

Profil

- As you get more sucked into the game, it becomes more and more of your life. (...) you are a very capable student (...), but now because you're not getting enough sleep, you're not really as well at school. (p.29)

Neglect

- So we've almost always got the "broken home" story particularly when it comes to computer users, with a long conflict development in the background, where everybody is coming out from their trenches and the family climate has deteriorated. Everything evolves around the issue of dispute and it dominates everything. (p. 32)

Triggers - mobning

- With adolescents, it doesn't matter whether it's boys or girls, whether it's in the outpatient or the inpatient setting, **very often (...) mobbing in real life occurs as the cause for a very severe social retreat.** Often there appears such a triggering event. (p. 36)

Structural risk factors

- (...) I think all the **Massively Multiplayer Online Role-Playing Games** are (...) actually **more addicting than other types of games**.
- There seems to be a natural progression until they find MMOs as early pre-teens or teenagers and once they find that, that's where they can get their social needs met, so they think, "it's fun, it's exciting". (...) And so I think it's that combination of a game which gives them the right schedule of reinforcement, keeps them hooked in the game, plus since they don't have outside social lives, that social aspect is of crucial importance to their addiction. (p. 37)

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Structural risk factors

- It is not the game, but communication. It's the communicative aspect, the group, group cohesion. (...) It's exclusively the social factor because the game itself is not a challenge for the client anymore. (...) most of my clients who were in online games did not play much actively anymore. They were online, but they were primarily chatting or using some other chat channels. (p. 38).

Saliency - preoccupation

- Then there's this small circle of people who continuously think about it, who cannot step out of it internally, who are constantly preoccupied with it, who importantly view every single minute that has not been spent gaming as lost minute because these games are continuous.

Saliency

- I would use the normal addiction criteria that you would use for substance-related and other behavioural addictions [to diagnose Internet addiction], when the behaviour has become a process with its own dynamics, where the individual is under the impression that he is not under control of what he is doing anymore, when he finds it really difficult not to use it for a certain period of time, for example, when his hardware is broken. For this person, it becomes really unbearable; he has to get a new hardware somehow straight away. He goes to his mates or something like that (...). Then of course there's the saliency of the manifestation, so that the diversity of life falls by the wayside, so that the only thing he does, to sit in front of the computer and play and chat, becomes so predominant that the rest is suffering. (p. 56)

Tolerance

- (...) definitely when there's a development of tolerance, so **when the online times increase fast, from one or two hours a day up until 24 hours**. So in an extreme case of a 13- or 14-year old boy that I've seen here, in some cases he's been playing 24 hours a day and slept only every other day for five to six hours. Yes, that's the development of tolerance. (p. 58).

Loss of Control

- That's when I realized this is a true addiction like any drug or alcohol because over that one year period of playing, I lost 1400 hours, because the game allows you to check how much time you spent, (...) and it said 1400 hours. So luckily I was waiting for the new expansion pack and I was level 70, and I was like: "I'm done. I'm done. (...) this is a good time to exit. (p. 61).

Loss of control

- Definitely when the adolescents themselves say, and this happens often, that they don't have control over their behaviours, over the times they spend at the computer, so that they can't simply stop using it, and when parents have ideas that they can play from-to, where they receive specific timespans or something like that, **adolescents completely underestimate these times and don't recognise how time is passing, and they nevertheless always play longer and that's why conflicts ensue.** That's something that's absolutely typical and I include it in the addiction criteria. (p. 61)

Withdrawal

- (...) parents are even physically attacked when they prohibit their adolescents from playing or they take the computer away or cancel the Internet contract or something like this. So that's what the adolescents associate with not being allowed to play, because their father or mother or both have done that. And those physical (...) conflicts, they can be pretty heavy. Or you can also view it from the depressive side. I can't play anymore, I don't see any sense in life, and then they develop suicidal phantasies or even intentions. I'd definitely classify these as withdrawal symptoms. (p. 63).

Withdrawal

- So the only thing I'm seeing is little guys that do a lot of computing (...) and once they go off the device, they just explode. (...) I just see it that there's a lot of energy there that's not getting out. **They're not playing outside, playing with each other, they are sedentary. And then when you take the device away, then all that energy just goes crazy.** It's then being interpreted by the systems as aggression. The child is aggressive. (p. 64).

Concealing

- You know they'll do really well one semester and then the next semester they'll get into games and then they'll get C's and D's and then the third time it's all apps, and then they lie to their parents about it and, you know, it kind of goes on and on and on. And in some cases [parents] jump on it and get them into treatment right away, **but in most cases it takes a couple of years for the parents to really figure out it's a problem.** (p. 64).

Problems and conflicts

- They've had so little experience in imaginative play as young children (...). Everything has to do with gaming. It's like they can't imagine anything else. It's really a very impoverished imagination. It's hard for them to think about what they want. It's hard for them to imagine their lives, what they want to do, what they want for themselves, what they want for relationships, because all of their thinking has been around video games and the Internet stuff. (p. 68).

Problems and conflicts

- One of the problems I realize was the gamers when they were playing a game (...) 14, 16, 18 hours a day and they weren't attending school or work, employment. Their families were extremely concerned about their combination of neglect and the sort of irritability, aggression, around any attempt to reduce their online gaming. I was hearing (...) about times where aggression reached such a level, the police were called or similarly one simply couldn't get the client to come to appointments. They neither thought there was a problem nor believed there should be anything done about it, even if they acknowledged that they were excessively engaged. (p. 70).

Problems and conflicts

- Characteristically it turns out that the affected individuals haven't been going to school for a considerable amount of time. School absenteeism is an essential symptom. And it turns out that they have neglected their pastime activities and hobbies in the past, that they have neglected their social contacts, their circle of friends, that they do not do their household chores, but instead their range of behaviours has become focused on the computer and computer games and Internet games in the past. And parents typically report conflict situations in the family that have evolved around pathological use of the Internet. These conflicts become very chronic. Typically what you'll find are triangulation processes, in such a way that one parent is very soft and lenient with regards to Internet activities and another parent takes up the regulating function in the family, so that no common parental position regarding the child's gaming behaviour is adopted. (p. 71)

Problems and conflicts

- Typically, they didn't go to school anymore or school was on stand-by, and [school work] was only run with minimal effort, and what was really important to them happened with their online contacts, where they reached particular levels in World of Warcraft, equipped specific characters and had successes, and real life didn't really happen anymore. I remember a mother who said "I don't see him at all anymore and during meals he's never there, when we do something together, he's not there, and spends all his time at the computer, all of which has resulted in more or less large escalations in the family (p. 72).

Problems and conflicts

- (...) when families make use of child- and adolescent psychiatric services, then school faces the axe. Then he hasn't attended school for weeks and months. Then there were nasty hassles in the family right up to aggressive conflicts. **That means that [psychotherapists] are only deployed when the general counselling or reading of guidebooks or parent- and family counselling hasn't worked, or it hasn't been enough (p. 72).**

Komorbiditet

- In our children and adolescent psychiatric inpatient setting, we've got a selection of highly impaired people, who sometimes have very long records of **depression, ADHD, partial performance impairments, dyslexia**. (p. 77).

Komorbiditet

- Social anxiety is the next point, or social phobia, but also personality disorders. Above all, with this we see schizoid personality disorder. (...) With the personality disorders it's rather tendencies. With the other disorders it's often diagnosable, for example social phobia or agoraphobia, and with depression it's a thing in the middle, where you've sometimes got tendencies, but sometimes it's diagnosable. (p. 79).

Komorbiditet

- We have seen very many social phobias, anxiety disorders, but also high functioning autism, Asperger patients, schizoid patients, basically all those who wouldn't come into psychiatry. This has been my experience over four, five years, that they come with media addiction or Internet addiction, and because of that they've had a certain willingness to come into the psychiatric ward. (p. 79).

Komorbiditet

- So the pre-existing [condition] that I believe contributes is [sic] ADHD, Asperger's and trauma and lack of social competence or shyness or introversion. The results I believe are mostly depression, social anxiety, and more impulsivity, physical and emotional dependence. (p. 80).

Same but different

- The Internet addicts have started their Internet addiction and their gaming addiction often when they were very little. It's been approved of within the family. They've been given their drug by the family, their gaming drug, and they don't get to us [the treatment centre] until they're now in their twenties. So they've had often twenty years of this use (...). They aren't social, face to face, they aren't sexual, they aren't comfortable out in the world (...). Their personalities are very different from drug addicts. (p. 91).

13.45 Pause

Evidenbaseret behandling af IGD

- King, Delfabbro, Griffiths, & Gradisar, 2011
 - Inkluderede 8 studier
 - Evidens for en lille effekt af CBT
- Liu, Liao, & Smith, 2012
 - Inkluderede 24 studier
 - Størst evidens for effekt af kombination af CBT og farmakologi
 - Evidens for effekt af CBT behandling alene
- Winkler, Dörsing, Rief, Shen, & Glombiewski, 2013
 - Inkluderede 16 studier
 - Ingen forskel mellem CBT & farmakologi;
 - Ingen forskel mellem CBT og andre former for psykoterapi
- Konklusion
 - Evidens for CBT behandlingseffekt, men også andre effektive behandlinger.

Tre typer tanker der leder til spil

- Opmærksomhedstanker
 - Foreberedelsestanker (spille efter skole)
 - Fortrydelsestanker (skidt med at jeg sad oppe hele natten)
 - Fantasiatanker (tænker på, hvor god jeg kan blive)
- Kognitive fejlslutninger
 - Når jeg spiller, oplever jeg at være en bedre spiller, end jeg i virkeligheden er.
 - Jeg undervurderer hvor meget tid og fravær mit spil medfører
- Følelsesregulerende tanker
 - Når der er noget der er svært, er det lettere at spille
 - Her kommer jeg ind i min egen lille bobbel eller verden, hvor jeg ikke mærker problemer