

***WHEN GAMING GOES TOO FAR:  
THE NEGATIVE IMPLICATIONS OF PROBLEMATIC GAMING***

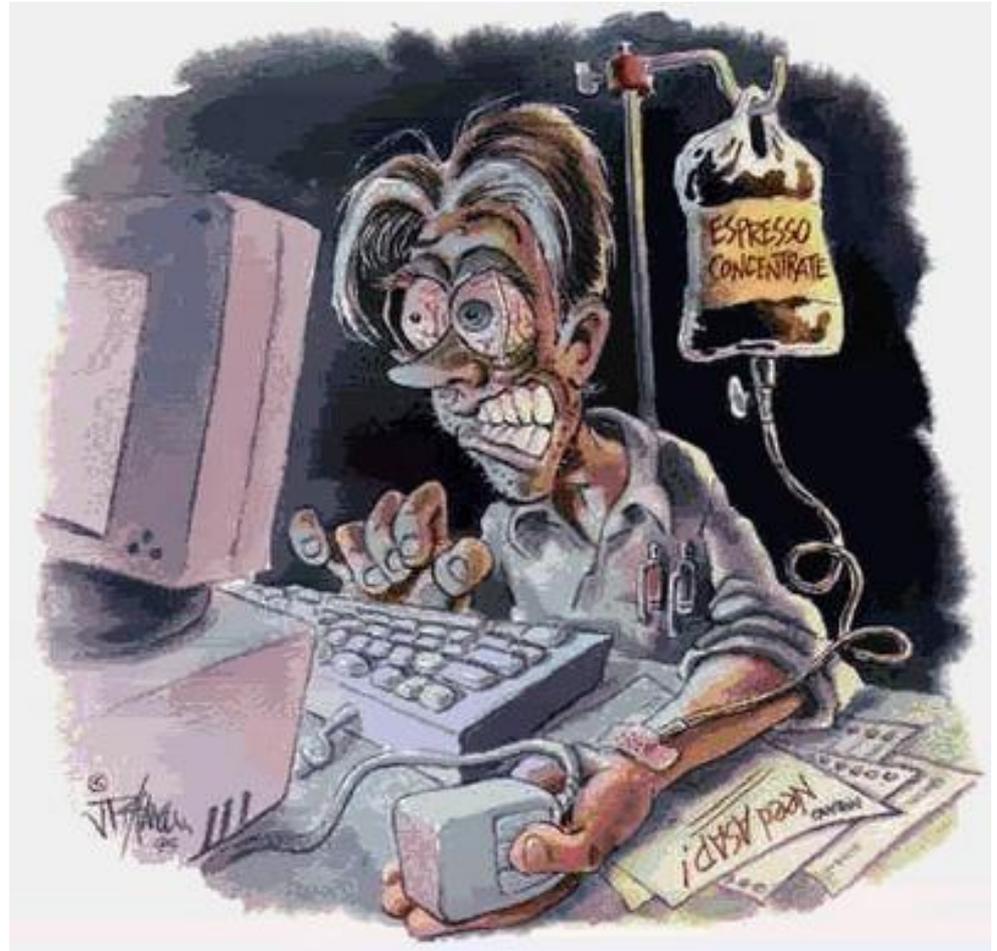
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# ***KEY ADDICTION QUESTIONS***

*(Griffiths, 1998)*

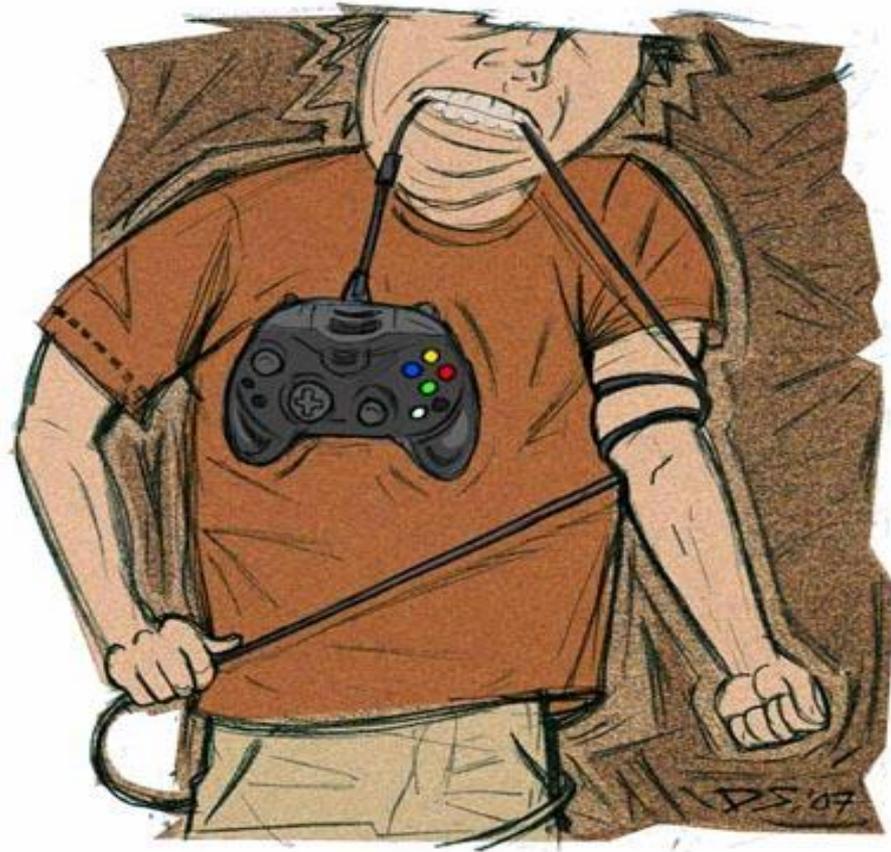
- What is addiction?
- Does gaming addiction exist?
- If gaming addiction exists what are people actually addicted to?



# ***ADDICTION COMPONENTS***

*(Griffiths, 1995; 1996; 2005; 2009)*

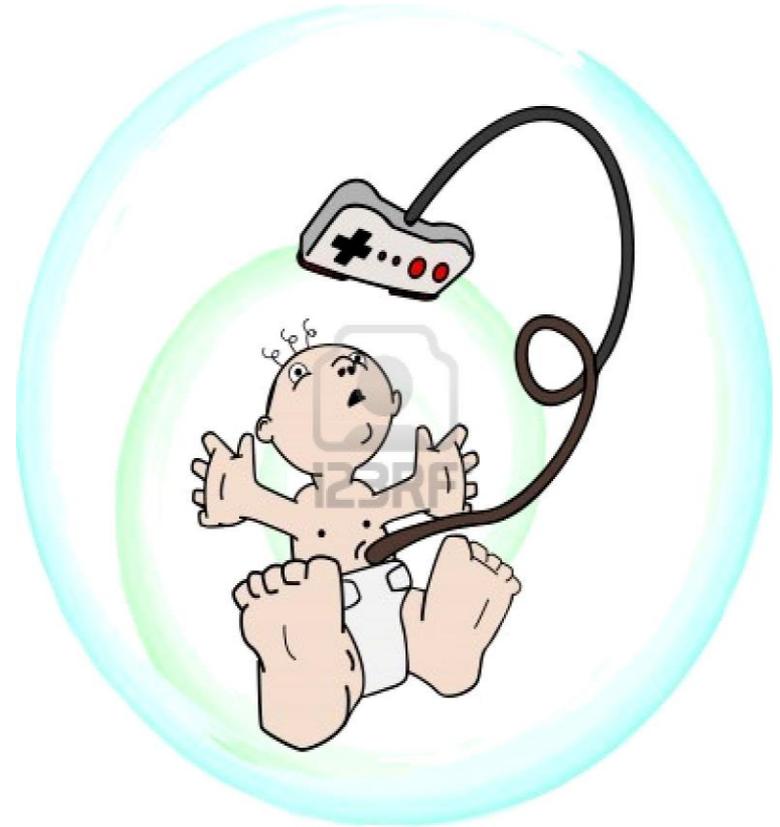
- **Salience**
- **Mood modification**
- **Tolerance**
- **Withdrawal**
- **Conflict**
- **Relapse**



# ***TECHNOLOGICAL ADDICTIONS***

*(Griffiths, 1995; 2008)*

- Technological addictions are operationally defined as non-chemical (behavioural) addictions that involve excessive human-machine interaction
- Usually contain inducing and reinforcing features which may contribute to the promotion of addictive tendencies
- Feature all the core components of addiction



# ***GAMING ADDICTION: THE DEBATES***

*(Griffiths, King & Demetrovics, 2014)*

- Research into various online addictions has greatly increased
- Prior to the publication of the latest DSM-5 by the *American Psychiatric Association*, there had been debate as to whether ‘internet addiction’ should be introduced into the text as a separate disorder
- Also been debate as to whether those researching in the online addiction field should be researching generalized internet use and/or the potentially addictive activities that can be engaged on the internet (e.g., gambling, video gaming, sex, shopping, etc.)
- Substance Use Disorder Work Group (SUDWG) recommended that the DSM-5 include a sub-type of problematic internet use (i.e., internet gaming disorder [IGD]) in Section 3 (‘*Emerging Measures and Models*’) as an area that needed future research before being included in future editions of the DSM.

- According to Petry and O' Brien (2013), IGD will not be included as a separate mental disorder until the:
  - (i) Defining features of IGD have been identified,
  - (ii) reliability and validity of specific IGD criteria have been obtained cross-culturally
  - (iii) prevalence rates have been determined in representative epidemiological samples across the world
  - (iv) etiology and associated biological features have been evaluated.
- One of the key reasons that IGD was not included in the main text of the DSM-5 was that the SUDWG concluded that no standard diagnostic criteria were used to assess gaming addiction across these many studies.

# **GENERIC RISK FACTORS THAT MAY FACILITATE ONLINE ADDICTIONS**

*(Griffiths, 2003)*

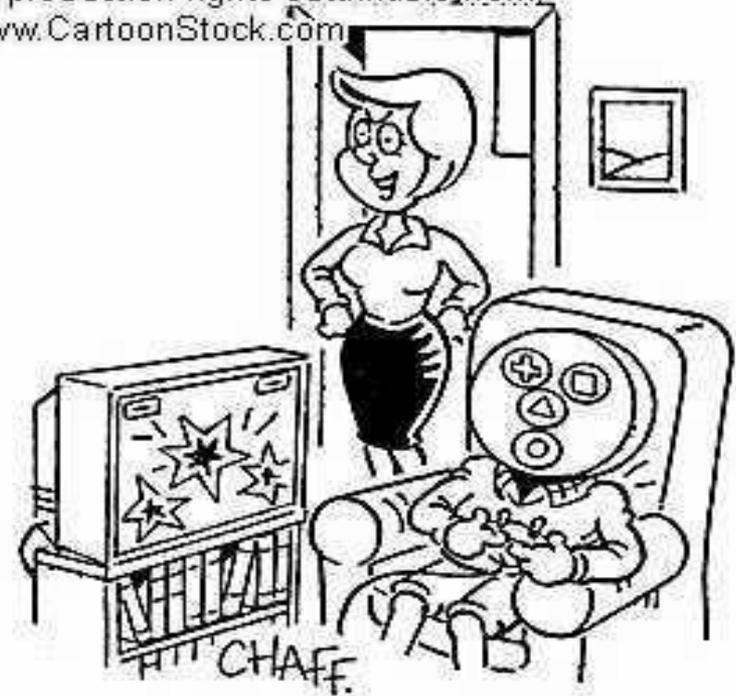
- Access
- Affordability
- Anonymity
- Convenience
- Disinhibition
- Escape
- Social acceptability



# ONLINE GAMING ADDICTION

- Now over 100 empirical studies on online gaming addiction
- Argue that gaming addiction follows a continuum
- Antecedents in etiology and risk factors, through to the development of an addiction
- Gaming addiction associated with various personality traits (e.g., introversion, sensation-seeking, neuroticism, state/trait anxiety, low emotional intelligence, social inhibition)

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"I think you spend far too much time in front of those video games!"

- Terminologies and assessment of addiction was variable (e.g., problem video game playing, problematic online game use, video game addiction, online gaming addiction)
- Excessive (problematic) engagement found in approx 8-12% of young persons, whereas addiction seems to be present in 2-5% of children, teenagers and students.

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"You're right, it is too nice outside to play inside. Could you help me carry the TV and PlayStation out to the deck?"

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# ***GAMING ADDICTION SCREENS***

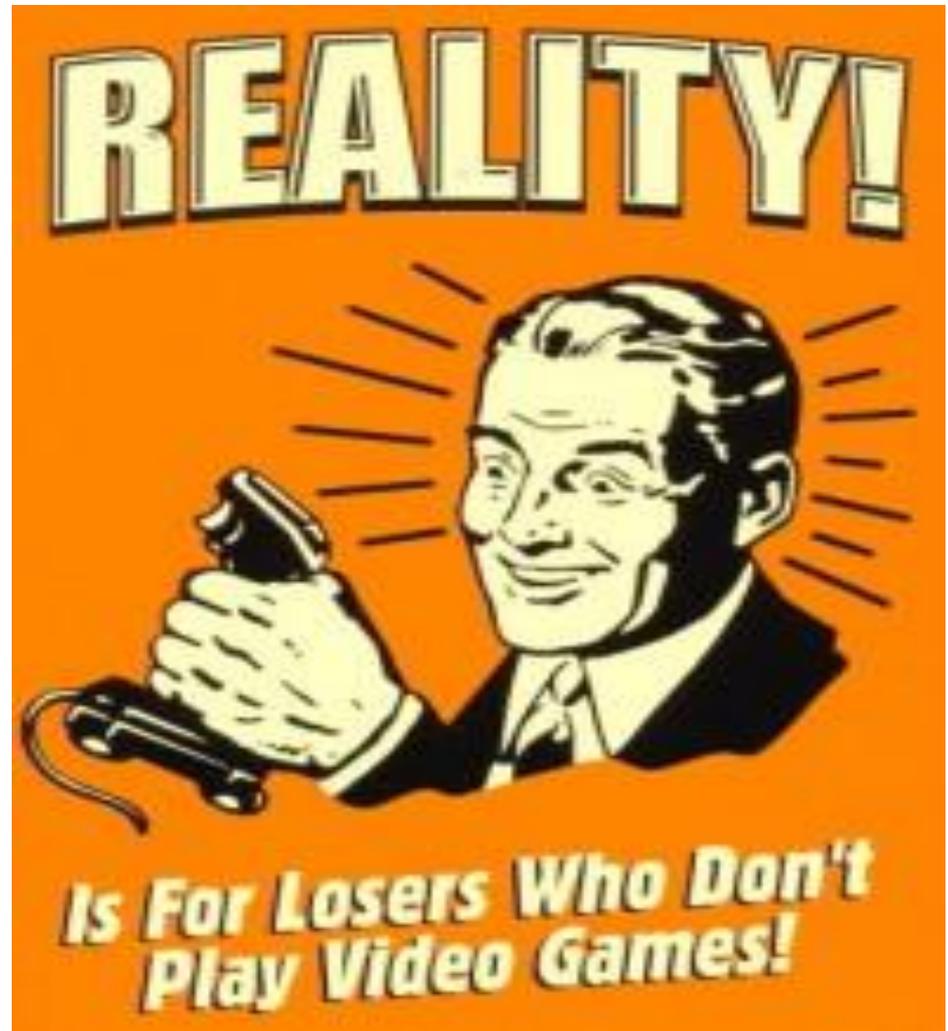
(King, Haagsma, Delfabbro, Gradisar & Griffiths, 2013)

- A review of instruments assessing problematic, pathological and/or addictive gaming reported that 18 different screening instruments had been developed
- These had been used in 63 quantitative studies comprising 58,415 participants.
- This comprehensive review identified both strengths and weaknesses of these instruments.



HERE, IT'S A NEW GAME, CALLED  
"MARITAL IMPLOSION." JUST ONE PLAYER.

- Main strengths of the instrumentation included:
- Brevity and ease of scoring
- Excellent psychometric properties such as convergent validity and internal consistency
- Robust data that will aid the development of standardized norms for adolescent populations



- Main weaknesses identified in the instrumentation:
- Core addiction indicators being inconsistent across studies
- A general lack of any temporal dimension
- Inconsistent cut-off scores relating to clinical status
- Poor and/or inadequate inter-rater reliability and predictive validity
- Untested and inconsistent dimensionality



Sign # 23 that you've spent too much time at a game: your nails are longer than your fingers and your hair touches your ankles.

# ***INTERNET GAMING DISORDER CRITERIA***

*(DSM-5; APA 2013)*

- Irrespective of model, the components/dimensions that comprise online gaming addiction are very similar to the IGD criteria in the DSM-5.
- For instance, the six addiction components directly map onto the nine proposed criteria for IGD
- (Of which five or more need to be endorsed and resulting in clinically significant impairment).



# ***INTERNET GAMING DISORDER CRITERIA***

*(DSM-5; APA 2013)*

- *(1) Preoccupation with internet games [salience]*
  - *(2) Withdrawal symptoms when internet gaming is taken away [withdrawal]*
  - *(3) The need to spend increasing amounts of time engaged in internet gaming [tolerance]*
  - *(4) Unsuccessful attempts to control participation in internet gaming [relapse/loss of control]*
  - *(5) Loss of interest in hobbies and entertainment as a result of, and with the exception of, internet gaming [conflict]*
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- (6) *continued excessive use of internet games despite knowledge of psychosocial problems* **[conflict]**
- (7) *deception of family members, therapists, or others regarding the amount of internet gaming* **[conflict]**
- (8) *use of the internet gaming to escape or relieve a negative mood* **[mood modification]**
- (9) *loss of a significant relationship, job, or educational or career opportunity because of participation in internet games* **[conflict]**

# CONCLUSIONS

- Online addictions appear to exist (depending upon addiction criteria used)
- Despite the many positive consequences, gaming activities can be negative to a minority.
- In this case, the medium may be more harmful for susceptible individuals
- Most research suggests that online addictions are specific (e.g., IGD) rather than being generalized

