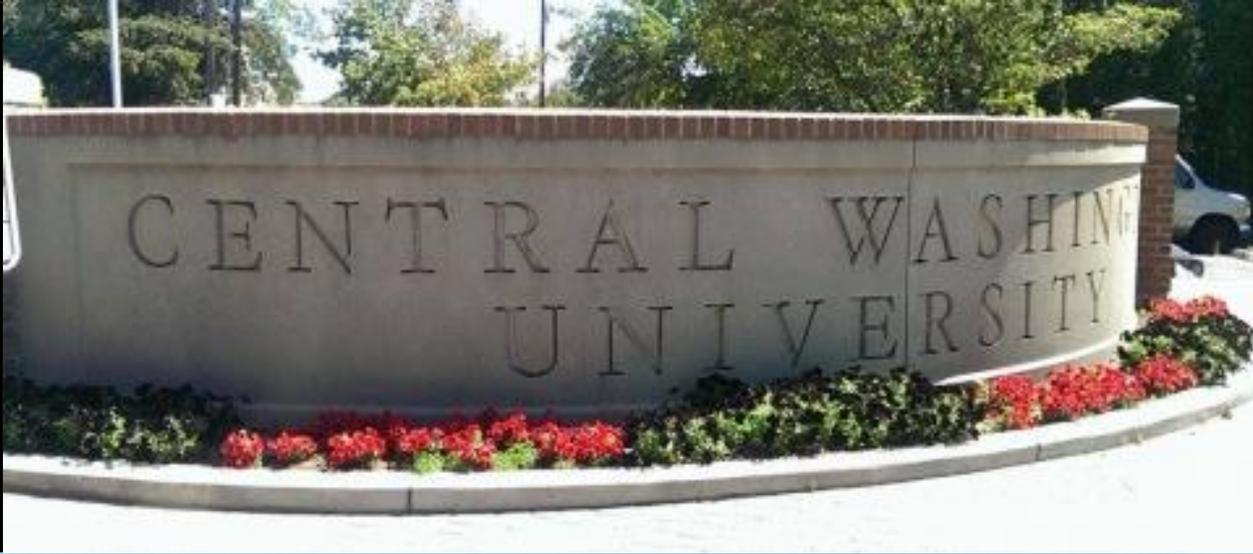




Understanding Addiction in the Digital Age



A close-up photograph of a road surface. Two parallel yellow lines are painted on the asphalt, running diagonally from the top left towards the bottom center. The asphalt is a dark, textured grey. The text 'WHY AM I HERE?' is painted in a bright yellow, bold, sans-serif font across the road. The words are arranged in two lines: 'WHY AM I' on the top line and 'HERE?' on the bottom line. The text is positioned to the right of the yellow lines.

WHY AM I
HERE?

◎ Problem Gambling

- Behavior that causes disruption in any major area of life: psychological, physical, social, or vocational.
 - *National Council on Problem Gambling*

Traditional Gambling

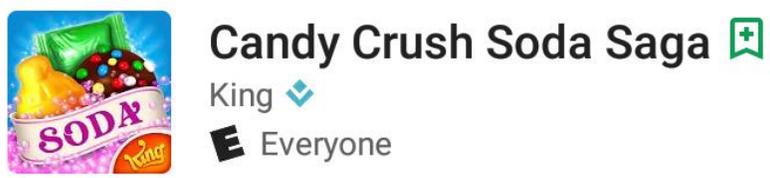


A hand is holding a smartphone displaying a slot machine game interface. The screen shows a grid of symbols, including what appears to be a '777' combination, and various game controls. The text 'The Line Between Gambling and Gaming is Blurred' is overlaid in large, bold, yellow letters across the center of the image. The background is dark, and the lighting is focused on the phone and the hand holding it.

The Line Between Gambling and Gaming is Blurred

3 Commonly Defined Characteristics of Gambling:

1. **PRIZE**: Anything of value the sponsor awards in a promotion.
2. **CHANCE**: A process beyond the participants direct control determines the outcome.
3. **CONSIDERATION**: Requires money or serious effort.



INSTALL

In-app purchases

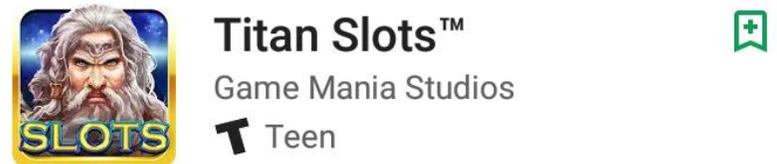
100 MILLION Downloads, 4.3 rating (5,373,861 users), Casual, Similar

Start playing this tasty match 3 game today! It's Sodalicious!

READ MORE



Sound Familiar?



INSTALL

Contains ads • In-app purchases

1 MILLION Downloads, 4.3 rating (70,055 users), Casino, Similar

Packed full of fun – Titan Slots™.



READ MORE



SHOP



2 LOOT BOXES



5 LOOT BOXES



11 LOOT BOXES



24 LOOT BOXES



\$59.95

50 LOOT BOXES

1 friend playing Overwatch.

PRESS ENTER TO CHAT

PAYMENT INFORMATION

ESCAPE BACK

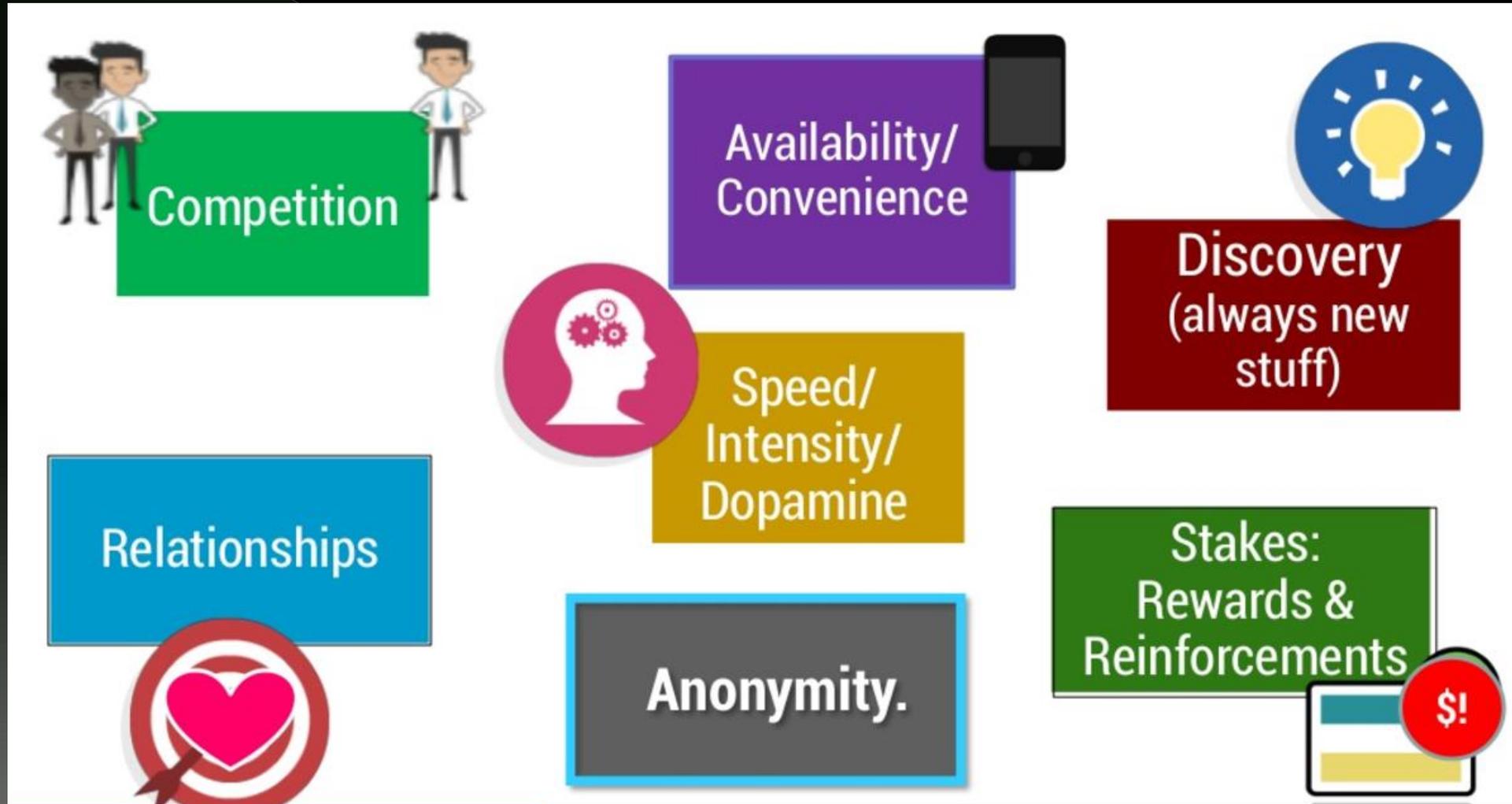


How a 16-year-old gamer turned into a compulsive gambler

OTL sits down with Elijah Ballard as he opens up about how playing Counter-Strike: Global Offensive sent him down a dark road. JAY FRAM FOR ESPN

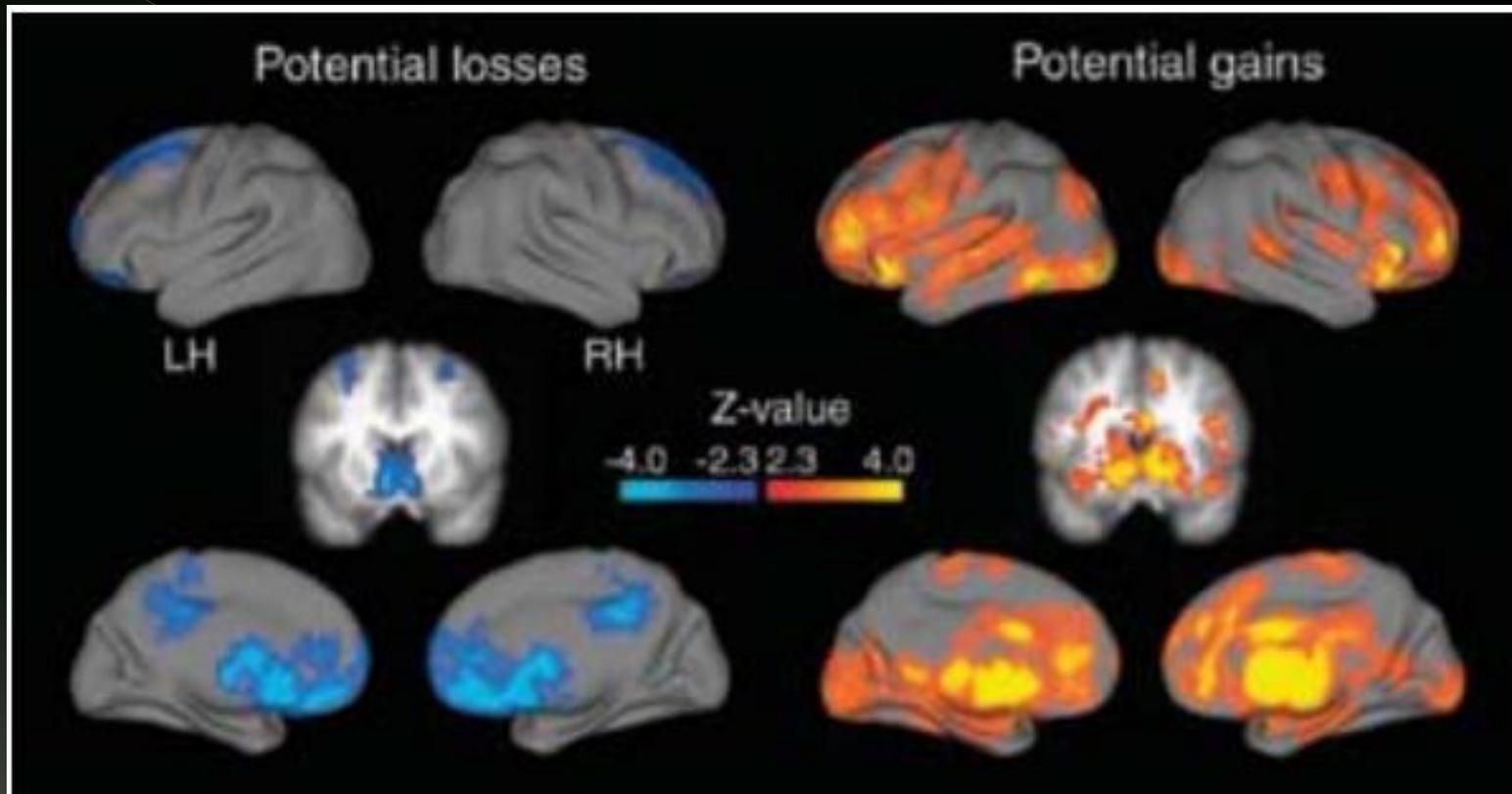
Skin in the Game - Counter-Strike has spawned a wild multibillion-dollar world of online casino gambling; it's barely regulated and open to any kid who wants in. ESPN.com 1/20/17

Similarities with Gaming and Gambling



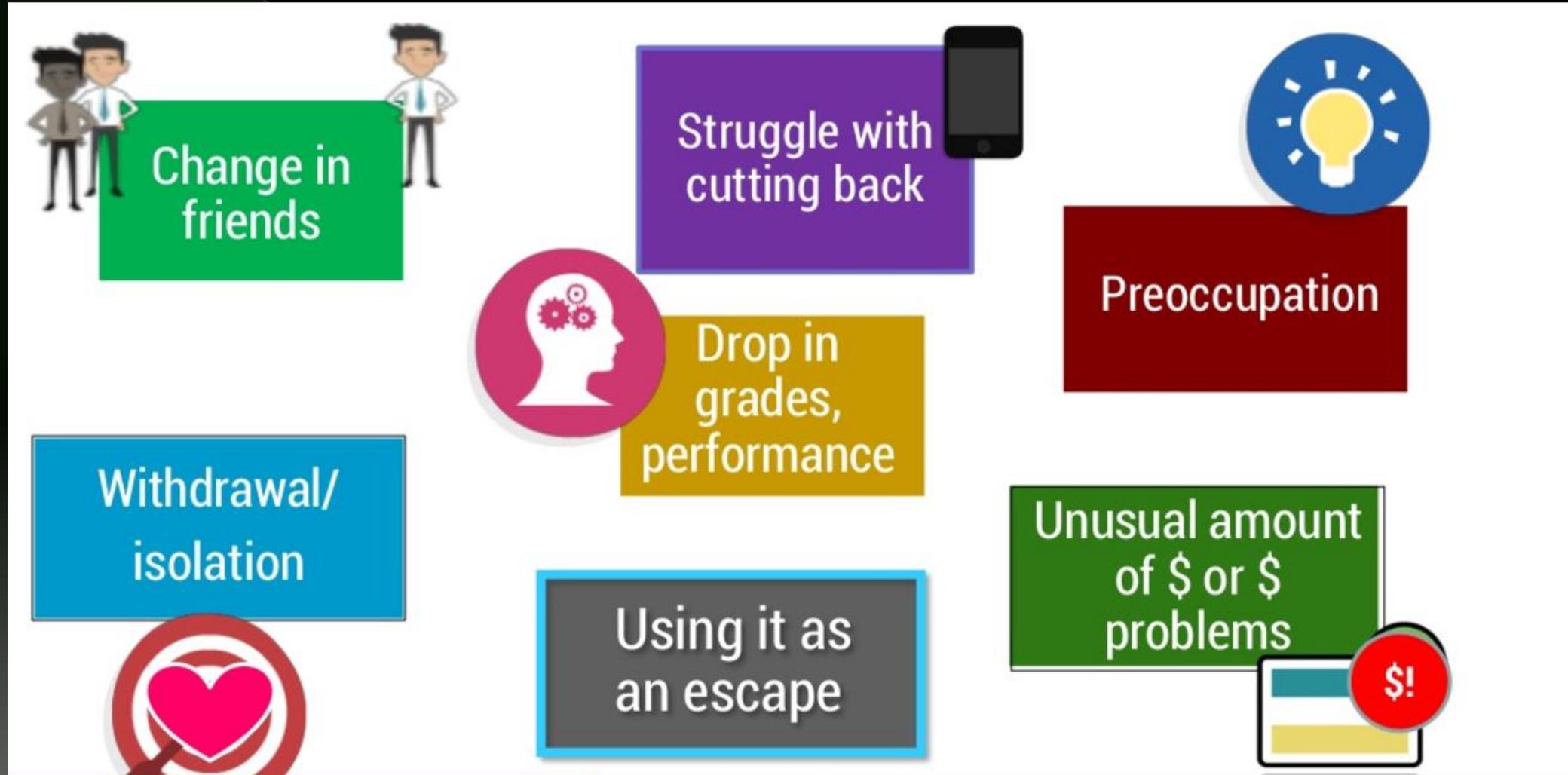
Gambling/Gaming and Dopamine

It's **NOT** about the money!



Dopamine **not released** when expecting a loss. Flooded with dopamine when expecting a **win!**

Similarities In Signs Of A Problem



When video games become an addiction

By Samantha Bresnahan and Will Worley, for CNN

🕒 Updated 5:29 AM ET, Wed January 6, 2016



Source: CNN

Top story



The closest thing we have to
GAMING in the DSM-5...

“Internet Gaming Disorder”

Repetitive use of Internet-based games, often with other players, that leads to significant issues with functioning.

“Internet Gaming Disorder”

- ⦿ Preoccupation or obsession with Internet games.
- ⦿ Withdrawal symptoms when not playing Internet games.
- ⦿ A build-up of tolerance—more time needs to be spent playing the games.
- ⦿ The person has tried to stop or curb playing Internet games, but has failed to do so.
- ⦿ The person has had a loss of interest in other life activities, such as hobbies.

“Internet Gaming Disorder”

- A person has had continued overuse of Internet games even with the knowledge of how much they impact a person's life.
- The person lied to others about his or her Internet game usage.
- The person uses Internet games to relieve anxiety or guilt—it's a way to escape.
- The person has lost or put at risk and opportunity or relationship because of Internet games.

Youth “Pathological” Video Gamers

n=3,034 – grades 3, 4, 7 & 8

9% pathological gaming

- Less empathy
- More impulsivity

PEDIATRICS®

OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

Pathological Video Game Use Among Youths: A Two-Year Longitudinal Study

Douglas A. Gentile, Hyekyung Choo, Albert Liau, Timothy Sim, Dongdong Li,
Daniel Fung and Angeline Khoo

Pediatrics 2011;127:e319; originally published online January 17, 2011;

DOI: 10.1542/peds.2010-1353

The online version of this article, along with updated information and services, is
located on the World Wide Web at:

<http://pediatrics.aappublications.org/content/127/2/e319.full.html>

Prevention

- Monitor internet use and set boundaries.
- Keep internet usage restricted to specific areas of the home.
- Take Care of Yourself! Talk to someone you trust about potential triggers that may be causing additional internet use.
- Get involved in other activities that aren't online.
- If you see something, say something!

Resources

- Game Quitters: www.gamequitters.com
 - > Online support group for those dealing with gaming addiction.
- reSTART Life: www.netaddictionrecovery.com
 - > WA based treatment center for those dealing with gaming/internet addiction.
- OLGA & OLG-Anon: www.olganon.org
 - > Follows the same principles of AA - 12-Step Program and Anonymity
- Computer Gaming Addicts Anonymous: www.cgaa.info

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THANK
YOU