

Internet gaming addiction and the effects on mental health

Wednesday 22 November 2017, 7:15 – 8:30pm AEDT

Dr Sam Yong (SA general practitioner)

Dr Sam Yong is a GP based in Adelaide who works at the Uni SA Health Medical Clinic and the Arkaba Medical Centre.

Sam graduated from the University of Adelaide in 2011 and trained as a junior doctor at the Royal Adelaide Hospital and Flinders Medical Centre. He has worked as an emergency ski doctor in New Zealand and undertook general practice training in South Australia.

He completed his Fellowship of the Royal Australian College of General Practice in 2017.



Dr Vasileios Stavropoulos (VIC psychologist)

Dr Vasileios Stavropoulos is a Registered Clinical Psychologist and an Accredited Principle Clinical Psychology Supervisor by the Australian Health Practitioner Regulation Authority. He is an active member of the Australian Psychological Society (APS) and the APS College of Clinical Psychologists, a full member of the European Association of Developmental Psychology (EADP) and a member of the EADP early researchers' union. He has worked as a Senior Lecturer of Clinical Psychology in Federation University and currently he teaches at the Cairnmillar Institute. He is the leader of the Gaming Research Group in Federation University Australia.



As expert in internet and gaming addiction, Dr Stavropoulos has served as the Scientific Supervisor of the department of Problematic Internet use of the Psychiatric hospital of Attica, in Greece and has presented his research findings to the public, academia and the media across Greece and Australia. He is an established researcher in the field of gaming addiction and has published in peer-reviewed journals. His publications include 10 (topic specific) peer-reviewed journal articles and over 20 international conference presentations. His significant experience and notable achievements in the area have enabled him to strengthen an international reputation as Internet and Internet gaming addiction expert. Dr Stavropoulos research on Internet addiction behaviors' has been funded by the European and Greek National funds and Federation University Awards.

Dr Huu Kim Le (SA psychiatrist)

Dr Huu Kim Le is a child and adolescent psychiatrist based in Adelaide. In 2015, he was awarded the New South Wales Institute of Psychiatry Clinical Fellowship. He investigated Internet Gaming Disorder, at the National Addictions Management Service adolescent Internet Addiction clinic, in Singapore.



Since then, Kim founded cgiclinic.com a free Internet awareness website for Australian parents, teachers and clinicians and has given a TEDx Talk titled "The Spell of Digital Immersion".

This year, he participated in a live debate with a panel of psychiatrists on whether Internet Gaming Disorder should be included in the DSM5, at the RANZCP Congress held in Adelaide. Kim recently returned from Japan where he gave a presentation at Japan's National Addiction management centre for gaming disorder, which is a World Health Organization (WHO) designated hospital and research centre.

Dr John Hurley (NSW mental health nurse)

Dr John Hurley is an Associate Professor of Nursing with Southern Cross University and a credentialed mental health nurse and therapist helping young people at headspace Mid North Coast, New South Wales. His areas of academic and researching interest include: effective mental health nursing, emotional intelligence, young people's mental health and workplace bullying. His teaching and learning interest reflect these areas of research but also include health leadership, workforce development and post graduate curriculum design.



Dr Hurley has accumulated over 30 years' experience as a mental health practitioner through developing and leading psychiatric crisis services in both Australia and the United Kingdom and as a qualified gestalt psychotherapist and problem solving counsellor. He has worked passionately to provide mental health care within least restrictive environments and is currently advising into the 'Partners in Recovery' initiative in Northern New South Wales.

In completing his PhD study in 2011 on the influence of emotional intelligence (EI) on the identity formation of mental health nurses, Dr Hurley commenced a stream of research and academic writing on the topic of EI with the most recent related book focusing on emotions within school settings and mental well-being.

Through clinical experiences at headspace Dr Hurley forged an interest in and is currently conducting research into the impact of bullying into mental health problems in young people and the role of emotional resilience and EI in the mitigation of the bullying.

Dr Hurley predominantly works within the qualitative approaches of phenomenology and social constructionism as well as the multi-method approach of realistic evaluation. Recently relevant projects include funded research for the Scottish Government utilising realistic evaluation methodology on health services within police holding cells, a high school based realistic evaluation on the impact of mentoring to mitigate bullying for vulnerable students and a qualitative study on reducing stigma for young people with mental illness.

Dr Hurley has multiple international publications in peer reviewed journals and texts and has numerous international conference presentations.

Mental Health
Professionals' Network

Emirates House
Level 8
257 Collins Street
Melbourne
VIC 3000

postal
PO Box 203
Flinders Lane
VIC 8009

email
contactus@mhpn.org.au

telephone
1800 209 031

www.mhpn.org.au

ABN: 67 131 543 229

Facilitator: Dr Catherine Boland (NSW Psychologist)

Dr Catherine Boland is a Clinical Psychologist with expertise in working with children, young people and parents who are experiencing relationship issues and are in situations of family conflict and separation. Catherine is an experienced therapist offering services to families in Court proceedings where children are involved. Catherine holds a Doctorate in Clinical Psychology, a Master Of Clinical Psychology (Hons), a Bachelor of Psychology (Clinical, Hons) and a Bachelor of Education. Catherine is a



full member of the Australia Psychological Association (APS), the Australian Association for Cognitive Behavioural Therapy (AACBT) and the Association for Contextual Behavioural Science (ACBS). Catherine has worked in a range of sectors as a clinical psychologist such as hospitals, educational and community settings prior to working exclusively in private practice as Principal of The Relationspace. Catherine has authored a number of papers in the field of clinical psychology, provides commentary in media and speaks at conferences on child development, parenting and clinical intervention in high conflict families.

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