


# Internet Gaming Disorder (IGD)/Internet Addiction (IA): What is it and are youth experiencing it?



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## Agenda

- To understand and discuss Internet Gaming Disorder (IGD)/Internet Addiction (IA) and what it is (Introduction)
- Analyze what is currently known about IGD/IA (Background) and Identify the significance
- Specific Aims of current work
- Methods - Innovation and Approach (population, study design and proposed methods)
- Relevance and Application
- Conclusion

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## Acknowledgements and Thanks To:

- Chester County Drug & Alcohol Services
- West Chester & Phoenixville Area School Districts
- Several private schools in Omaha, NE

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## Case

11 hours/day gaming, 8 hours working, 4 hours sleeping; young man in his 30s describes his day.

"I knew I was sick from playing it; I knew I had to stop. I can take over this game if I just keep playing it. I can be at the top level in the shortest amount of time...I just have to keep playing it. I'm not going to stop. 14 – 16 hours per day. I would not stop for the bathroom, I drank 2-liter bottles of soda and never stopped to eat. I would just go in those bottles. I got foreclosed on my house, my marriage fell apart, started selling all my stuff to keep the lights on and the internet connected, did anything I could do to just keep playing. I knew I had to stop. At one point I got depressed and thought about suicide."

"Train Your Brain" TV Documentary

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- What's the difference between "I just love gaming" and risking everything to play?
- Pathological patterns of play [all at once we see these]
  - Spend 2x as much time playing as non-gamers
  - Lower grades in school and/or poor job performance
  - Strained relationships with family and friends
  - Trying to hide how much and lying to people about it
  - Presence of significant distress

What is  
Internet  
Gaming  
Disorder  
(IGD)/IA and  
Why Do We  
Care?  
[Introduction]

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## Background

Addictive behaviors do not need to involve ingestion of a psychoactive substance

Empirical evidence shows misuse can also be behavioral and have **the same criteria as other forms of misuse**

Section 3 of the DSM – 5 now lists Internet Gaming Disorder (IGD) as a diagnosable behavioral disorder

World Health Organization (WHO) recognizes IGD as a "clinically recognizable and clinically significant syndrome"

(Andreassen, Billieux, Demetrovics, Griffiths, Kuss, Mazzoni, Pallesen, 2016)\*  
(WHO, 2018)

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### Nine Criteria for Internet Gaming Disorder From the DSM-5 Diagnosis

- Preoccupation
- Tolerance
- Withdrawal
- Persistence
- Escape
- Problems
- Deception
- Displacement
- Conflict

DSM-5 Diagnostic and Statistical Manual of Mental Disorders -5th ed. (American Psychiatric Association, 2013).  
(LEMMENS, VALKENBURG, AND GENTILE, 2015)

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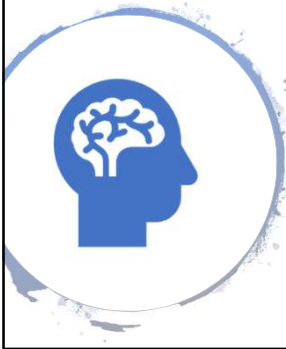
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**Significance:** This is an emerging addiction that has the same components and trajectory as other addictions. Studies are limited and data is scarce.

Based upon race and ethnicity is there a difference between minority and non-minority youth in the prevalence and incidence of IGD/IA?

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### Specific Aims: Preliminary Study

To investigate the prevalence of IGD/IA and risky behaviors like drinking among minority youth ages 15-18 as compared to non-minority peers

To examine the impact of IGD/IA on healthy development of youth

To establish any effect of IGD/IA may have on the relationship to various health outcomes (i.e., mental health, physical health, social and emotional health)

To investigate relationship between socio-ecological influences that can relate to IGD and risky behaviors (parents, peers, community...)

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## Methods & Instrument Development

- Use of validated instrument which establishes 9 criteria for diagnosing IGD (DSM-5 criterion) (Specific Aims 1, 2, 3 & 4)
- 36 – item survey developed, and the variables include: (Specific Aim 3)
  - Demographics – race, ethnicity, gender, zip code, school lunch participation, employment
  - Access to technology
  - Parental boundaries around technology
  - Physical activity interests
  - Alcohol (and other substances) past 30 day use
  - Academic performance
- 4 high schools included in surveying
- 15 – 20 Semi-structured interviews to analyze phenomenology of IGD/IA

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## Socio-Ecological Model of Health Behavior




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## Analysis Plan

- Descriptive Statistics
  - Means & Median
  - Standard Deviation
  - Frequency
- Correlations
- Hierarchical linear regression
- Content analysis of qualitative data based in grounded theory




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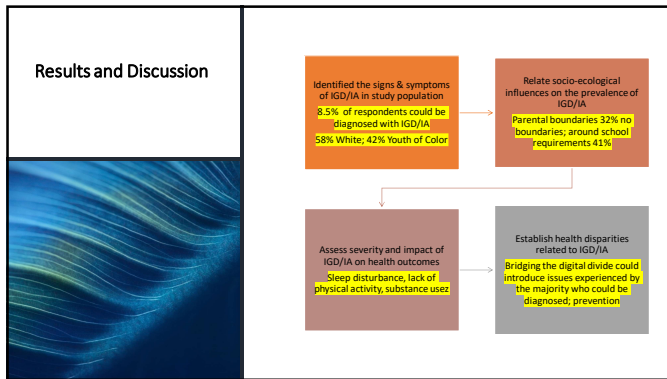
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<b>Conclusions</b>	<p>Youth ages 15 – 18 are engaged in excessive technology use to a degree that exceeds what is recommended for healthy youth development</p> <hr/> <p>Findings indicate the risk of IGD/IA increases as socio-ecological influences change over time (i.e., younger kids have more parental boundaries than older)</p> <hr/> <p>Bridging the digital divide between minority youth and non-minority youth could introduce the incidence of associated depression &amp; anxiety; treatment may not be accessible for minority youth</p> <hr/> <p>Prevention and treatment efforts for IGD/IA that are like other addictions are needed and will need further study</p>
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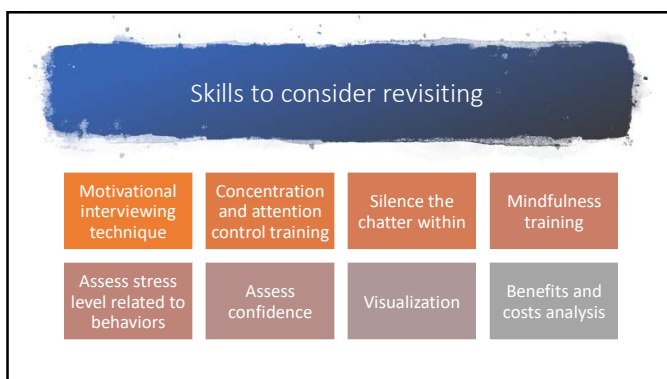
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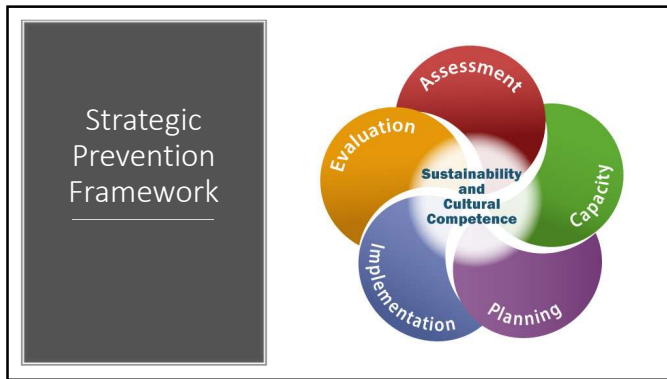
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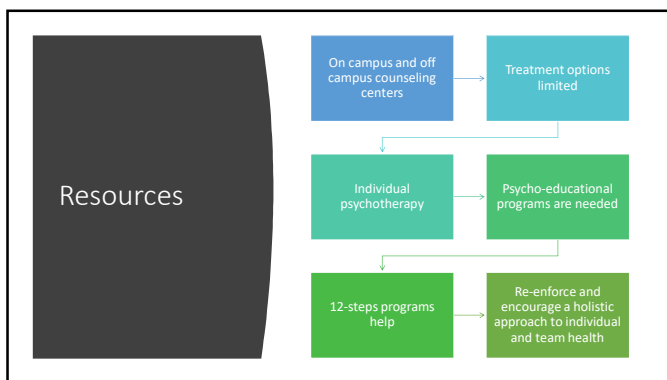
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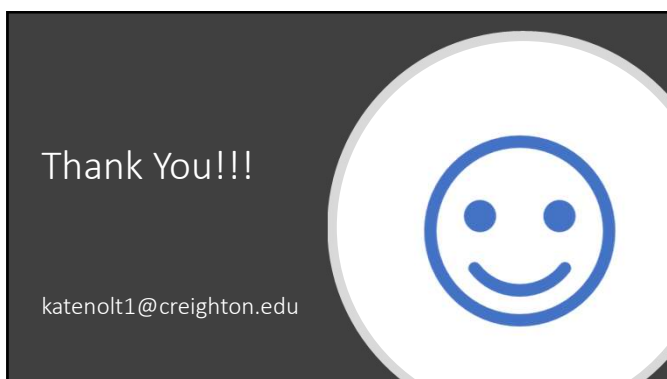
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