**RESTORE RECOVERY ™
TABLE OF CONTENTS**

1. **Introduction**
	1. Welcome Letter
	2. Overview
	3. RESTORE RECOVERY ™ Viewer Guide
	4. Glossary of Terms
	5. Bibliography
	6. Additional Training
2. **Appendix – Chapters 1 – 3**
	1. CBT-IA Model
	2. CBT-IA Outcome Study
	3. Evolution of Internet Addiction Article
	4. Consequences of Internet Addiction
	5. Epidemiology of Internet Behaviors Article
	6. Online Activities Inventory
3. **Appendix – Chapters 4 – 7**
	1. IAT Validation Study and Related Studies
	2. IAT Scoring Manual
	3. Motivational Interviewing Article
	4. Validation of English Version of IAT
	5. Validation of Greek Version of IAT
	6. Validation of Korean Version of IAT
	7. Personality and Individual Differences Article
	8. Internet Addiction and Social Anxiety Article
	9. Situational Factors Tests

1. **Appendix – Chapters 8 – 11**
	1. Cognitive Distortions
	2. Behavior Change
	3. Relapse Prevention Worksheet
	4. Monitor Signs of Relapse
	5. Treatment Outcome Checklist
	6. Healthy Signs of Internet Behavior
2. **Appendix – Smartphone Addiction**
	1. Signs of Smartphone Addiction
	2. Smartphone Addiction Scale
	3. Texting Addiction Article
	4. Breaking the Denial
	5. Unplugging from Your Smartphone
	6. Healthy Signs of Internet Behavior