

Videogame and online addictions: Cause for concern

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Faculty/Presenter Disclosure

- **Faculty:** Jeffrey L. Derevensky, Ph.D.

- **Relationships with commercial interests:**

Dr. Derevensky holds several research grants, receives foundation support , and is a consultant to several gambling corporations for his research on gambling

Dr. Derevensky was a consultant to the World Health Organization concerning the inclusion of Gaming Disorder in ICD-11

Gaming Today




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






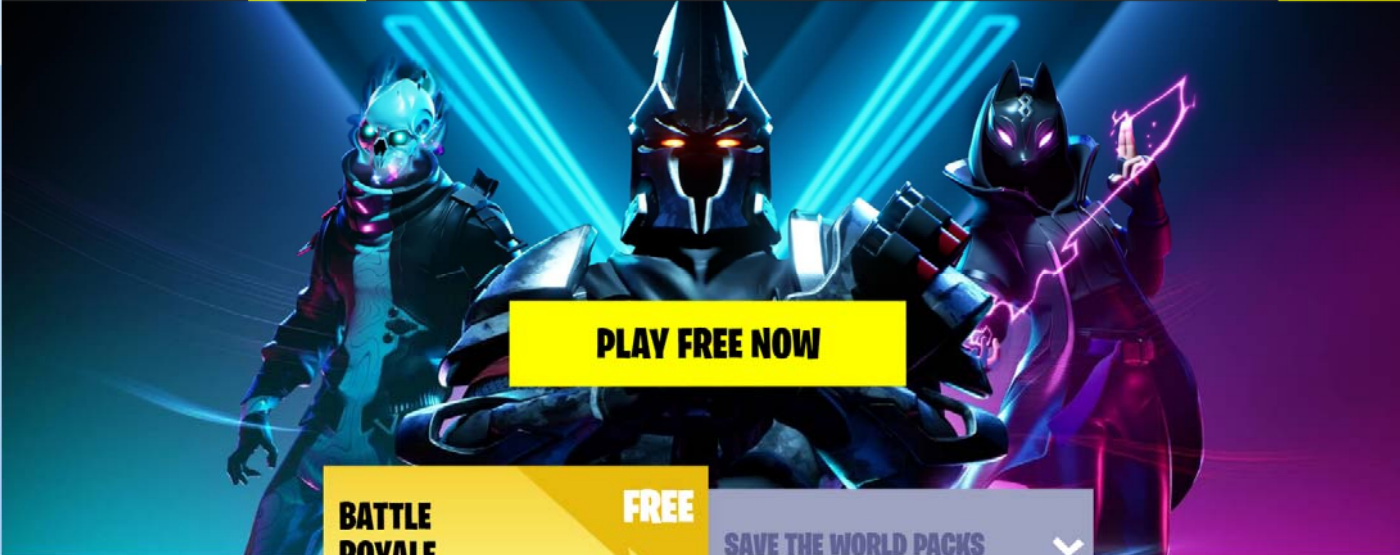


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The Bigger Picture: Screen Time

- Digital media is integrated into daily life of children and adolescents
- How youth use digital devices is more important than the amount of time spent (content & context)
- Violent games may be more problematic than texting and chatting
- 75% of parents concerned about how much time their children spend using digital media
- 36% of parents of children ages 10-13 spend more than 3 hours daily on screens (for fun)
- Watching TV more than 3 hours daily at age 5 predicted conduct disorders at age 7
- The importance of parental monitoring, setting and maintaining limits
- Parents need to watch for negative consequences

Gaming Disorder: Some Facts

- Since the 1990s video games have become more technologically sophisticated and increased in popularity
- Games are easily accessible via computers, tablets, game consoles and smart phones
- Over 2 billion + active gamers worldwide (Newzoo, 2017)
- 97% of teenage boys play videogames; 83% of teenage girls (Pew, 2018)
- Excessive gaming has become one of the leading causes of college dropouts
- 48% of student gamers report gaming keeps them from studying; 9% use gaming for that reason (Pew, 2003)
- Primarily 2 categories
 - ONLINE GAMING - typically played simultaneously by players who communicate with each other in real time-cooperating or competing with one another
 - OFFLINE GAMING - typically played alone; well defined start and end

Gaming Disorder: Some Facts

- Online gamers spend more time, report having 'online' friends and report more satisfaction
- 70% of gamers prefer online games compared to offline games (De Prato et al., 2010)
- CAMH (2016) estimated 13% of Ontario students-approximately 123,000 children have experienced symptoms of a video gaming problem (up from 9% in 2007). About 1 in 5 boys reported having problematic symptoms linked to their video gaming
- Online gamers are more likely to be problematic
- For gaming disorder to be diagnosed, the behaviour pattern must be of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning and would *normally* have been evident for at least 12 months
- Worldwide estimates suggest 1-9% of gamers at risk of addiction

Gaming Disorder: Some Facts

- IGD and anxiety 92%
- IGD and depression 89%
- IGD and attention deficit hyperactivity disorders (ADHD) 85%
- IGD and social phobia and OCD 75%

Gonzalez-Bueso et al., 2018

- Social media & gaming helps strengthen friendships, provides emotional support (Anderson & Jlang, 2018),
- Gaming 30 hrs/week has been associated with a gaming disorder
- While many games are free to begin, individuals can use microtransactions to purchase items or open “Loot Boxes”

Some additional concerns





Why Excessive Gaming?

- Gaming fulfills specific emotional/psychological needs: escape, social connection, success
- Games are intentionally designed to keep players engaged (hooked) using behavioral psychology strategies
- Games are fully immersive and provide hyper-stimulation (dopamine)
- Gaming is a safe place to fail - real world failures can be permanent
- Gaming is a community and culture-relationships are meaningful (may be their only relationships)
- Gaming is normalized and socially accepted

Diagnostic Criteria for a Gaming Disorder

DSM 5 Section III: Internet Gaming Disorder



Proposed Criteria:

Persistent and recurrent use of Internet to engage in games, often with other players, leading to **clinically significant impairment or distress** as indicated by **5 or more of the following in a 12 month period**:

1. Preoccupation with Internet games.
2. Withdrawal symptoms when Internet gaming is taken away.
3. Tolerance: the need to spend increasing amounts of time engaged in internet games.
4. Unsuccessful attempts to control the participation in Internet games.
5. Loss of interests in previous hobbies & entertainment as a result of, and with the exception of, Internet games.
6. Continued excessive use of Internet games despite knowledge of psychosocial problems.
7. Has deceived family members, therapists, or others regarding the amount of Internet gaming.
8. Use of Internet games to escape or relieve a negative mood.
9. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of participation in Internet games.

Specify Severity:

- Mild, Moderate, or Severe



**World Health
Organization**



Gaming Disorder

- The World Health Organization in its revision of ICD (11th edition) (2018) identified Gaming Disorder as a recognized disorder.
- A pattern of gaming behaviour (“digital-gaming” or “video-gaming”) characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences.
- The behaviour pattern must be of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning and would normally have been evident for at least 12 months.

Internet Gaming Disorder (IGD 9 – SF)

1. Do you feel preoccupied with your gaming behaviour? (Some examples: Do you think about previous gaming activity or anticipate the next gaming session? Do you think gaming has become the dominant activity in your daily life?)
2. Do you feel more irritability, anxiety or even sadness when you try to either reduce or stop your gaming activity?
3. Do you feel the need to spend increasing amount of time engaged gaming in order to achieve satisfaction or pleasure?
4. Do you systematically fail when trying to control or cease your gaming activity?
5. Have you lost interests in previous hobbies and other entertainment activities as a result of your engagement with the game?

Pontes & Griffiths, 2016

Internet Gaming Disorder (IGD 9 – SF)

6. Have you continued your gaming activity despite knowing it was causing problems between you and other people?
7. Have you deceived any of your family members, therapists or others because the amount of your gaming activity?
8. Do you play in order to temporarily escape or relieve a negative mood (e.g., helplessness, guilt, anxiety)?
9. Have you jeopardized or lost an important relationship, job or an educational or career opportunity because of your gaming activity?

Help for Gaming Disorders

- Online help and support for parents
- On-Line Gamers Anonymous Organization
- Few professionals trained to deal with youth
- Specialty clinics (e.g., China, South Korea, U.K.)
- Question of harm reduction vs abstinence
- Traditional CBT models - identifying the underlying causes
- Skill training-alternative use of time

Help for Gaming Disorders

- Greater need for unplugged time
- Industry responsibility
- Closer parental monitoring
- Gamequitters.com

