



Video Gaming Addiction

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Entertainment King

As of 2017 Gaming earned 116 billion TV earned 105 billion.



Is this really a issue today?



What type of games are available.

- o MMORPG (Massively-Multiplayer Online Role-Playing Game) e.g. World of Warcraft,
- o MOBA (Multiplayer Online Battle Arena)
o e.g. League of Legend's
- o RPG (Role Playing Game) e.g. Skyrim
- o FPS (First Person Shooter's) e.g. Call of Duty
- o TPS (Third Person Shooter's) e.g. Gear's of War
- o RTS (Real Time Strategy) e.g. StarCraft 2
- o DCG (Digital Card Games) e.g. Hearthstone, Magic
- o Battle Royal – Fortnite & Player Unknown.
- o Mobile gaming apps Example Clash Royal

World Health Organization

- o Recognized Video Gaming as a addiction this year in January.
- o This is a growing and new area that the Mental health community is learning about.

**Video games
ruined my life.
Good thing I have
two extra lives.**



Video Gaming Addiction Defined

- o A pattern of gaming behavior (“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.

Statistics

81% of teens have access to Gaming consoles.

More than 50% of teens have access to a tablet and 87% of teens have access to computers.

All these studies were done by Pew Research in 2014.



Not every one who plays games is addicted

- o Studies suggest that gaming disorder affects only a small proportion of people who engage in digital- or video-gaming activities. However, people who partake in gaming should be alert to the amount of time they spend on gaming activities,
- o Several studies have found out of the gaming community 5-7% of gamers are addicted. So not everyone is addicted to gaming.

How people are lured in

- o Video games can provide a medium to meet needs for acceptance and being connected to others.
- o Video games can provide a sense of mastery. especially games with ranking systems etc.
- o Video games can provide an individual a sense of purpose.
- o Video games are entertaining and designed to captivate their audiences.

How people are lured in

- o Video games provide individuals the ability to create a new self image or avatar of how they want others to perceive them.



Operant conditioning and Video games

- o Operant conditioning- is a type of learning where behavior is controlled by consequences. Key concepts in **operant conditioning** are positive reinforcement, negative reinforcement, positive punishment and negative punishment. Video Games thrive on operant conditioning.
- o Ranking system's
- o New Items in the game with
- o Achievements
- o Winning if fun!!!!



Warning Signs of Addiction

- 0 Preoccupation with gaming interactions. (Thoughts about previous activity or anticipation of the next on-line session.)
- 0 Game time increasing in order to achieve satisfaction.
- 0 Repeated, unsuccessful efforts to control, cut back or stop use.
- 0 Feelings of restlessness, moodiness, depression, or irritability when attempting to cut down use.

Warning Signs continued

- o Jeopardized or risked loss of significant relationships, job, educational or career opportunities because of gaming use.
- o Lies to family members, therapists, or others to conceal the extent of involvement with the gaming use.

Video gaming addiction effects on mental health

- 0 Isolation from others and loneliness
- 0 Anxiety within game and out of game.
- 0 Sleep deprivation.
- 0 Difficulty in managing real life relationships.
- 0 Arguments with others
- 0 Development of depression.
- 0 Lower-Self esteem when dealing with real life situations.

Video gaming addiction effects on mental health

- o Disconnect from reality into online persona. Developing disassociation issues.



Effects on physical Health

- 0 Physical exhaustion.
- 0 Gamers Thumb scientific term De Quervain's tenosynovitis
- 0 Dry eyes / Red eye's
- 0 Backaches
- 0 Severe headaches,
- 0 Eating irregularities, (such as skipping meals),
- 0 Failure to attend to personal hygiene
- 0 In extreme cases death due to exhaustion.

CBT treatment for gaming addiction

- Identify the impact
 - How is gaming impacting you medically, socially, and mentally.
 - How has the gaming addiction affected your daily living.
- Become aware of your thoughts, emotions and beliefs about these problems.
 - What value does gaming bring to the person.
 - What thoughts encourage the gaming behavior.

CBT Treatment gaming addiction

- 0 Identify negative or inaccurate thinking. To help you recognize patterns of thinking and behavior that may be contributing to your problem.
 - 0 Do the people in the game really depend on you or can some one else join.
 - 0 Does the achievement in the game really provide true accomplishment.
- 0 Reshape negative or inaccurate thinking.
 - 0 Develop new coping skills to manage the discomfort associated with not gaming.
 - 0 Self reflection on how over coming the gaming addiction can add value to the client's life.

Other treatment options.

- o 12-step programs are used and applied.
- o Wilderness Therapy is a new form of treatment popular in other countries and developing in US.
- o Abstinence from all gaming. Cold turkey method.
- o Medical intervention coupled with what's listed above.

Barriers to Treatment

- 0 Technology is EVERYWHERE.
- 0 Learning healthy use of technology for addicts is key to a healthy lifestyle.
- 0 Little studies have been done on the growing issue of these type of addictions and further treatments are being developed.

Questions ?

