



1

# email addiction

in the workplace

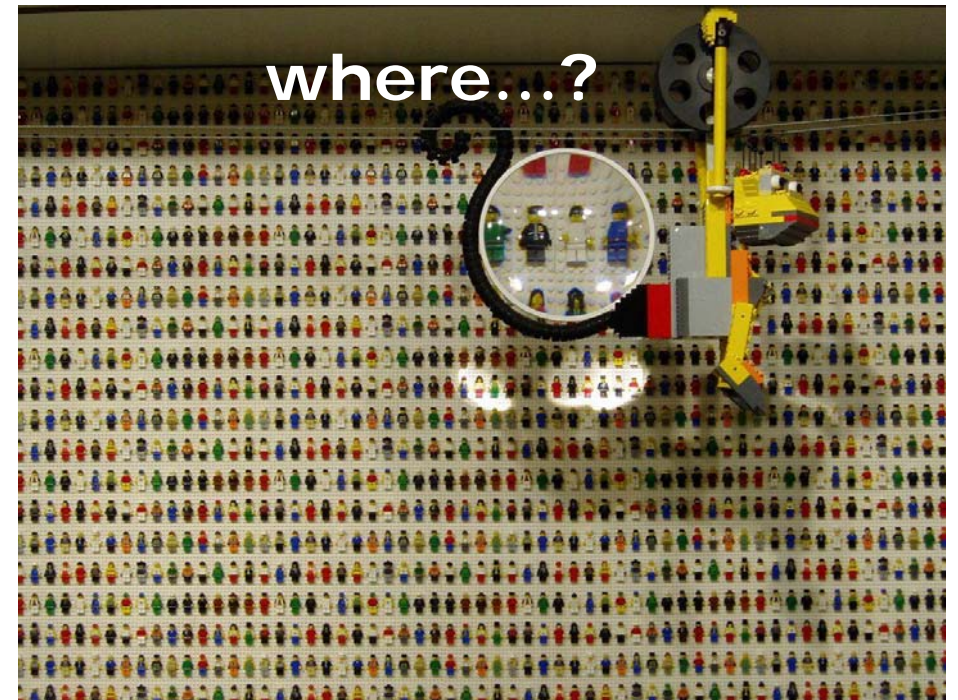
2



***“an obsessive-compulsive  
need to check [email]  
morning, noon and night”***

*Hair et al 2007*

5



**where...?**

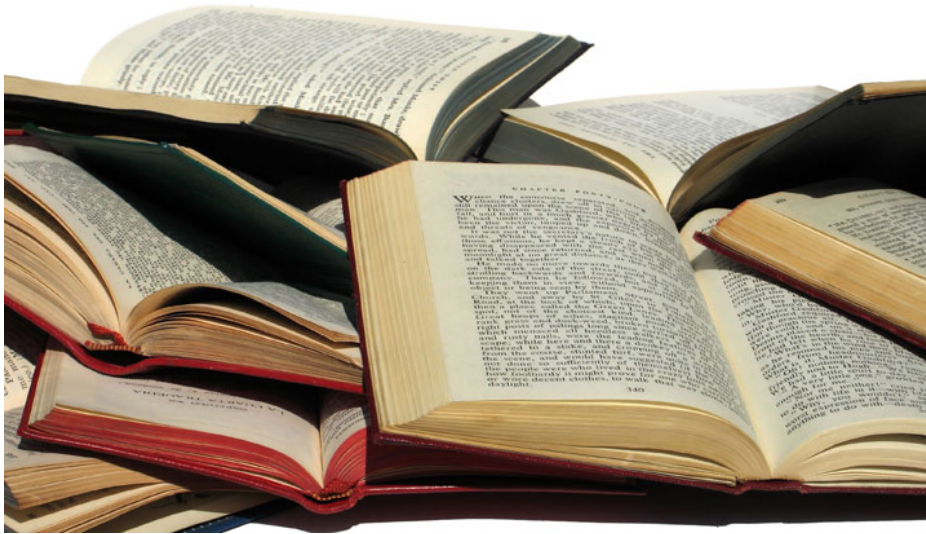


**how...?**

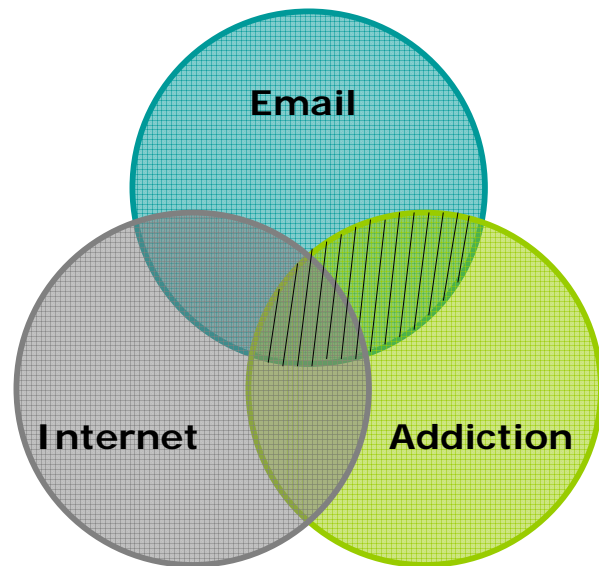


**impact...?**





© UFS, Inc.



***“As the popularity of the Internet grows so do concerns over its excessive use”***

*Song et al 2000*

13



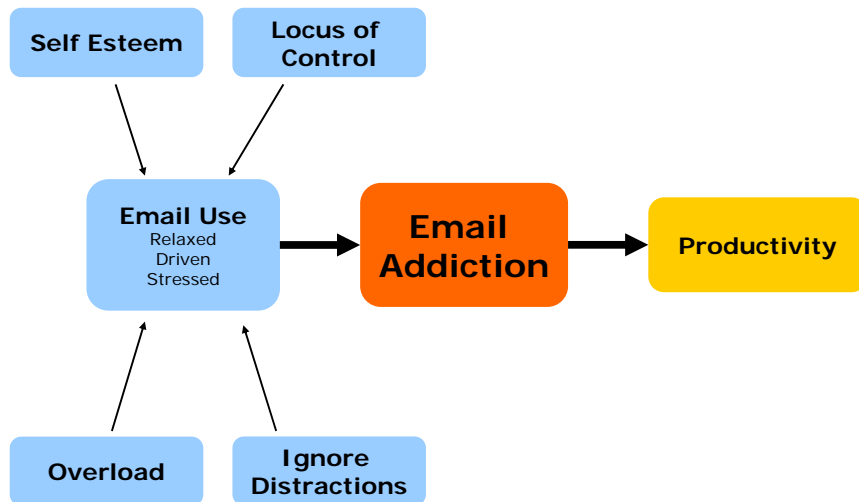
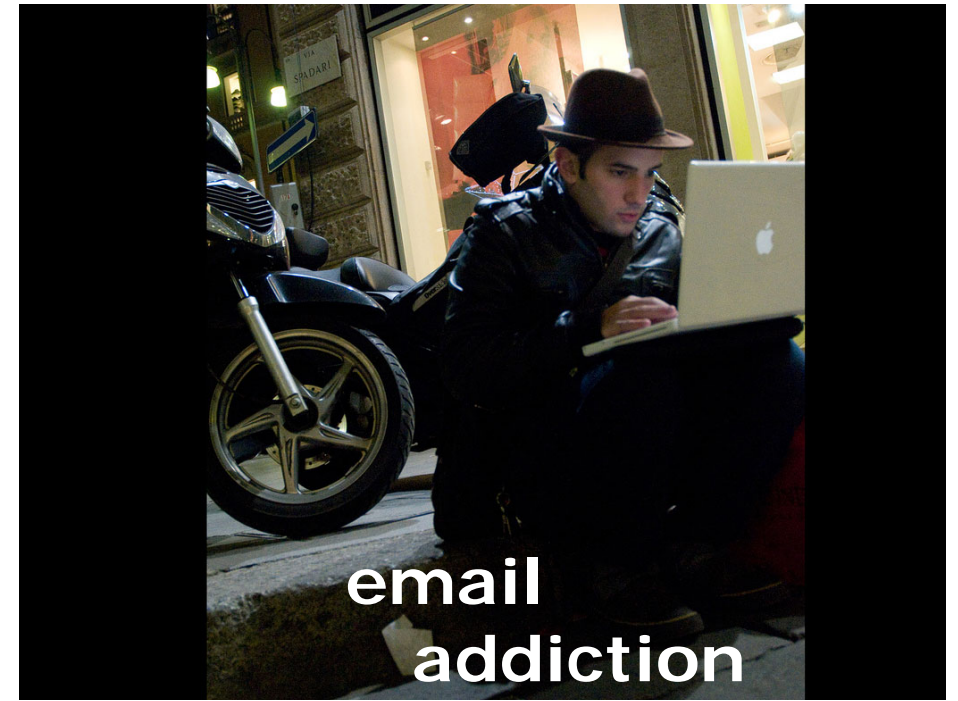
***“Internet addiction disorder (IAD), as a form of technological addiction, ruins lives...”***

*Hyung 2006*

15







**6** seconds



***“many users [can] not  
resist the urge to  
immediately check the  
new email message”***

*Middleton & Cukier 2006*

21





**“perceived  
usage is not  
the same as the  
actual usage”**

*Renaud et al 2006*

