

## Internet gaming addiction and the effects on mental health

### Further reading:

- Andreassen, C.S., Billieux, J., Griffiths, M. D., Kuss, D. J., Demetrovics, Z., Mazzoni, E., & Pallesen, S. (2016). **The Relationship Between Addictive Use of Social Media and Video Games and Symptoms of Psychiatric Disorders: A Large-Scale Cross-Sectional Study.** *Psychology of Addictive Behaviors, Vol 30* (2), 252-262.
- Billieux J., Schimmenti A., Khazaal Y., Maurage P. & Heeren A. (2015). **Are we overpathologizing everyday life? A tenable blueprint for behavioural addiction research.** *Journal of Behavioural Addictions, 4*, 119–123.
- Bowers, A., & Berland, M. (2013). **Does recreational computer use affect high school achievement?** *Educational Technology Research & Development, 61*(1)51-69.
- Cash, H., D Rae, C., H Steel, A., & Winkler, A. (2012). **Internet addiction: A brief summary of research and practice.** *Current Psychiatry Reviews, 8*(4), 292-298.
- Choo, H., Sim, T., Liau, A., Gentile, D., & Khoo, A. (2015). **Parental Influences on Pathological Symptoms of Video-Gaming Among Children and Adolescents: A Prospective Study.** *Journal of Child & Family Studies, 24* (5), 1429-1441.
- Colzato, Lorenza S.; van den Wildenberg, Wery P. M.; Zmigrod, Sharon; Hommel, Bernhard. (2013). **Action video gaming and cognitive control: playing first person shooter games is associated with improvement in working memory but not action inhibition.** *Psychological Research, 77*,234–239.
- Devilly, J., Callahan, P., & Armitage, G. (2012). **The effect of violent videogame playtime on anger.** *Australian Psychologist, 47*(2), 98-107.
- Ewoldsen, D. R., Eno, C. A., Okdie, B. M., Velez, J. A., Guadagno, R. E., & DeCoster, J. (2012). **Effect of playing violent video games cooperatively or competitively on subsequent cooperative behavior.** *Cyberpsychology, Behavior, and Social Networking, 15*, 277–280.

**Mental Health  
Professionals' Network**

Emirates House  
Level 8  
257 Collins Street  
Melbourne  
VIC 3000

**postal**  
PO Box 203  
Flinders Lane  
VIC 8009

**email**  
contactus@mhpnp.org.au

**telephone**  
1800 209 031

**www.mhpnp.org.au**

- Fuster, H., Chamarro, A., Carbonell, X., & Vallerand, R. (2014). **Relationship between passion and motivation for gaming in players of massively multiplayer online role-playing games.** *Cyberpsychology, Behavior, and Social Networking*, 17(5), 292-297.
- Gentile, D. A., Choo, H., Liau, A., Sim, T., Li, D., Fung, D., Khoo, A. (2011). **Pathological video game use among youths: a two-year longitudinal study.** *Pediatrics*, 127(2): e319–e329.
- Griffiths, M., King, D., & Demetrovics, Z. (2014). **DSM-5 internet gaming disorder needs a unified approach to assessment.** *Neuropsychiatry*, 4(1), 1-4.
- Hagström, D., & Kaldö, V., (2014). **Escapism Among Players of MMORPGs— Conceptual Clarification, Its Relation to Mental Health Factors, and Development of a New Measure.** *Cyberpsychology, Behavior, and Social Networking*, Vol 17(1), 19-25.
- Halliday, M. A. K. (1975). *Learning How to Mean--Explorations in the Development of Language*. London: Edward Arnold.
- Kaess, M., Durkee, T., Brunner, R., Carli, V., Parzer, P., Wasserman, C., Sarchiapone, M., Hoven, C., Apter, A., Balazs, J., Balint, M., Bobes, J., Cohen, R., Cosman, D., Cotter, P., Fischer, G., Floderus, B., Iosue, M., Haring, C., & Kahn, J. (2014). **Pathological internet use among European adolescents: psychopathology and self-destructive behaviours.** *European Child & Adolescent Psychiatry*, 23(11), 1093-1102.
- Kaye, L., & Bryce, J. (2014). **Go with the flow: The experience and affective outcomes of solo versus social gameplay.** *Journal of Gaming & Virtual Worlds*, 6(1), 49-60.
- Kowert, R., Domahidi, E., & Quandt, T. (2014). **The relationship between online video game involvement and gaming-related friendships among emotionally sensitive students.** *Cyberpsychology, Behavior, and Social Networking*, Vol 17(7), 447-453.
- Kühn, S., & Gallinat, J. (2014). **Amount of lifetime video gaming is positively associated with entorhinal, hippocampal and occipital volume.** *Molecular Psychiatry*, 19, 842–847.
- Kühn, S., Gleich, T., Lorenz, R. C., Lindenberger, U., Gallinat, J. (2014). **Playing Super Mario induces structural brain plasticity: Gray matter changes resulting from training with a commercial video game.** *Molecular Psychiatry*, 19(2), 265-271.

- Kuss, D. J., Griffiths, M. D., & Pontes, H. M. (2017). **Chaos and confusion in DSM-5 diagnosis of Internet Gaming Disorder: Issues, concerns, and recommendations for clarity in the field.** *Journal of Behavioral Addictions*, 6 (2), 103-109.
- Lee, C., Aiken, K., & Hung, H. (2012). **Effects of college students video gaming behaviour on self-concept, clarity and flow.** *Social Behaviour and Personality*, 40 (4), 673-680.
- Rehbein, F., Kleimann, M., and Mößle, T. (2010). *Cyberpsychology, Behavior, and Social Networking*, 13 (3), 269-277.
- Strittmatter, E., Kaess, M., Parzer, P., Fischer, G., Carli, V., Hoven, C. W., & Bobes, J. (2015). **Pathological Internet use among adolescents: Comparing gamers and non-gamers.** *Psychiatry Research*, 228 (1), 128-135.
- Van den Eijnden, R. J. J. M., Spijkerman, R., Vermulst, A. A., Van Rooij, T. J., & Engels, R. C. M. E. (2010). **Compulsive internet use among adolescents: Bidirectional parent-child relationships.** *Journal of Abnormal Child Psychology*, 38, 77-89.
- Van Rooij, A. J., & Kardefelt-Winther, D. (2017). **Lost in the chaos: Flawed literature should not generate new disorders: Commentary on: Chaos and confusion in DSM-5 diagnosis of Internet Gaming Disorder: Issues, concerns, and recommendations for clarity in the field (Kuss et al.).** *Journal of Behavioral Addictions*, (0), 1-5.

### Tools for professionals

- **Routine Adolescent Psychosocial Health Assessment – Position Statement**, The Royal Australasian College of Physicians. The HEADSS framework for Psychosocial Health Assessment p 5-7  
<https://www.racp.edu.au/docs/default-source/advocacy-library/routine-adolescent-psychosocial-health-assessment.pdf>

## Websites & Reading

- Network for Internet Investigation and Research Australia  
<https://www.niira.org.au/for-professionals/>
- <https://www.theguardian.com/commentisfree/2017/jun/26/technology-healing-addiction-wellbeing-apps>
- [https://www.sciencedaily.com/releases/2017/04/170427091749.htm?utm\\_content=bufferd7d&utm\\_medium=social&utm\\_source=twitter.com&utm\\_campaign=buffer#.WRLkh2FVSXo.twitter](https://www.sciencedaily.com/releases/2017/04/170427091749.htm?utm_content=bufferd7d&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer#.WRLkh2FVSXo.twitter)
- <http://prescriptionpixel.com/>
- <http://www.ingentaconnect.com/contentone/ben/cpsr/2012/00000008/00000004/art00010?crawler=true>

## Websites for community

- Network for Internet Investigation and Research Australia  
<https://www.niira.org.au/for-public/>
- CGI Clinic – Computer gaming and internet awareness for families  
<http://cgiclinic.com/>

## Self-care for health professionals:

- **Psychiatrists:** Member welfare support line for confidential assistance  
P: 1800 941 002 (AU)  
P: 0800 220 784 (NZ)  
E: [support@ranzcp.org](mailto:support@ranzcp.org)  
W: <https://www.ranzcp.org/publications/Support-for-members.aspx>