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Webinar

Internet gaming addiction and the effects on mental health

Wednesday, 22nd November 2017

"Working together. Working better."

Supported by The Royal Australian College of General Practitioners, the Australian Psychological Society,
the Australian College of Mental Health Nurses and The Royal Australian and New Zealand College of Psychiatrists

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This webinar is presented by  **mhpn**
Mental Health Professionals' Network

Tonight's panel



Dr. Sam Yong
General Practitioner



Dr. Vasileios Stavropoulos
Clinical Psychologist



Dr. Huu Kim Le
Psychiatrist



Dr. John Hurley
Mental Health Nurse

Facilitator



Dr. Catherine Boland
Clinical Psychologist

Audience tip:

To open the chat box, click
the "Open Chat" tab
located at the bottom right.
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Ground Rules



To help ensure everyone has the opportunity to gain the most from the live webinar, we ask that all participants consider the following ground rules:

- **Be respectful of other participants and panellists.** Behave as you would in a face-to-face activity.
- You may interact with each other by using the **participant chat box**. As a courtesy to other participants and the panel, keep your comments on topic. Please note that if you post your technical issues in the participant chat box you may not be responded to.

Audience tip:
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Ground Rules cont.



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Learning Outcomes



Through an exploration of internet gaming addiction, the webinar will provide participants with the opportunity to:

- recognise clinical effects and harms to mental health related to internet gaming addiction
- increase skills and understanding of managing internet gaming addiction and improve awareness of evidence based interventions
- identify strategies to engage specialist services when treating someone with internet gaming addiction.

Audience tip:

The PowerPoint slideshow, Jack's story and supporting resources can be found in the Resources Library tab at the bottom right.

General Practitioner perspective



Internet Gaming Disorder

- 65% of Australians play regularly
- 93% of households – gaming device
- Pathological video gaming prevalence in adolescents – 6%



Sam Yong

General Practitioner perspective



Approach

- Identifying the issue – HEADSS
 - Home
 - Education
 - **Activities**
 - Drugs
 - Sexuality
 - Suicide/Depression
- Comorbid depression/anxiety/psychosocial factors/stressors
- Functional incapacity
 - Relationships
 - Financial – online subscriptions/purchases
 - School performance/Work performance
 - Social isolation
 - Mood → DASS 21
- Engage patient/Develop Rapport
 - Types of video games / platforms
 - Quantify usage - hrs per day
 - Enjoyment factors – problem solving, social, reality escape, constant measurable growth



Sam Yong

General Practitioner perspective



Management

- Non judgemental/empathic approach
- Acknowledge merits of video gaming
- Strategies
 - Encourage social play – friends
 - Negotiate gaming as a reward for key responsibilities
 - Set total gaming time per day
 - Move devices out of bedroom – social areas
 - Encourage coping mechanisms – exercise, hobbies – co-curricular activities, mindfulness, support, parental engagement



Sam Yong

General Practitioner perspective



Resources

- Tedx Talk: Escaping Video Game Addiction. Cam Adair
- Gamequitters podcast
- Psychology of games podcast



Sam Yong

General Practitioner perspective



Multidisciplinary approach

- Psychology – consider MHCP
 - CBT
 - Addiction Specialists
 - Interests in internet gaming
- School counsellor
- Psychiatry referral



Sam Yong

Clinical Psychologist perspective



This APS Study Group Goals:

- To introduce six main points/ criteria for identifying behavioural addictions, including Internet Gaming Disorder.
- To introduce a case formulation conceptualization that embraces game related factors.
- To expand the understanding around the Massively Multiplayer Online games context as a high risk internet application.



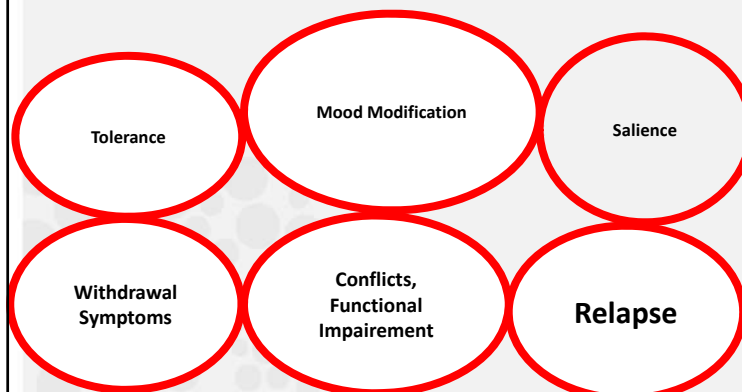
Vasileios Stavropoulos

Clinical Psychologist perspective



Griffiths, 1996, 2005

Every behaviour that satisfies the following 6 points constitutes an addiction from an operational perspective:



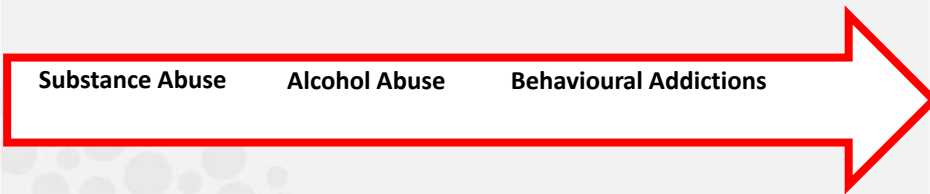
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Clinical Psychologist perspective



Forms of Addictions

There is a continuum of social tolerance/ acceptance of addictions.



Less Under-diagnosed

More Under-diagnosed



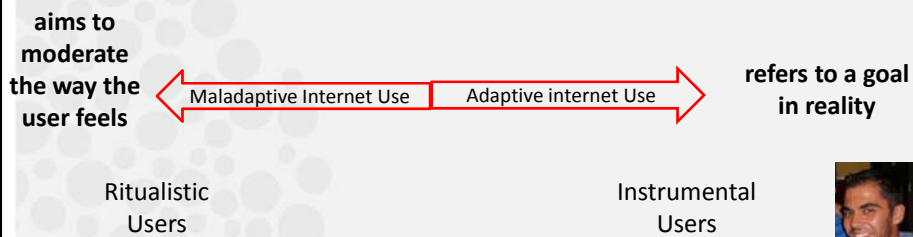
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Clinical Psychologist perspective



Time is a necessary but not a sufficient criterion to define addictive use of the internet.

The reason why someone spends time online plays an important role

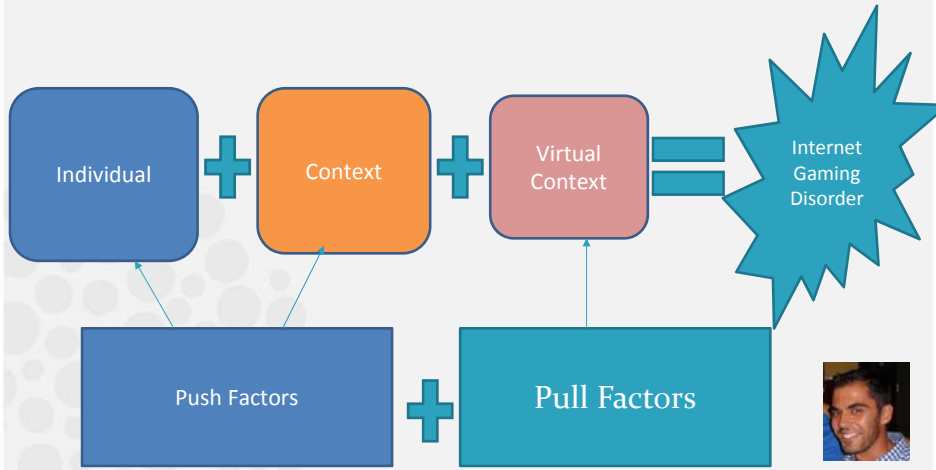


Vasileios Stavropoulos

Clinical Psychologist perspective



What triggers IGD behaviours?

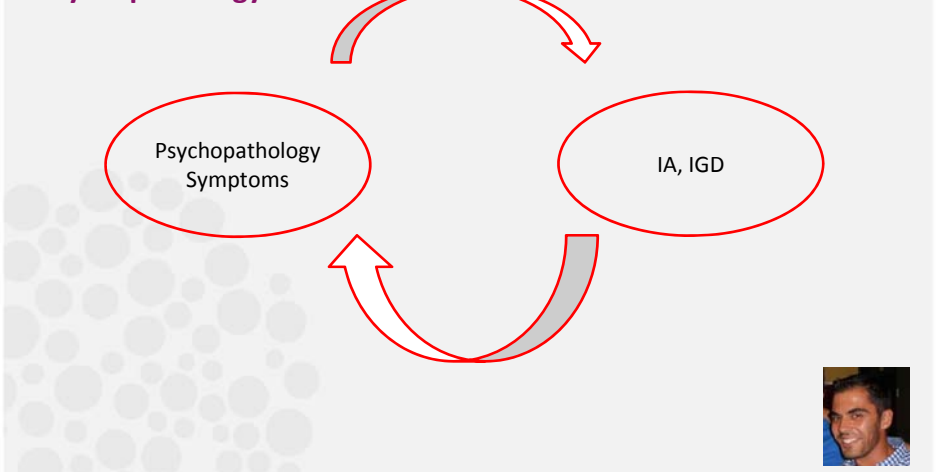


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Clinical Psychologist perspective



Psychopathology

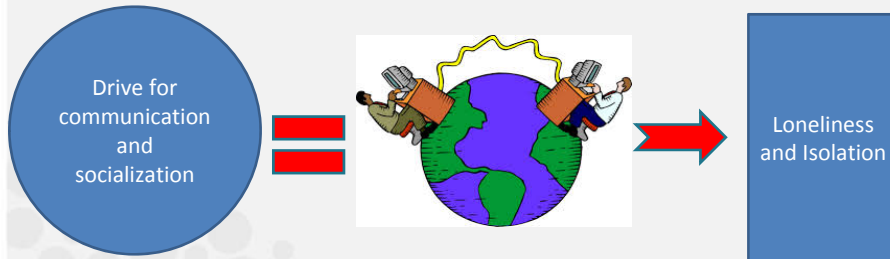


Vasileios Stavropoulos

Clinical Psychologist perspective



Online Interactivity is the main cause of online addictive behaviours (Caplan, 2002; Grohol, 2005)



Internet Paradox (Kraut et al, 1998)



Vasileios Stavropoulos

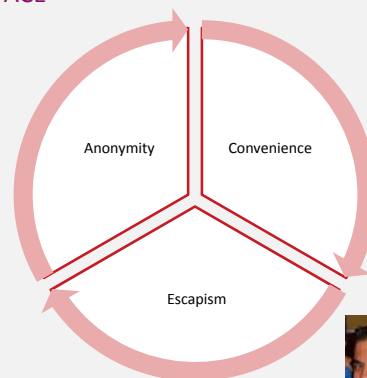
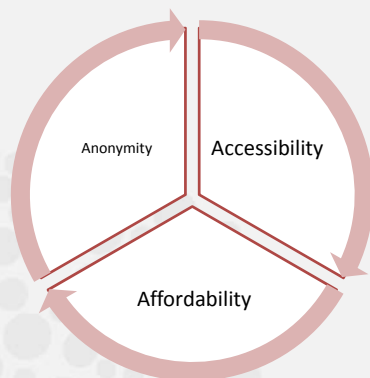
Clinical Psychologist perspective



Internet Features

Triple A

ACE

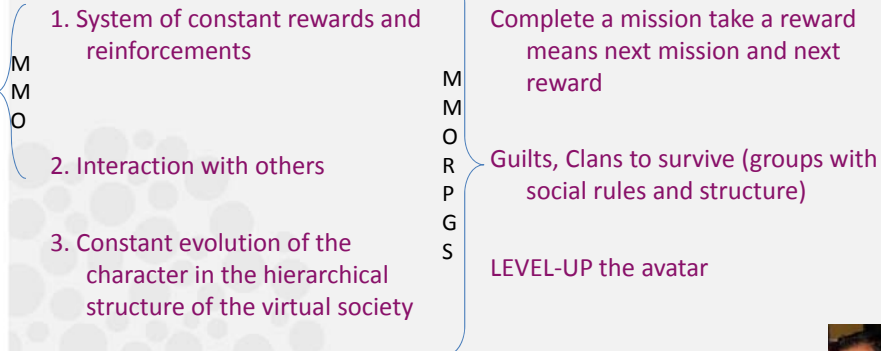


Vasileios Stavropoulos

Clinical Psychologist perspective



The three strengths of Massively Multiplayer Online Role Playing Games - Smahel, Sevcikova, Blinka & Vesela (2009)



Vasileios Stavropoulos

Clinical Psychologist perspective



Massively Multiplayer Online Games and Massively Multiplayer Online Role Playing Games

Players assume the role of a character (often in a fantasy world or science-fiction world) and take control over that character's actions and development. A number of players can be concurrently present in the game while the game's persistent world (usually hosted by the game's publisher) continues to exist and evolve while the player is offline and away from the game. It's like sharing a collective dream (Tisseron, 2009)



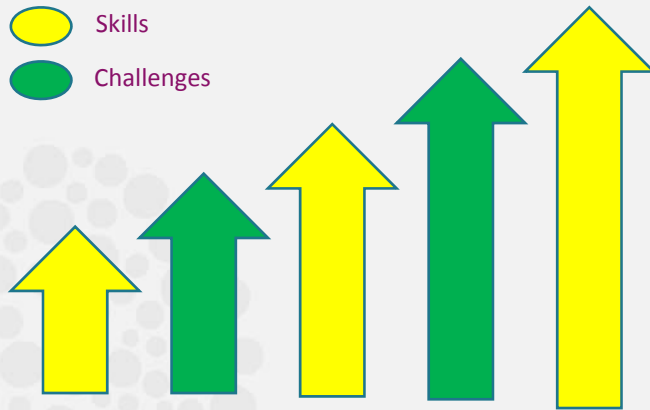
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Clinical Psychologist perspective



Level Up in Games

- Skills
- Challenges

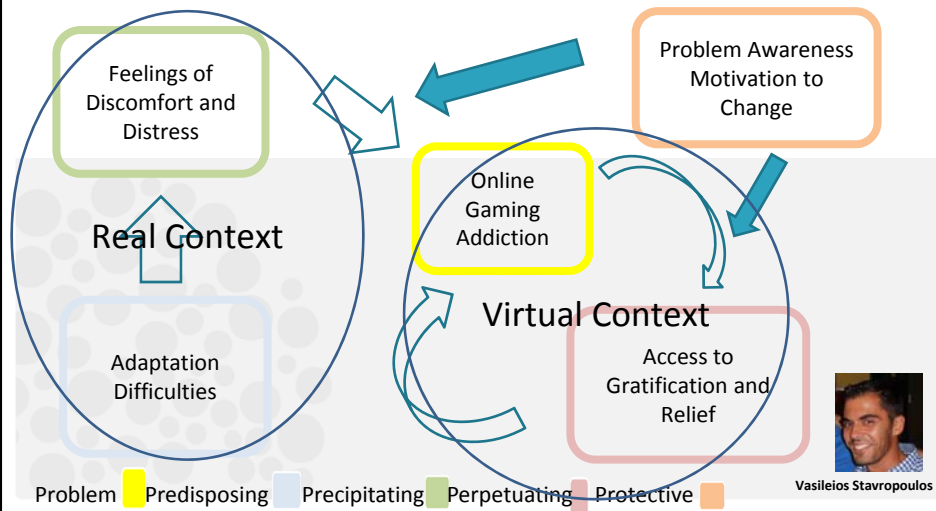


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Clinical Psychologist perspective



Case Formulation

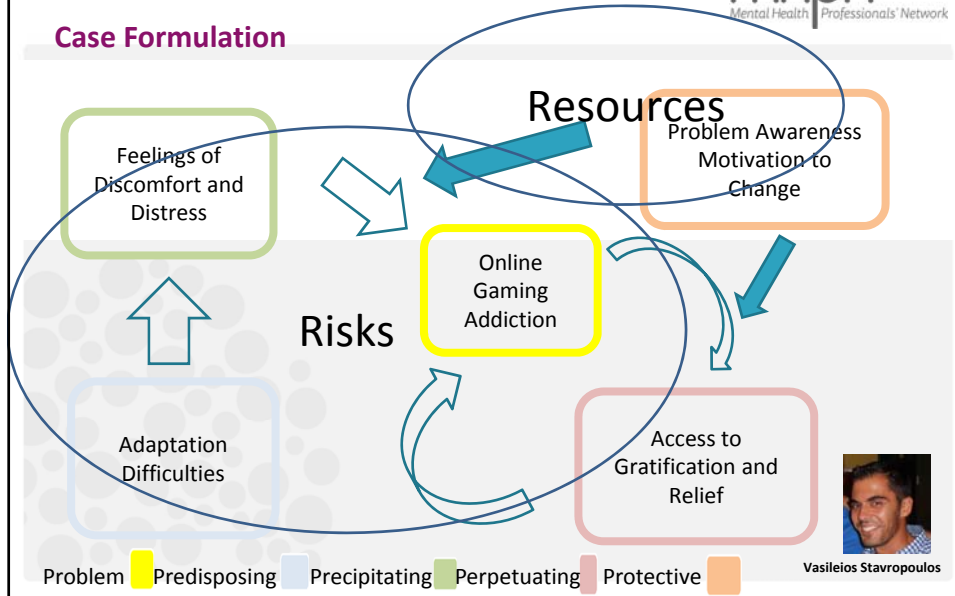


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Clinical Psychologist perspective



Case Formulation



Clinical Psychologist perspective



Orientate yourselves within the game world

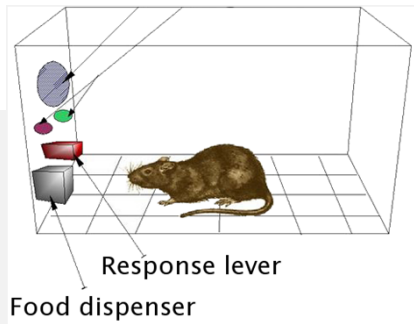


Vasileios Stavropoulos

Psychiatrist perspective



The Skinner Box Experiment

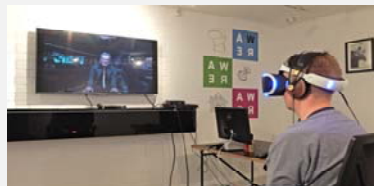
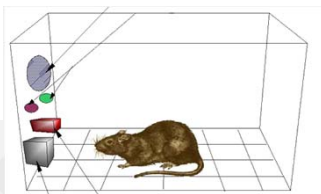


Huu Kim Le

Psychiatrist perspective



Your world = Skinner Box



Huu Kim Le

Psychiatrist perspective



Five tips to help a young person with IGD:

- Move devices out of the bedroom
- Schedule activities
- If there is an age classification, use it
- Log into account online, look at hours logged
- Aim for abstinence, as abstinence creates awareness



Huu Kim Le

Psychiatrist perspective



Effectiveness of Brief Abstinence for Modifying Problematic Internet Gaming Cognitions and Behaviors

Daniel L. King,¹ Dean Kaptis,² Paul H. Delfabbro,¹ and Michael Gradisar²

¹The University of Adelaide

²Flinders University

Objective: This pilot study tested the efficacy of a voluntary 84-hour abstinence protocol for modifying problematic Internet gaming cognitions and behaviors. **Method:** Twenty-four adults from online gaming communities, including 9 individuals who screened positively for Internet gaming disorder (IGD), abstained from Internet games for 84 hours. Surveys were collected at baseline, at daily intervals during abstinence, and at 7-day and 28-day follow-up. **Results:** Brief voluntary abstinence was successful in reducing hours of gaming, maladaptive gaming cognitions, and IGD symptoms. Abstinence was highly acceptable to participants with total compliance and no study attrition. Clinically significant improvement in IGD symptoms occurred in 75% of the IGD group at 28-day follow-up. Reliable improvement in maladaptive gaming cognitions occurred in 63% of the IGD group, whose cognition score reduced by 50% and was comparable to the non-IGD group at 28-day follow-up. **Conclusions:** Despite limitations of sample size, this study provides promising support for brief abstinence as a simple, practical, and cost-effective treatment technique for modifying unhelpful gaming cognitions and reducing

King, D. L., Kaptis, D., Delfabbro, P. H., & Gradisar, M. (2017) *Journal of Clinical Psychology*.



Huu Kim Le

Mental Health Nurse perspective



How Many Hours Should I Let My Child Game? Beyond Pathology Alone



John Hurley

Mental Health Nurse perspective



- Faster task related working memory
- More accurate update of working memory
- Improved visual searching
- First Person Shooters (FSP) increased cognitive flexibility
- Greater grey matter and hippocampal and occipital volume
- Ease of keeping up social contacts and supports
- Academic performance improved
- Can be used to increase mental health literacy
- Allows young person (yp) to experiment with other parts of self
- Less depression in moderate game players
- Stress reduction in moderate play
- Sense of exploration and achievement
- Better problem solving skills in real life
- Enhanced creativity
- Friendship generation for shy YP
- Youth identity development.



John Hurley

Mental Health Nurse perspective



- Pathological gaming predicted higher levels of depression, anxiety, social phobia, and poor school performance
- Reading performance lowered
- Lower self-concept
- Exacerbation of anxiety
- ADHD high levels of addiction
- Psychopathology and suicidal behaviours are strongly related to pathological use
- Higher levels of aggression
- Weight gain in adolescent girls
- Sleep disruption
- ADHD/OCD/depression risk for addiction
- Lower age risk for addiction
- Less creative thinking
- Less moral reasoning.



John Hurley

Mental Health Nurse perspective



Assessment: Are they running away from something, or not?

Gaming is ALL about the flow:

- Extreme focus; a sense of active control; a loss of self-awareness; distortion of the experience of time
- “**Sheer joy** of complete engagement” (Csikszentmihalyi 1997)
- Key assessment is to differentiate between addiction and strong engagement
- There is also currently no uncontested way to differentiate between strong engagement with a game and addiction to gaming (Kuss et al., 2017).



John Hurley

Mental Health Nurse perspective



Use in engagement & relationship

- Therapeutic Alliance (TA) has a causal effect on symptomatic outcome of a psychological treatment, and poor TA is actively detrimental (Goldsmith et al., 2015)
- YP as teacher and expert
- YP as accepted, not pathologised
- Not being just another adult telling them how to be
- Clinician has enhanced credibility to respectfully challenge.



John Hurley

Mental Health Nurse perspective



Some considerations for intervening

- Replacement not banning – too busy to play.
- Open parental communication & building parental closeness more effective than regulating (Choo et al., 2015; Van den Eijnden et al. 2010)
- Adopt a social capital lens as well as a pathology lens.
- Approximately two hours per day.
- Wider IT based applications have benefit and socially constructing gaming as only being a new disorder is an opportunity missed.



John Hurley



Q&A session

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**Thank you for your contribution
and participation**

Good evening

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