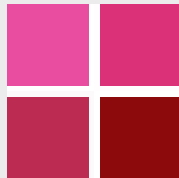




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Recreational gaming – dependence and social problems as outdated concepts in a new world of gaming?

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Recreational gaming – dependence and social problems as outdated concepts in a new world of gaming?



Introduction

- Discussions about problematic aspects of online gaming and the “Gaming Disorder” are again present in daily press and professional discussions because of recent changes in ICD-11.
- Although many experts agree that clinicians should be careful with the diagnosis the public opinion seems different.
- However, earlier studies already showed that only a very limited number of gamers fulfill the criteria for gaming disorder or other forms of Internet dependency with gaming genres playing a relevant role (eg Stetina et al. 2011).

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Introduction

- Most popular Online Games in different Genres:
 - WoW (World of Warcraft), Dota 2, LoL, Fortnite, PUBG: est. 200 mio. players all over the world every month
- However: some gamers have problems with a healthy amount of gaming or not?
- Where to draw the line between a healthy and a maladaptive use of games? Is the line needed?

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Introduction

- Internet Gaming Disorder: Research Condition introduced by DSM-V (Petry & O'Brien, 2013)
- 9 proposed criteria
 - Preoccupation
 - Withdrawal
 - Tolerance
 - Unsuccessful attempts to control
 - Loss of interests
 - Continued excessive use despite psychosocial problems
 - Deceiving
 - Escape
 - Functional impairment

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Introduction

- Discussions about “Internet Addiction”: Inconsistent classification criteria (Dong & Potenza, 2014; King, Haagsma, Delfabbro, Gradisar & Griffiths, 2013; Tonioni et al., 2014)
 - Derived from “Pathological Gambling”
 - Derived from “Substance Use Dependence”
- Griffiths (1995) was one of the first authors to define “technological addiction” with six criteria
 - Salience
 - Euphoria
 - Tolerance
 - Withdrawal symptoms
 - Conflict
 - Relapse and Reinstatement

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Introduction

- Why do people play online games?

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Introduction

- Yee (2006a; 2006b) developed an online gaming motivation questionnaire
- ten factors, which can be categorized into three main components
 - Achievement
 - Social
 - Immersion

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Introduction

- Gender differences regarding gaming motivation; regarding 8 of the 10 gaming motivations we found:
- **Male players** have higher scores in:
Advancement – Mechanics – Competition
- **Female players** have higher scores in:
Socializing – Relationship – Discovery – Role-Play – Customization
- **No significant differences** in:
 - Relationships (both men and women are interested in building relationships with other gamers)
 - Escapism (especially relevant for clinical questions)

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Methods and Data

- Using an online questionnaire 147 gamers were surveyed (female:n=66, male:n=81) in a cross-sectional design with several (clinical) scales such as IGD-20 (eg Pontes et al. 2014), SIAS (Mattick & Clarke, 1989) and SPIN (Connor et al., 2000).

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Results

- First of all results show that the sample includes no dependent gamer (cut-off 71).

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Results

- But the results show a significant difference between males and females with female gamers ($M=33.33, SD=11.28$) showing significantly less symptoms ($T(145)=-2.561, p=.011$) than men ($M=38.06, SD=11.01$); both groups showing no clinically relevant signs of Internet Gaming Disorder.

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Results

- No gender differences were found in the sum scores of the instruments measuring social anxiety (SIAS:($T(145)=-0.39, p=.694$, SPIN:($T(145)=1.18, p=.239$)).



Results

- Only 8.2% (n=12) participants, similar to the general public, show clinically relevant scores using a cut-off of 30.

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Results

- This percentage is slightly higher using the SPIN scores with 81.6% (n=120) of inconspicuous participants (cut-off 19). However the SPIN category “mild social phobia” has to be considered (11.6%, n=17) and therefore the instrument shows quite similar results

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Discussion

- Recreational gaming is often discussed as problematic behavior, although educational and therapeutic games are on the rise.

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Results

- Pathologizing is not the answer. It seems that more than ever it is highly relevant to think of gaming as normal and average behavior, independent from the purpose of the game

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Take Away Message

- Independent from the well-known differences between genres we should start thinking about gaming as a potential adaptive coping strategy and part of our daily lives (eg casual games).

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THANK YOU FOR YOUR ATTENTION!



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