

"Gaming, problem gaming, and gaming addiction in the Netherlands: An introduction"
Dr. Antonius J. van Rooij, Netherlands Institute of Mental Health and Addiction
Mental Health Symposium 2019
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[2019/04/26 10:02] Carolyn Carillon: Hello everyone.
Today's presentation is being transcribed so those without audio or who require text only can participate in real time.
A little explanation about this service.
Voice-to-text transcriptionists provide a translation of the key ideas discussed, NOT a word for word transcription.
Voice-to-text services provide an in-the-moment snapshot of ideas and concepts, so that those who are unable to hear or to understand the audio program are able to participate in real-time.
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Transcription is provided by Virtual Ability, Inc.
The transcriptionists are:
Carolyn Carillon
Elektra Panthar
In the transcription record, speakers will be identified by their initials.
AVR: AntoniusJ / Dr. Antonius J van Rooij

[2019/04/26 10:00] Katsii Tennen: Hi! Welcome to Virtual Ability's 2019 Mental Health Symposium.
My name is Catseye Tennen, I'm 71, semi-retired and 11 years old in SL as of yesterday.
In SL, I can dance, create, work, and play in ways I can't do in real life. Am I addicted?
I don't think so, but I'll listen to our next presenter, Dr. Tony van Rooij, and find out.
Dr. Van Rooij's talk is titled "Gaming, problem gaming, and gaming addiction in the Netherlands: An introduction"
Dr. van Rooij is Project Leader for Gaming, Gambling and Media Literacy at the Trimbos Instituut, the Netherlands Institute of Mental Health and Addiction in Utrecht.
His research interests are in development of serious games, game-based learning and mental illness assessment.
In this presentation, Dr. van Rooij will introduce concepts that can help us understand gaming 'addiction' more easily.
He promotes the responsible and healthy use of video games.
He will use the situation in the Netherlands as an example to explore concepts of healthy and unhealthy gaming.
I remind you to turn off your mics and refrain from questions or comments until the end of the presentation.

So, as time is short, please join me in welcoming Dr. Van Rooij to the podium.

[2019/04/26 10:02] Carolyn Carillon: <<transcription starts>>

[2019/04/26 10:02] AntoniusJ Resident: 1. Introduction. In this brief introductory lecture, Tony will share some core concepts about game 'addiction' and problematic gaming. He will connect those concepts to the Dutch situation.

2. How much screen time is too much? A brief trip with the Google auto-complete function shows that some of the most asked questions deal with the time spent on video games and concerns about addiction. It is certainly a topic of interest.

3. When playing World of Warcraft I knew a player called 'Stealth'. A perfectionistic person, he wanted to be the best. His non-game-life completely failed. Eventually he broke down and wrote this dramatic post, signalling his leave from the game.

[2019/04/26 10:05] Elektra Panthar: AVR: He tried to quit because his gaming time was affecting his study performance

[2019/04/26 10:06] AntoniusJ Resident: 4. I will employ two metaphors as core concepts to understand problematic gaming: an onion (it has layers of 'understanding') and a fish trap: the further the fish swims into the trap, the harder it is to get out again.

5. The first layer of the onion is media portrayal of games. Very often games are portrayed directly as addictive, implying that media use is pretty much similar to substance use addiction. This makes intuitive sense, but the metaphor is not complete.

6. Secondly, there are vast cultural differences in how societies deal with excessive technology use. In example, China has had some extremely restrictive military style re-education camps in the past.

[2019/04/26 10:07] Elektra Panthar: AVR: They tend to blame a single actor (the company, or the player, or the parents) - Oversimplified situation

There has been controversy about the therapies administered in these camps (electroconvulsive therapy ECT)

[2019/04/26 10:08] AntoniusJ Resident: 7. The second layer of the onion is the presenter (me) and my workplace. Everybody has biases and so do I. Some disclosure will follow.

I work at the Trimbos institute, on three topics: gaming, gambling and media literacy. We do public-education via websites, but prevention as well. I did a PhD thesis on gaming 'addiction' as a new phenomenon.

[2019/04/26 10:09] Elektra Panthar: AVR: Feel free to contact me if you'd like some English material for this

[2019/04/26 10:09] AntoniusJ Resident: 9. Second disclosure: I am also a lifelong gamer. Here I am in World of Warcraft. This is a victory picture taken after defeating a very tough boss: not an easy feat and something non-gamers underestimate easily.

10. Next layer of the onion: some core-concepts I use in my work and thinking will now follow. I will connect them to the Dutch situation.

11. In general, technology use is beneficial. However, some people experience mild feelings of discontent. They think they should be spending less time on it, but they don't manage this. An example question would be: do you feel you are addicted to..?

[2019/04/26 10:11] Elektra Panthar: AVR: Play is part of healthy human functioning

[2019/04/26 10:12] AntoniusJ Resident: 12. In various research we frequently find high percentages of people that report that they think they are spending too much time digitally, think they are addicted, etc. Percentages are frequently 20/30% or even higher.

[2019/04/26 10:12] Elektra Panthar: AVR: A large percentage of people asked say they are addicted to Facebook or gaming

[2019/04/26 10:13] AntoniusJ Resident: 13. The second step into the fish trap consists of 'problematic' use: people report problems due to gaming, etc. For example: failing classes, disturbed balance with other activities, sleeping issues, etc. They try to reduce use, but are unsuccessful.

14. The problematic use approach is very dominant in research and the majority of findings that discuss addiction actually measure problematic use (in my opinion). This slide shows which components are included in a measure of problem use.

15. An overview of Dutch data on problematic game use (a.k.a. risky gaming). 7% of boys classifies as problematic gamer here. Relatively speaking they have 5 times more chance to have both physical and mental problems.

16 Finally, some people present to clinicians with functional life impairment and high amounts of gaming. They require help and this group I refer to as potentially game-disordered or 'game addicted'. Oftentimes, they have comorbid issues.

17 In the Netherlands, addiction care deals with a small but consistent group of people reporting for treatment in relation to gaming. In youth clinics this percentage is higher: in one clinic gaming is the second most prevalent issue after problems with

18. In 2013, the DSM-5 suggested a new disorder for study: Internet Gaming Disorder. The cut-off score suggestion is somewhat unfortunate and abused as you score positive with 5 out of 9 criteria, while the list contains only 2 truly negative items.

[2019/04/26 10:19] Elektra Panthar: AVR: Severe problems at school, sometimes also panic from the parents, but a lot of times there's an underlying psychological problem

Many of them deal with preoccupation - it's not an ideal question for me

Also problematic questioning when applied to gaming

It was however a starting point

[2019/04/26 10:21] AntoniusJ Resident: 19. Last year, the WHO also announced a gaming disorder. Fortunately, it places functional impairment central. However, the ICD-11 has no temporary status for disorders, so it goes straight to 'new disease' status. This has attracted controversy.

[2019/04/26 10:22] Elektra Panthar: AVR: Are we missing aspects of gaming if we reduce it to these criteria?

I hope it will bring to a more nuanced understanding of the issue

We encourage parents to play with their kids to better understand it and to guide them

Proactive intervention is not happening in the industry, there's also flat out denial on their part

It's unfortunate the debate is polarized this way

[2019/04/26 10:27] AntoniusJ Resident: 20. In the Netherlands, various telecom industry initiatives support better parent-child relations on gaming. Three examples are shown here.

21. Trimbos (we) also make efforts in prevention, but also provide help to find the right clinical care if needed. We have a website, telephone hotline and an interactive self-test.

22. Finally, we are currently working on early intervention efforts in schools: a series of four meetings with a prevention worker (MOTI-4) for problems with gaming, but also instructions for teachers, that address common misconceptions about games.

[2019/04/26 10:28] Elektra Panthar: AVR: I hope you enjoyed this. Thank you

[2019/04/26 10:28] bowmanspartan: Nice work, Tony!!!

[2019/04/26 10:28] Kali Pizzaro: very interesting and important balanced research

[2019/04/26 10:28] Catseye Tennen (Katsii Tennen):
*****APPPPPPLLLLAAAUUUSSSSEEEEEEE*****

[2019/04/26 10:28] Shyla the Super Gecko (KriJon): applause!

[2019/04/26 10:28] Zinnia Zauber: Thank you!

[2019/04/26 10:28] Buffy Beale: Really great information Tony, thank you!!!

[2019/04/26 10:28] Sarralie: ★ APPLAUDS ★

[2019/04/26 10:28] MacDoc (McMillan): appplause

[2019/04/26 10:28] Avalon Birke: Thank you!

[2019/04/26 10:28] SunTzu (Joey Aboma): Thank you

[2019/04/26 10:28] DrMCsquared: applauds

[2019/04/26 10:28] Gentle Heron: Thank you for that.

[2019/04/26 10:28] Veyot: thank you

[2019/04/26 10:28] Lays (laysfarbonelima): obrigado muito interessante
pt>en: thank you very interesting

[2019/04/26 10:28] Alex Magic (Alexjo Magic): very good thank you

[2019/04/26 10:28] Mrs. Di Zuidde (R3dDi): Thank You

[2019/04/26 10:28] Marylou Goldrosen: Learned a lot --thanks!~

[2019/04/26 10:29] Hope (Hope4Satobs): interesting and informative!

[2019/04/26 10:21] SunTzu (Joey Aboma): One thing I often wonder about is with Game-Based Training, will students eventually only learn if we game it? And how will teaching by gaming change the way they live and work?

[2019/04/26 10:28] Mook Wheeler: QUESTION: You said the higher addiction levels involved gaming, rather than mobile phone use, etc. Would you say this is because of the intensively immersive & comprehensive experience of a gaming environment? That is, the more that you involve the *whole* body/mind/senses (e.g. visuals, sounds, social interaction, adrenaline, emotions, physical action, etc), the worse the addiction? The more complete the "human experience", the more gripping the addiction... ?

[2019/04/26 10:29] Buffy Beale: great question Mook!

[2019/04/26 10:30] bowmanspartan: So that's a really curious point -- when we are addicted to games, how far along are we in understanding addiction to the GAME as opposed to the PEOPLE in the game?

[2019/04/26 10:29] Elektra Panthar: AVR: Games on phones are designed to be played for a limited amount of time

They are different than games with community building activities like WoW

There's also a reputation mechanism

Right now most players with problems report it in connection with competitive games

Your hypothesis might make sense, but for now I've seen addiction developing connected to competence

[2019/04/26 10:31] Mook Wheeler: Yes, thank you Tony

[2019/04/26 10:31] Gentle Heron: [10:30] SunTzu (joey.aboma): How we define what is a "game" is changing a lot these days. Many would not consider themselves a "player" of games a few years ago now play casual games and are more accepting of games as part of their life. I wonder how this will affect humanity as a whole over time...

[2019/04/26 10:32] Elektra Panthar: AVR: Interesting question

There's a bigger market for games now

Nintendo Wii for example, they addressed a bigger demographics

Big game companies now take advantage

Like loot boxes, which is very similar to gambling

That's an unfortunate development

[2019/04/26 10:32] Xuna Démonia: thinks of the movie... Ready Player One

[2019/04/26 10:33] SunTzu (Joey Aboma): in ways we are becoming one with the game

[2019/04/26 10:33] Linn Darkwatch: Like gachas in SL

[2019/04/26 10:33] Gentle Heron: [10:31] Catseye Tennen (katsii.tennen): what about the problem with product makers that their profit motive is tied in with increasing commitment to the game, and even perhaps, addiction. Is there a need for regulation?

[2019/04/26 10:34] Elektra Panthar: AVR: Absolutely

Might be self regulating

It's crucial they start drafting ethical guidelines

They have a social responsibility

If they don't self regulate soon, government might have to step in

Regulation is already happening - banning a certain kind of loot box

[2019/04/26 10:35] SunTzu (Joey Aboma): And regulation can kill the industry if done wrong too

[2019/04/26 10:36] Gentle Heron: We are going to have to say thanks for this session and set up for the panel.

[2019/04/26 10:36] Kali Pizzaro: great

[2019/04/26 10:36] Linn Darkwatch: ♪♪♪♪ APPAWS! ♪♪♪♪

[2019/04/26 10:36] LV (LoriVonne Lustre): Thank you!

[2019/04/26 10:36] Zinnia Zauber: Thank you very much!!!

[2019/04/26 10:36] Buffy Beale: Thanks Tony!!!
[2019/04/26 10:36] Lays (laysfarbonelima): obrigado pelo tema muito explicativo
[2019/04/26 10:36] Mook Wheeler: Thank you Tony!!
[2019/04/26 10:36] Namaara MacMoragh: Thank you for a great presentation.
[2019/04/26 10:36] Sarralie: ★ APPLAUDS ★
[2019/04/26 10:36] laysfarbonelima Resident pt>en: Thank you for the very explanatory theme.
[2019/04/26 10:36] Eme Capalini: Great job!
[2019/04/26 10:36] SunTzu (Joey Aboma): Thanks
[2019/04/26 10:36] Jady Firehawk: thank you!
[2019/04/26 10:36] Alex Magic (Alexjo Magic): thank you
[2019/04/26 10:36] Marylou Goldrosen: Thanks so much!!! Great info!
[2019/04/26 10:36] Lays (laysfarbonelima): Obrigado Tony!
pt>en: Thank you Tony!

[2019/04/26 10:37] Elektra Panthar: <<transcription ends>>