

Video Game Information

Gaming addiction is characterized by impair control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interest and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences. Gaming habits have to impact social, educational, and occupational lives for about a year to be classified as an addiction.

Disclaimer 85% of media is owned by five companies (so there is biases everywhere, even here)



Statistics

211 million Americans are playing video games.

43.8 billion dollar industry 2018 up 18% from 2017, in comparison movie was 41.7 billion

84% of boys aged 13-17 play.


65% (1960) down to 45% (2015) with college/jobs (Failure to Launch)

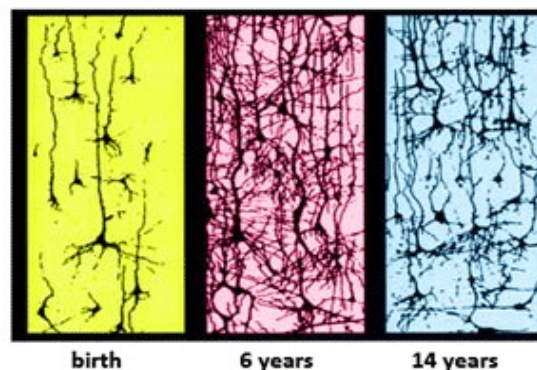
Less men applying to college (40%)

30 minutes or less 3.55 GPA, more than four hours 2.40 GPA

On average 2.13 hours a day on video games

Neural Network

Center on the Developing Child  HARVARD UNIVERSITY



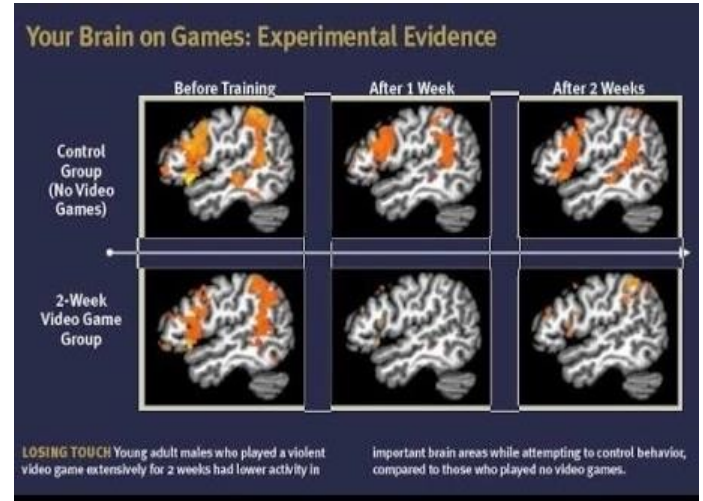
Source: Shonkoff, J. P. (2008) **

Positives

Hand eye coordination; Vision – detail resolution; Spatial; Visual Tracking; Task Switching; Working Memory

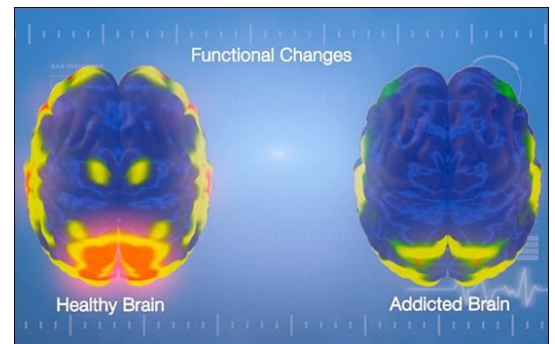
Potential Impacts

Almost all video game disorders have depression.
 40% of teens have poor sleep.
 2.5 times longer to fall asleep with video games.
 Loneliness is up 13% to 33% (2015)
 Dating, driving and social interaction have all dropped
 Increase in apathy.
 Ripple effect: BMI, Grades, Prosocial behavior and sleep
 Non violent personality is 4% rate of aggressive incidence
 versus 38% if exposed to video games.



Video Game Addiction Signs

1. Unsuccessful attempts to reduce or stop
2. Loss of interest in previous hobbies
3. Continuation despite problems
4. Jeopardized or lost a relationship, job or opportunity
5. Preoccupation (being absorbed by gaming)
6. Withdrawal (irritability, restlessness and sadness)
7. Tolerance (increase playing to feel satisfied)
8. Escape
9. Deceiving others (lying, sneaking)



What can you do

- Harm reduction model (not abstinence) – not all games are the same. May be addicted to one game but not others.
- Use personal inventory (landbcounseling.net under tools)
- Track Screen Time (landbcounseling.net/screen-time-management)
- Increase protective factors (more friends, active, sleep)
- Outpatient Therapy
- Online gamers anonymous (Projectknow.com)
- Last resort residential therapy (Camp Unplugged, restart)

Taking Action

1. Assess the situation
 - Casual: Has a balanced life. Enjoys gaming but would never be described as having a problem with excessive play. Has at least three other activities that is liked as much or more than gaming. Has good communication skills and close relationships with friends and family.
 - At Risk: Increasing time spent playing video games and away from other activities. Gaming is close to the top of the list for favorite hobbies. Gaming has become a regular, almost daily activity. Relationships are starting to become distant but can still engage in family activities without too much protest. Thinks and talks about gaming a lot with presence of some anger outburst associated with gaming.
 - Addicted: The gamer is playing every day with gaming as the number one hobby. Gaming has control of moods and is depending on it for social outlet. Gets angry or withdrawals when limits are set. Life revolves around gaming as other hobbies and interest decrease. Signs of poor personal hygiene.
2. Take the lead
 - Set strict time limits or take away gaming completely.
3. Replace the video games before college.
 - Go to college game-free. This allows time to rediscover old hobbies and create new interests.
4. Consider a gap year
 - Set structure to avoid gaming and temptations. Get a job, internship, or another life experience.
5. Focus on strengthening family attachment
 - Designate non-tech times during the week and weekends to support needs for family attachment.
6. Invest in building up protective factors
 - Create strong bond between teen and caring adults
 - Create a strong bond with immediate and extended family members
 - Set clear limits and consistent enforcement of rules by parents
 - Increase parental involvement in child's life
 - Practice face to face communication and relationships
 - Increase strong involvement with community and community attachment
 - Model healthy tech use by parents, teachers, and coaches.
 - Create clear consistent technology-use policies in home and at school
 - Cultivate emotional stability
 - Develop social skills: Sharing perspective, reciprocal communication, and empathy.
 - Foster academic competence.

Information is derived from the book *"Will Your Gamer Survive College"* by Melanie Hempe, BSN.

For additional resources check out our website at landbcounseling.net or FamiliesManagingMedia.com

Brief Internet Game Screen (BIGS)

1. How often do you think about your current, previous or next gaming activity?

- Never
- Occasionally
- Weekly
- Daily
- Hourly
- Always

2. Have you become restless, irritable, angry, or anxious when you are unable to engage in gaming activities?

- Yes
- No

3. Has your engagement with gaming activities increased in the past year?

- Yes
- No

4. What is the average number of hours spent engaging in gaming activities each week?

- Less than 7 hours
- Between 8-14 hours
- Between 15 and 20 hours
- Between 21 and 30 hours
- Between 31 and 40 hours
- More than 40 hours

5. Have you tried to reduce participation in game activities but found it too difficult, so you've continued engaging in gaming activities?

- Yes
- No
- Occasionally

6. Have you lost interest in non-game related activities (e.g., sports, hobbies, family activities, etc.)?

- Yes
- No

7. Have you continued to engage in game activities despite knowing the problems you experience as a result of your use?

- Yes
- No

8. Have you deceived a family member, significant other, employer or therapist regarding the amount of time spent engaging in gaming activities?

- Yes
- No

9. Do you find yourself participating in gaming activities to feel better (e.g., reduce anxiety, loneliness, sadness, guilt, worry, etc.)?

- Yes
- No

10. Have you jeopardized or lost a significant relationship, academic or employment opportunity because of your engagement with gaming activities?

- Yes
- No

11. On the line below, please select the option that best describes how you feel right now:

- I never think about gaming activities
- Sometimes I think about gaming activities less
- I have decided to engage in gaming activities less
- I am already trying to engage in gaming activities less
- I changed my engagement with gaming activities-I do not engage in gaming activities now, or I engage less than before

