PAUSE TOOL
FOR PROFESSIONALS

PAUSE tool
for professionals

RESOURCES DIRECTORY

This directory is intended for anyone likely to intervene with people at risk of developing Problematic Internet Use (PIU). It presents a screening questionnaire, public and private resources for prevention and intervention, applications to better manage the use of Internet and screens, as well as interesting books and articles on this topic.

SCREENING TOOL (PIU)

The DEBA-Internet screening questionnaire was developed to allow the screening of Problematic Internet Use (PIU) among adolescents (12 years and over) as well as adults. If a problem is screened, it is recommended to refer the person to the appropriate services. By following the link, you will have access to:

- Résumé (only available in French)
- Grille DÉBA-I English

PREVENTION RESOURCES

Here is a list of non-profit organizations whose mission is to prevent addictions, including preventing Problematic Internet Use, and to promote healthy habits.

- La Maison Jean Lapointe
- Gambling: Help and Referral

INTERVENTION RESOURCES

Please note: All the organizations listed below offer services in English. However, some of them have a French-only website. We suggest calling them to know more about their services.
Here is a list of public and phrivate resources that offer cyberaddiction treatment services.

General public

- Your regional CISSS
- Centre de réadaptation en dépendance Forster (CRD Forster)
- Centre de réadaptation en dépendance de Lanaudière

- [Referral Service of Ordre des psychologues du Québec](#)

Teen population (12-17 ans)

- Directory of private psychoeducators

Adult population

- Clinique Nouveau Départ – EHN Canada

APPS

Here is a list of non-exhaustive applications whose purpose is to help the user regain some control over their usage habits and limit the possibilities of using devices. Most devices also have some basic functions that can be activated through the parameters.

- **SPACE** – Evaluate use (Android)
- **MOMENT** – Evaluate use (iOS)
- **OUR PACT** – Facilitate disconnection (Android)
- **CHECKY** – Facilitate disconnection (Android and iOS)
- **STAY FOCUSED** – Facilitate disconnection (Android)
- **FOREST** – Help you stay focused on your tasks (Android and iOS)
- **SCREEN STOPWATCH** – Facilitate disconnection (Android)
- **ACTIVITY BUBBLES** – Facilitate disconnection (Android)
- **MORPH** – Help you stay focused on your tasks (Android)
- **WE FLIP** – Let you experiment group disconnection (Android)
- **FREEDOM** – Disable network for a period of time (iOS)
- **VIVALA** – Evaluate and control use (Android and iOS)
- **CELL CONTROL** – Eliminate distractions while driving (Android and iOS)
- **DRIVE SAFE MODE** – Eliminate distractions while driving (Android and iOS)

INTERESTING BOOKS AND ARTICLES

- Guérin, Manon R. (2019). *Flirtez-vous avec la cyberdépendance?* Québec: Groupe Fides Inc.
- Briceno, C., et Ducas, M.C. (2019). *Parents dans un monde d'écrans*. Québec: Les Éditions de l'Homme.
- Amnon, Jacob Suissa (2017). *Sommes-nous trop branchées ? La Cyberdépendance*. Québec : Presses de l'Université du Québec.
- Fielding, Orianna (2017). *Détox numérique : Se débrancher pour revenir à l'essentiel.* Québec: Les Éditions de l'Homme.

- Alter, Adam (2017). *Irresistible: The rise of addictive technology and the business of keeping us hooked*. New York: Penguin Press.
- Château, Frédérique (2015). *Techno-détox : sommes-nous dépendants des technologies numériques ? Comment mieux vivre avec elles?* France: Télémaque.
- Dubé, Catherine (2018-07-13**). Il est temps de décrocher !** *L'Actualité*. Repéré à https://lactualite.com/societe/2018/07/13/il-est-temps-de-decrocher/
- Université de Laval à Québec (2016). **L'utilisation des appareils mobiles en classe : aspects pédagogiques, enjeux et pistes d'intervention.** Repéré à https://www.enseigner.ulaval.ca/system/files/rapport_gtumac-avril_final_reduce.pdf