of individuals who have undergone digital detox.	The study sample consists of 5 women and 2 men who have undergone digital detox.	The research shows that the results attempt to discuss the tension between people's use of digital technology and their values.	Understanding the potential of digital technology to meet people's needs and enrich their lives can help reduce anxiety or perceived threats associated with its use.
Mirbabaie et al. (2020). Digital Detox--Mitigating Digital Overuse in Times of Remote Work and Social Isolation.	The article empirically focuses on the delicate balance between reducing excessive digital use and perceived social connectedness.	The study sample consists of 36 individuals in the experimental group and 36 individuals in the control group, all of whom have at least six months of experience working remotely or in a home office environment. Each participant holds at least one undergraduate degree and is categorized as a knowledge worker (e.g., programmers, doctors, architects, engineers, or scientists).	During periods of social isolation, the implementation of digital detox may also bring about a sense of social disconnection. Being isolated not only offline but also in the online world can lead to feelings of loneliness, which may increase stress levels and adversely affect overall well-being.	Businesses can benefit from a deeper understanding of digital detox, particularly in situations where employees are working remotely from home. By either recommending or not recommending digital detox, businesses can support their employees by reducing stress and enhancing individual well-being.

living in the digital world, and preventing technology addiction are addressed.

As for digital detox, the focus is on planning breaks lasting a few days to overcome digital addiction, making step-by-step progress to find balance in daily life, and encouraging enjoyment of various activities, especially for children. Sieberg (2011), in his book *The Digital Diet: The 4-Step Plan to Break Your Tech Addiction and Regain Balance in Your Life*, proposes a four-step plan aimed at teaching how to manage technology to enhance communication among family members, increase productivity at work, and maintain friendships, ultimately using technology to benefit our lives. The first step addresses how technology impacts society and its effects on physical, mental, and emotional health; the second evaluates digital inputs; the third repairs relationships harmed by technology; and the fourth teaches how to optimize time spent online.

Similarly, Dilci (2015) in *Time for a Digital Diet* discusses overcoming digital addiction—referred to as the disease of our century—by living in a correct and balanced manner and outlining ways to become literate in digital technology.

Brabazon (2016) in *Digital Dieting: From Information Obesity to Intellectual Fitness* contends that without media and information literacy skills, students and citizens struggle with low-quality online information that fills their days without fostering imagination or inquiry. The book explores the social, political, and academic challenges of managing large volumes of low-quality information within the scope of a digital diet.

Ellis (2017) in *Digitox: How to Find a Healthy Balance for Your Family's Digital Diet* addresses movements toward healthier and safer internet usage for technology-addicted families. It began as an internet prohibition day and evolved into a family mission to step back from the digital age once a week, emphasizing recommendations for managing digital life in family settings. Marshall (2019) in *The Tech Diet for Your Child and Teen: The 7-Step Plan to Reclaim Your Kid's Childhood (and Your Family's Sanity)* offers parents and children seven strategies for appropriately using digital technologies through a digital diet.

When examining studies on digital detox, Welledits, Schmidkonz, and Kraft (2019) in their book *Digital Detox in the Workplace: Methods and Recommendations for Healthy Use of Technologies* succinctly address the causes of digital addiction, discussing methods for healthy technology use and providing concrete suggestions for digital detox strategies. Schell (2022) in *Digital Detox: Why Taking a Break from Technology Can Improve Your Well-Being* explores ways individuals can find a better balance in their digital lives, particularly focusing on internet dependency and how technology can help overcome digital addictions as part of the detox movement. Aydiner (2019) has compiled a set titled *Digital Detox* specifically for children, which includes

stories, digital detox cards, and art supplies. Mason (2020) in *Digital Detox: The Actionable Guide to Technology Detox and Freedom from Technology Addiction* highlights the growing awareness among people that their devices control their lives, noting the negative impact on personal relationships and excessive technology use, which leads to higher stress levels, reduced sleep quality, and various health issues. Dirna (2023) in *Digital Detox: Learn How to Help Your Kids Break Free from Their Digital Addiction* provides practical tips and real-life examples of how to set beneficial boundaries for family members and develop healthy screen time habits.

Distribution of article studies on digital diet and digital detox by characteristics

Table 3 presents the distribution of article studies on digital diet and digital detox according to their characteristics. From Table 3, it is observed that studies related to digital diets have emerged as a response to the adverse effects caused by the widespread use of digital technologies and social networks. Additionally, research suggests a need for a digital diet due to the increased energy usage associated with the extensive use of digital tools. Indeed, Orben (2022), in the study "Digital Diet: A 21st Century Approach to Understanding Digital Technologies and Development," emphasizes that excessive use of digital technologies leads to various problems among adults and youth, advocating for the adoption of a digital diet as a solution.

Gorissen (2019), in the article "The Digital Diet: Is Social Networking Mentally Healthy or Not?" discusses the growing prevalence of social networking sites and the resultant need for a digital diet in light of these negative conditions. Gorissen also notes that, particularly during adolescence, the use of social networking sites is linked to identity, autonomy, and social relationships, indicating an increase in their use during this developmental period. In the latest study titled "Digital Diet," Biello (2008) states that the advantages provided by digital tools have turned into disadvantages due to the increasing number of users, highlighting the necessity of a digital diet for achieving energy savings.

Studies related to digital detox have focused on reducing the use of digital tools, experiences related to digital detox applications, digital detox tourism, and research on digital detox itself. Among these studies, Nguyen (2022) in "The Perceptions of Social Media Users of Digital Detox Apps Considering Personality Traits" investigates users' perceptions regarding digital detox applications and elucidates the relationships between personality traits and technology-related variables. This study, designed with a scanning approach and involving 263 participants, shows that behavioral intention significantly predicts usage behavior, while

expectations of performance, effort, and social influence positively affect behavioral intention.

Albayrak (2020) conducted "Digital Detox on Social Media Platforms: An Experimental Study" with 15 undergraduate students who deactivated their social media accounts for a week to undergo a digital detox. The findings post-detox highlight improvements in productivity, creativity, and intra-family communication, along with positive awareness. Basu (2019), in "Impact of Digital Detox on Individual Performance of Employees," explores the effects of digital detox on individual performance. Findings from 70 employees who underwent a mandatory detox process across various sectors indicate a positive relationship between digital detox and individual performance.

Distribution of thesis studies on digital diet and digital detox according to their characteristics

Table 4 presents the distribution of the characteristics of thesis studies on digital diet and digital detox. Upon reviewing Table 4, it is evident that both undergraduate dissertations and postgraduate theses on these topics have been accessed. Regarding the subject of digital diet, Janey (2020), in the undergraduate thesis titled "Digital Diet: Addressing the Effects of Social Media and Internet Addiction on Stress and Anxiety Levels in Students," evaluates the literature related to addiction caused by the improper and widespread use of media and the internet, as well as efforts to overcome this addiction. The thesis highlights a social benefit campaign launched on digital platforms to encourage the development of conscious online habits, including activities within this campaign.

Klein Gebbinck (2022), in the master's thesis titled "Digital Detox: Do You Own Your Smartphone or Does Your Smartphone Own You? An Experimental Study into the Effectiveness of Digital Nudges in Reducing Smartphone Use," developed and marketed multiple digital detox applications aimed at helping users reduce their smartphone usage through digital nudges. The study involved a total of 251 participants. Silva (2022), in the master's thesis titled "Behind the Screens: From Using Cell Phones to Digital Detox," focuses on the effects of excessive internet consumption and its relationship with digital addiction. Ultimately, 209 responses were analyzed, with the majority indicating a growing perception of the necessity for digital detox due to excessive cell phone use.

Distribution of presentations on digital diet and digital detox according to their characteristics

Table 5 provides the distribution of characteristics of presentations on digital diet and digital detox. Upon

reviewing Table 5, it is evident that presentations related to these topics have been delivered at international congresses, and it can generally be stated that these research papers are predominantly authored by foreign scholars. For instance, in the presentation titled "The Role of Mindfulness and Digital Detox to Adolescent Nomophobia" by Aini et al. (2021), the effects of mindfulness and digital detox on nomophobia in adolescents are examined. The study claims there is a significant effect of mindfulness and digital detox interventions on nomophobia among adolescents, with 40 participants included in the research.

Another presentation by Muench et al. (2020), titled "Time to Log Off: An Analysis of Factors Influencing the Willingness to Participate in a Long-Term 'Digital Detox' with the Smartphone," addresses the relationship between problematic smartphone use (including usage frequency, age, FoMO, and nomophobia) and the willingness to limit smartphone use. A significant correlation was found between the frequency of smartphone use, FoMO, nomophobia, and the desire to abstain from smartphone use over six weeks.

DISCUSSION

Today, digital technologies are extensively used across a wide spectrum, from communication to education and from business to daily life. While this widespread use offers various conveniences and innovations, it also brings numerous adverse side effects triggered by uncontrolled and excessive use of technology. Continuous use of technological devices leads to health issues such as digital addiction, attention disorders, and sleep irregularities; prolonged hours in front of screens contribute to social isolation and deterioration in interpersonal relationships. These problems have created increasing awareness across society and raised serious concerns among individuals (Young, 2010; Young and De Abreu, 2011; Subu et al., 2022). In this context, the concepts of "digital detox" and "digital diet" have gained importance as means to limit technology use and take breaks from digital devices.

The concepts of "digital detox" and "digital diet" aim to reduce technology addiction, strengthen individuals' connections with the real world, and alleviate the negative psychological and social effects created by digital environments. These concepts can be significant for taking measures at individual and societal levels to minimize potential harms alongside the benefits provided by technological advancements and for creating broader awareness about this issue. Therefore, these approaches, which promote establishing a healthy relationship with technology, can be considered strategies aimed at enhancing quality of life in the digital age.

This study comprehensively examines academic research on digital diet and digital detox conducted

Table 4. Distribution of characteristics of thesis studies on digital diet and digital detox.

Author	Thesis type	Thesis topic	Study group of the thesis	Results	Recommendations
Janey (2020)	Bachelor's thesis	The role of digital diet in reducing the dependency of students addicted to social media	Students	The team found that digital diet can effectively decrease social media addiction among students. * Digital platforms facilitated students' engagement in social media fasting, reducing stress and addiction.	Students should be encouraged to participate in social media platforms moderately, ensuring that use is beneficial and does not lead to dependency.
Elna Afrina Mohd Suthikman	Bachelor's thesis	Examining digital detox and its impact on personal performance	Students	The study broadly indicates a positive correlation between digital detox and improvement in students' personal performance.	Family planning, education, and community health services should increase access to wellness resources.
Sara (2022)	Bachelor's thesis	Awareness and perceptions regarding media use among young adults and professionals	8 young adults, 2 experts	Digital detox was shown to significantly improve personal interaction among participants, proving beneficial for overcoming social media dependency.	Future empirical studies should explore larger samples to understand digital media's role in social bonding and how digital detox can facilitate better interactions.
Shelby (2018)	Master's Thesis	Digital detox among university students and its implications for mental health and social relations	University students	Digital detox has shown to significantly improve students' mental health and social interactions.	Efforts should be made to integrate digital detox techniques into university wellness programs to enhance technological resilience.
Marta Moniz Cunha e Silva (2022)	Master's Thesis	The impact of potential distractions among children using smartphones at an early age	Portuguese children	The study indicates excessive smartphone use leads to higher distractibility and reduced face-to-face interactions among children.	Educational programs should focus on moderating children's smartphone usage to foster better interpersonal interactions
Josien Klein Gebbinck	Master's Thesis	The effects of smartphone use on the cognitive abilities of young adults.	251 young adults aged 18-22	Excessive smartphone use is linked to decreased cognitive functions and attention spans in young adults.	The study recommends promoting awareness and educational strategies on the cognitive impacts of smartphone overuse.
Kristel Hoving	Master's Thesis	The motivations behind digital detox vacations among young adults in the Netherlands	24-49 year old Dutch young adults	Participants experienced enhanced personal well-being and reduced stress during digital detox vacations.	Future research could explore more diverse demographics to understand broader motivations and benefits of digital detox vacations.
Noralya Hartoyo (2020)	Doctoral thesis	The study investigates the impact of social media usage on digital detox intentions.	3 participants	The research indicates significant changes in emotional and psychological well-being among participants.	The study suggests fostering digital detox practices to improve life satisfaction and functionality.
Mariya Agnes A. De Jesus	Bachelor's thesis	The effectiveness of electronic and internet-enabled devices on social life	32 participants in the Philippines	Time spent on digital devices is linked to negative impacts on traditional activities like local festivals	Research demonstrates high levels of digital addiction among participants, warranting further investigation

Table 4. Cont'd

Hicks (2019).	Bachelor's Thesis	The study investigates using social media campaigns to reduce TV and smartphone usage among older children..	-	Specifically, using posters and educational sessions early in the campaign proved effective as tools.	Future studies should explore microsites and mobile applications aimed at behavioral change in digital usage.
Guatto (2020)	Master's Thesis	The impact of smart phone usage on tourist experiences and the ethical implications associated with it.	-	-	Extensive time spent digitally can detract from the authenticity and richness of travel experiences, emphasizing the need for digital moderation.
Hexspoor (2022).	Master's Thesis	Exploring more intensive digital detox methods in media-saturated environments via physical barriers.	50 students	Results indicate that stronger digital detox methods can significantly enhance well-being and reduce media dependency.	Future research should further investigate physical barrier methods to improve efficacy in digital detox efforts.
Kuitunen (2015)	Master's Thesis	The thesis explores digital detox as an emerging travel trend.	-	Results indicate that digital detox is likely to become a prevalent travel trend in the future.	Further research can be conducted on the potential of digital detox as a sustainable travel trend.
Vargas La Rosa (2019)	Master's Thesis	Literature review on the necessity of more intensive digital detox applications worldwide.	Various professionals across different sectors	The review highlights the importance of mobile technologies in causing behavioral problems and addiction issues	Research at tourist locations should further explore digital detoxification methods
Miksch and Schulz (2018)	Master's Thesis	Examines the motivational factors behind digital detox practices among young adults in various countries..	12 participants from different countries	The findings suggest that improved well-being and environmental awareness motivate young adults towards digital detox, even in a highly connected society.	Research should explore broader contexts to assess the overall impact of digital detox and its sustainability in young adults' lives.

between 2008 and 2023, presenting detailed trends and changes over time. It analyzes the numerical distribution and characteristics of a total of 144 studies conducted during this period; 11 of these studies focus on digital diet, while 134 concentrate on digital detox. The analysis results indicate a significant increase in the number of studies on digital diet and detox from 2008 to 2023, with the year 2020 marking a notable level of research activity in these areas.

In 2020, the education sector underwent a significant transformation due to the COVID-19 pandemic. The closure of schools and universities physically propelled teachers and students toward digital learning platforms, leading to a sudden increase in the use of various digital tools and

resources (Laufer et al., 2021). Accordingly, 2020 can be considered a peak period for research on digital detox and diet, driven by the substantial increase in digital device usage during the pandemic. During this period, the need for an in-depth examination of the impacts of digital connectivity on health led to a noticeable rise in the number of studies on digital detox and diet. These findings underscore the importance of developing strategies to manage the effects of the pandemic on technology usage.

The majority of studies on digital diet and detox have been published in formats such as articles, books, translations, and book chapters. Research on digital diet generally focuses on encouraging individuals to use digital tools more consciously. In

contrast, studies on digital detox examine how individuals limit their technology use and analyze the changes experienced during this process.

Another focal area has been books concerning digital diet and detox. These books typically address the effects of technology use on individual and social life and offer methods for individuals to control their technology usage to lead healthier lives. Written by various authors, these books detail the benefits of digital detox and how to implement a digital diet. While the number of studies on digital diet is fewer compared to those on digital detox, the latter's research covers a broader spectrum, indicating a greater focus by the community and researchers on the harms of

Table 5. Distribution of characteristics of presentations on digital diet and digital detox.

Authors	Event name	Presentation topic
İpek İtir Can, Selin Çulcuoğlu, and Esra Erbil	VI. Yıldız Social Sciences Congress	Exploring the technological independence of young participants, the reasons for undertaking digital detox and its impact on tourism. A survey was conducted with 170 high school students to investigate this subject
Aditya Kumar Purohit and Louis Barclay Adrian Holzer	Extended Abstracts of the 2020 CHI Conference on Human Factors in Computing Systems	This study explores how addiction to social media varies across different sites and aims to clarify the features associated with this dependency.
Sarah Anrijs Klaas BombekeWouter, Durnez Kristin Van Damme, Bart Vanhae-lewyn, Elena SmetsJan Cornelis Walter De Raedt Koen Ponnet and Lieven DeMarez	HCI International Posters' 20th International Conference	Investigation of the impact of a biophilic device on work stress over a two-week period, including control over phone usage and app interactions throughout the day with the help of 'mobileDNA' app.
Aditya Kumar Purohit, Martina Raggi, and Adrian Holzer	CHI Conference on Human Factors in Computing Systems	Evaluation of the importance of digital detox practices in a large sample (n=894), assessing the value derived from these applications.
Dewi Khurun Aini Baidi Bukhori Zainudin Abu Bakar	In Proceedings of the First International Conference on Islamic History and Civilization	The study will examine the effects of mindfulness and digital detox on nomophobia among participants.
Catharina Münch, Lena Feulner, Ricardo Münch, and Astrid Carolus	In HCI International 2020-Posters: 22nd International Conference	An initial psychological study focused on "digital detox," examining its efficacy and potential benefits.
Mehmet Bahar, Yunus Topsakal, and Nedim Yüzbaşıoğlu	Uluslararası Turizmde Yükselen Eğilimler Kongresi	Dijital detoks otellerin hem akademik düzlemde kavramsal olarak hem de sektörel bağlamda konsept olarak incelenmektedir.
Nina Hager, Fabian J. Stangl, and Rene Riedl	18th International Conference on Wirtschaftsinformatik	The future research will build on empirical studies of digital detox, exploring systematic literature review methods to study this phenomenon.
Hoang Q., Cronin J., and Skandalis A.	In Interpretive Consumer Research Conference.	This study investigates the absence of technology, particularly its impact on consumer attachment and proposes an empirical theory-based approach to "digital detox" applications.
Göktaş L. S. and Ülkü A.	Proceedings of the Conference on Managing Tourism Across Continents	The study explains the concepts of digital detox and digital detox holidays, highlighting their significance in contemporary tourism management.

technology use. The predominance of articles in the research on digital detox highlights its popularity in academic circles and the interdisciplinary interest it garners.

Upon examining the content of the studies, emphasis

has been placed on the positive effects of digital detox and diet on individual and societal health, as well as the need to regain control over technology usage and develop strategies to combat digital addiction. Digital detox studies, in particular, offer methods that assist

individuals in restructuring their relationships with technology and developing more conscious usage habits.

The authors have addressed the impacts of digital tool usage on individuals and the methods for coping with these effects. Books often discuss strategies for overcoming digital addiction, promoting conscious use of technology, and outlining the benefits of digital detox. Works by authors like Daniel Sieberg and Tara Brabazon focus on how individuals can optimize their use of digital devices and establish a healthy balance in the process. Articles have concentrated on the negative effects of digital technologies and social media usage, as well as the potential role of digital diet in combating these effects, with a particular focus on the impacts of digital detox and detox applications on users. These generally assess the need for digital detox, the efficacy of digital detox applications, and the individual and societal benefits of digital detox. Presentations investigate the effects of digital detox on individuals and society and discuss its potential benefits.

Conclusion

Digital diet and detox are increasingly becoming areas of interest, particularly with digital detox studies gaining popularity in recent years. The rising awareness of digital addiction and excessive technology use underscores the importance of these studies. Additionally, digital diet and detox studies provide significant resources for managing the adverse effects of technology use on both societal and individual levels. These studies furnish the necessary knowledge and tools to manage the role of technology in our lives in a healthier and more balanced way. Moreover, further increasing and diversifying these studies could contribute to developing more effective solutions against the growing impact of technology.

RECOMMENDATIONS

1. Encouragement of multidisciplinary research: It is recommended that digital diet and detox be addressed by various disciplines such as psychology, educational sciences, health sciences, and technology. This approach could allow for a more comprehensive understanding of the impacts of technology use on individual and societal health.
2. Long-term impact studies: There is a need for research examining the long-term effects of digital detox and diet practices. Such studies can provide deeper insights into the sustainability and effectiveness of interventions to combat digital addiction.
3. Integration into educational programs: Schools and universities should develop programs that encourage students to use digital tools more consciously. These programs could incorporate digital detox and diet concepts and educate students about digital health from

an early age.

4. Policy development: The development of local and national policies should include measures to mitigate the negative health impacts of digital tools. These policies could also direct technology companies to consider user health.

5. Public health campaigns: Public health campaigns about the benefits of digital detox and diet should be organized. These campaigns can increase community awareness about technology use and assist in adopting healthier digital habits.

6. Inclusive research approaches: Studies should be conducted that examine the technology usage habits of individuals from various demographic groups and the effects of digital detox/diet practices on them. This can enable the development of more inclusive and effective intervention strategies.

These recommendations could help shape the future direction of digital diet and detox studies and provide more effective solutions for managing the adverse effects of technology.

CONFLICT OF INTERESTS

The authors have not declared any conflict of interests.

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