

Problematic use of Internet has drawn increasing clinical attention in recent years. The conceptualization of Internet addiction is still in discussion. Different conceptualization such as behavioral addiction and impulse control disorder were introduced in literatures. The current study is the first cross-sectional study examining the relationship between mindfulness and Internet addiction (IA). A regression analysis is used to analyse the role of mindfulness and other IA-related psychological variables suggested in the literatures. Participants are 493 adults recruited in a local university. They were asked to complete a battery of self-rated questionnaires. It is found that among the psychological variables, depressive symptoms, emotion dysregulation, and impulsivity are robust variables in the regression of IA. As a whole, mindfulness score correlated negatively with IA. In the subscale level regression analysis, the acting-with-awareness facet of the mindfulness is found to be negatively correlated with the level of IA, while the non-reactivity facet of mindfulness is found to be positively correlated with the level of IA. Results are discussed in the light of the literature.