Date: May 2 2024

Attendees:

- Paris Wang (Research Assistant)
- Professor Javed Mostafa

Agenda:

1. Define the scope and structure of the research on information addiction.
2. Discuss the writing strategy for the upcoming publication.

Meeting Minutes:

1. Approach to Writing the Article:
   - Avoid Perfectionism: The professor advised against making "perfect" the enemy of the good, highlighting the difficulty of producing even a good article by the deadline.
   - Goal: Aim to publish a good, solid article that provides meaningful insight into information addiction.
   - Feeling Post-Publication: The professor noted that the sense of accomplishment after publishing is significant and rewarding.
2. Structure and Content:
   - Four-Part Structure:
     1. Definition of Information Addiction:
        - Write a clear definition without over-researching at this stage.
        - Focus on what information addiction is and avoid diving into excessive reading.
     2. How Information Addiction Happens:
        - Explore the mechanisms behind information addiction, drawing parallels with gaming addiction.
        - Mention the role of digital platforms and devices in exacerbating addiction.
     3. When and What Happens to the Individual:
        - Discuss the transition from normal behavior to pathological addiction.
        - Identify key signs and symptoms that indicate when information addiction becomes a significant issue.
     4. Implications and Remediation:
        - Explore ways to manage, control, and address information addiction.

- Include both the psychological implications and potential remedies.
- Discuss the broader impact of addiction on individuals and their environments.

3. Additional Notes:
- Continuous Learning as a Form of Addiction: There was a brief mention of continuous learning as a subtle form of information addiction, though this may not be the main focus at the moment.
- Role of Digital Platforms and Devices: Acknowledge that devices and platforms are integral to the proliferation of information addiction.

4. Next Steps:
- Begin drafting the article based on the outlined structure.
- Focus initially on the definition of information addiction before moving to other sections.

Action Items:

1. Start drafting the definition of information addiction.
2. Create a project summary page
3. Prepare an initial outline based on the three-part structure.