

Video Gaming Addiction

Also known as Internet Gaming Disorder, which includes gaming on the internet or any electronic device. The gaming habits become all-consuming for the individual, significantly impacting their daily functionality. It also has a negative consequence to their relationships, school, and workplace life.

Behavioral Risk Factors

- Spending a significant amount of money on gaming.
- Increase weekday gaming time.
- Giving up other activities they enjoyed to gaming.
- Attending offline gaming community meetings.
- Having a gaming community.
- Relationship and work stability problems due to gaming.



A study suggests, that

Males

have a genetic predisposition to be more susceptible to compulsive gaming.

Treatment Options

- COGNITIVE BEHAVIORAL PROBLEM (CBT)
- FAMILY THERAPY
- GROUP THERAPY
- SUPPORT GROUPS



When is escapism a bad thing?

A long discussion around gaming and escapism has surrounded the debate around Gaming Addictions. When gaming is an outlet for stress or dealing with tough emotions, individuals are engaging in healthy coping skills for distraction. However, when this starts to alter reality and it's the only answer to dealing or ignoring issues. Gaming can become a problematic tool rather than a helpful one.