

Protocol summary draft

Efficacy study	
Purposes	Evaluate the effectiveness of DBT-IA in improving internet addiction
Design	Single-center quasi-experimental trial design without matching, non-equivalent control group design, non-randomized, masking for the statistician and the assessor.
Sample size	N=40 (DBT n= 20, TAU n= 20)
Setting	Cipto Mangunkusumo General Hospital (RSUPN Cipto Mangunkusumo)
Intervention duration	8 weeks (2 months)
DBT time length	90 minutes per session
DBT session frequency	Once a week
TAU frequency	Once every two weeks
Assessment	Pre (week 0/ T ₁) Post (week 9/ T ₂)
Participants	Inclusion criteria 1) adults aged 18 – 40 years who diagnosed with Internet Addiction 2) went to Dr. Cipto Mangunkusumo General Hospital Addiction Clinic. Exclusion criteria 1) adults with comorbid severe mental disorders
Participants allocation	<ul style="list-style-type: none"> ✓ Consecutive sampling ✓ Patients allocation was only known by the research team who carried out the randomization and also the intervener.
DBT provider	Enjeline Hanafi, M.D., BMedSci
TAU provider	Kristiana Siste, M.D., PhD

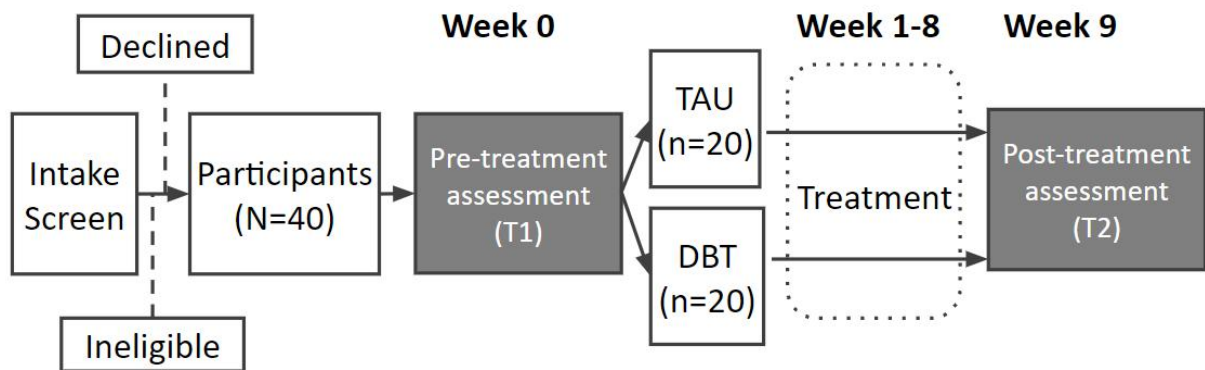


Figure 1. Flowchart of the Research

Measurements

Primary outcomes

- IAT: The Total score of the **Internet Addiction Test (IAT)**
- URICA: The stages of change of the **University of Rhode Island Change Assessment (URICA)**

Secondary outcomes

- *Self-esteem*: The total score of the **Rosenberg Self-Esteem Scale (RSES)**
- *Temperament and Character*: The four domain scores of the **Temperament and Character Inventory (TCI)**
- *Psychiatric comorbidities*: **Mini International Neuropsychiatric Interview for International Classification of Disease-10 (MINI ICD-10)**

Covariates

- *Demographics*: The following demographic information will be collected: age, sex, residence, marital status, age of the first internet use, main motives of internet use, negative consequences from internet use, perceived pathological internet use, perceived need of professional help, history of seeking professional help.
- *Online activities before and after therapy*: duration, main purpose, and the most frequently used social media when using the internet before and after therapy.
- *Online activities before and during COVID-19 pandemic*: duration, main purpose, and the most frequently used social media when using the internet before and during COVID-19 pandemic.

Acceptability

- *General treatment satisfaction*
- *Satisfaction by contents*

Data collection schedule

	Pre-assessment	Post-assessment
Internet Addiction Test (IAT)	✓	✓
University of Rhode Island Change Assessment (URICA)	✓	✓
Temperament and Character Inventory (TCI)	✓	
Rosenberg Self-Esteem Scale (RSES)	✓	
The Mini-International Neuropsychiatric Interview for International Classification of Disease-10 (MINI-ICD 10)	✓	