

# ADDICTIVE BEHAVIOURS AT 18

## INTERNET USE



Survey to the Young Participants of the National Defense Day 2022



**6 ARE GAMING**



**9 ARE IN SOCIAL MEDIA**



**IN EACH 10  
YOUNGSTERS WITH 18**

**9 ARE SEARCHING ONLINE**



**2 ARE GAMBLING**



IN EACH 10 YOUNGSTERS WITH 18

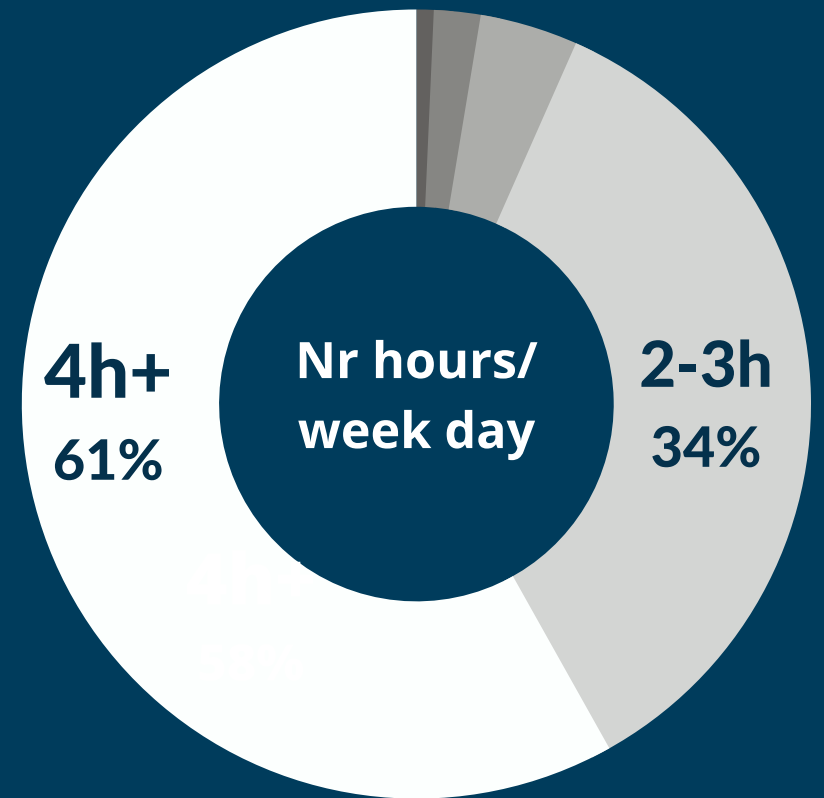
4 BEGAN USING THE **INTERNET**  
BEFORE THEY WERE 10 YEARS OLD (39%)





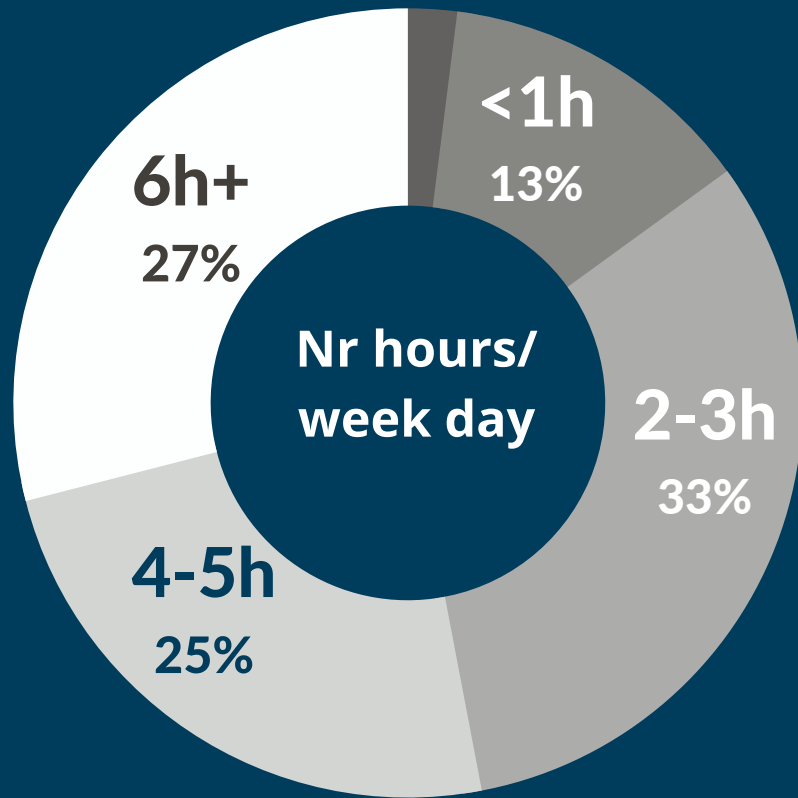
# IN EACH 10 YOUNGSTERS WITH 18

6 USE THE **INTERNET**  
DURING 4 HOURS  
OR MORE PER DAY (61%)





# IN EACH 10 YOUNGSTERS WITH 18

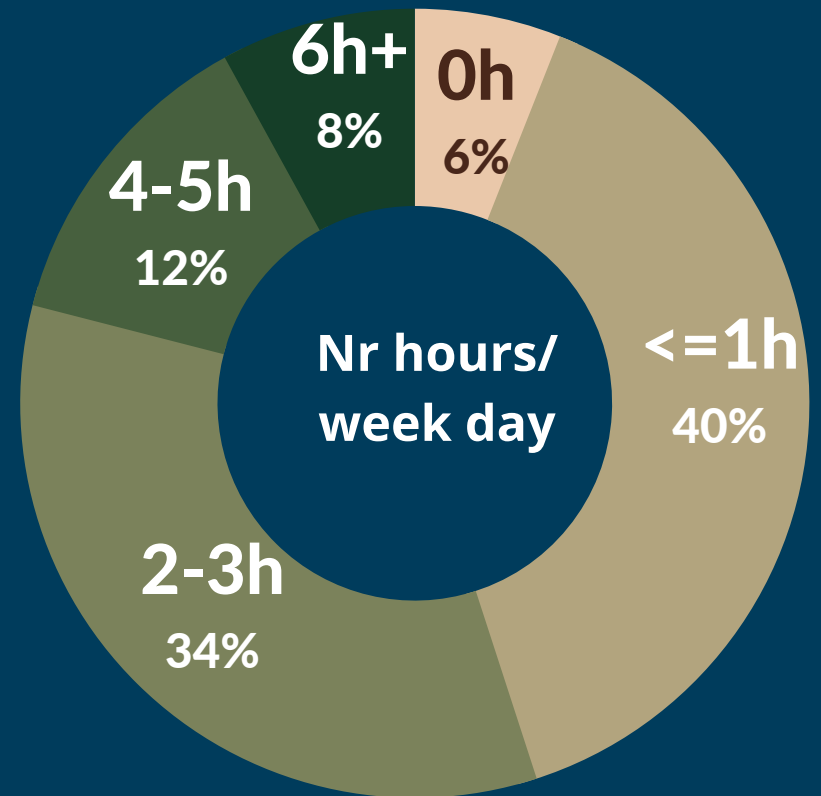


5 USE **SOCIAL MEDIA**  
DURING 4 HOURS OR MORE  
PER DAY





# IN EACH 10 YOUNGSTERS WITH 18

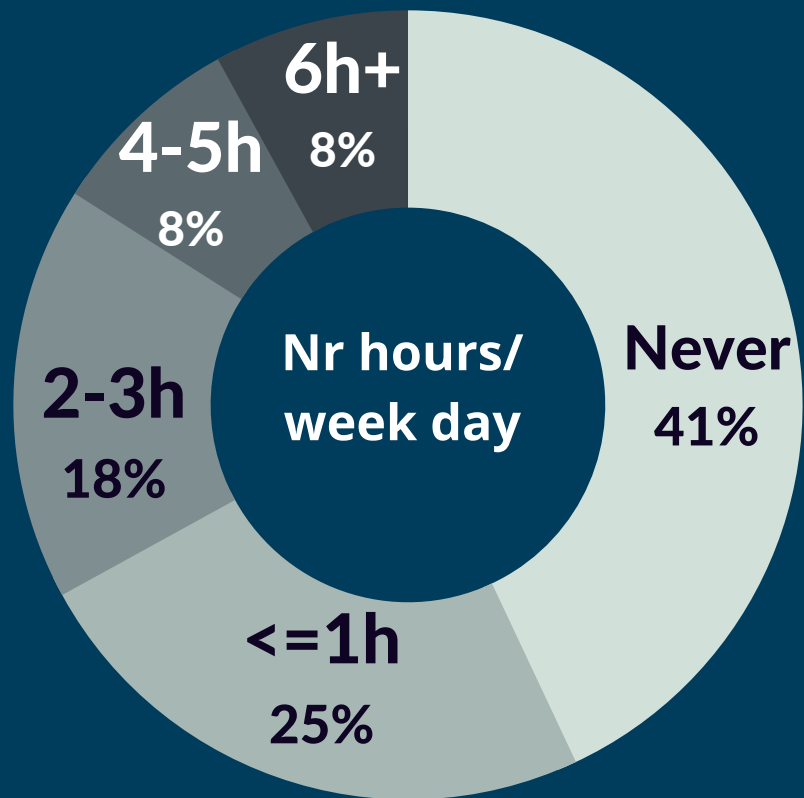


2

**SEARCH ONLINE DURING  
4 HOURS OR MORE PER DAY**



# IN EACH 10 YOUNGSTERS WITH 18

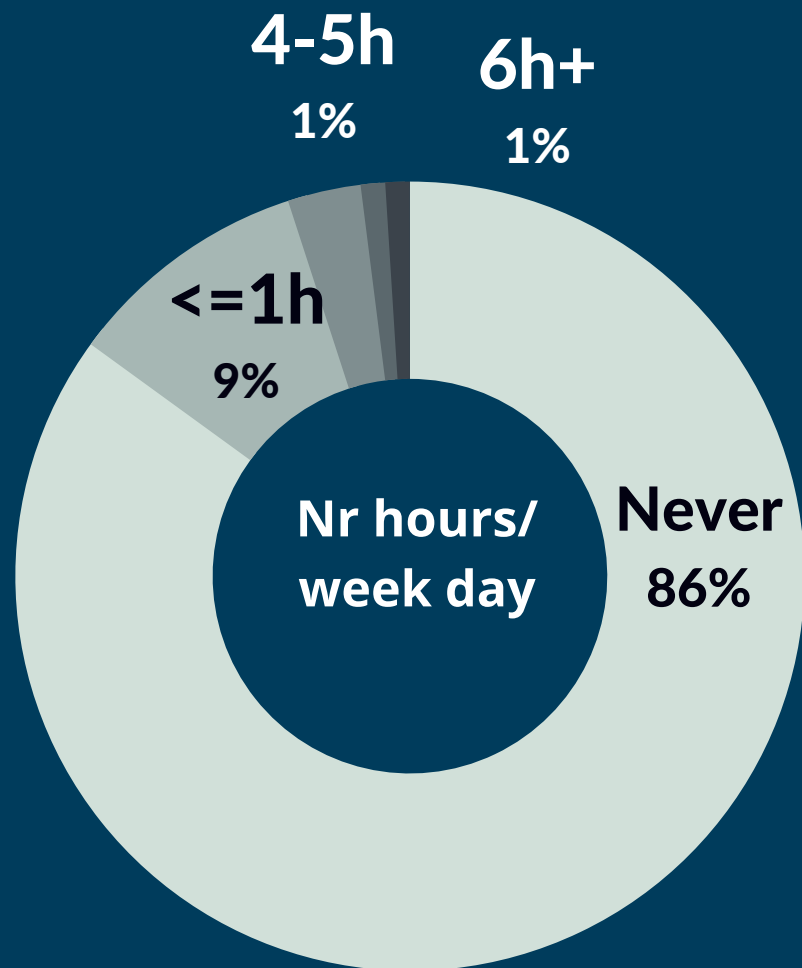


1 - 2 ARE GAMING ONLINE  
DURING 4 HOURS OR MORE  
PER DAY

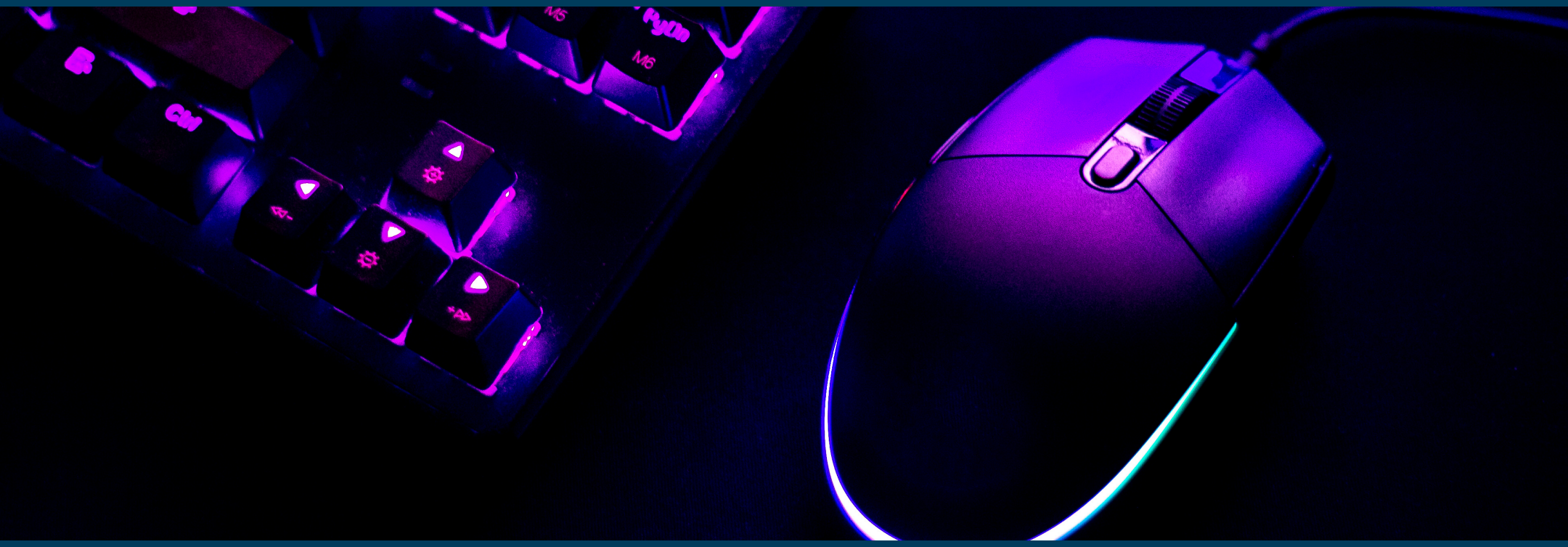




# IN EACH 10 YOUNGSTERS WITH 18



<1 IS GAMBLING ONLINE DURING 4 HOURS OR MORE PER DAY









CENSUS OF THE 18 YEARS  
OLD PARTICIPATING IN THE  
2022 EDITION OF THE  
NATIONAL DEFENSE DAY.  
SURVEY BY SELF-REPORT  
QUESTIONNAIRE,  
VOLUNTARY AND  
ANONYMOUS, APPLIED IN  
THE DISSEMINATION  
CENTERS IN PARTNERSHIP  
WITH THE GENERAL  
DIRECTORATE FOR THE  
RESOURCES OF NATIONAL  
DEFENSE.  
IN 2022  
135 273 YOUNGSTERS  
PARTICIPATED.  
DATA ANALYSED BY SICAD:  
COMPLETE REPORT IN THE  
WEBSITE WWW.SICAD.PT

# Methodology

Author: General Directorate for the Intervention in Addictive Behaviours and Dependencies

Title: Addictive Behaviours at 18: internet use. Survey to the young participants of the National Defense Day 2022  
(leaflet)

Edition: 2023

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