Problematic Computer/Video Gaming and Electronic/Social Media Use

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1984

IBM PC

1-2 phones per household

Steve Jobs “It is now 1984. It appears IBM wants it all”

LNW Research 1979-1984

Console TV with Pong
30 Years Later

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Teens’ Phone, Computer & Console Access

% of all teens who have or have access to the following:

- A desktop / laptop computer: 87%
- A gaming console: 81%
- A smartphone: 73%
- A tablet computer: 58%
- A basic cell phone: 30%


PEW RESEARCH CENTER
Social Media and Teens

Social Media Usage Among American Youth (12-24)

base: 12-24-year-olds who currently ever use social networking sites/services

March 2015

- Facebook: 74% (2015), 80% (2014)
- Instagram: 59% (2015), 53% (2014)
- Snapchat: 57% (2015), 46% (2014)
- Twitter: 32% (2015), 36% (2014)
- Vine: 30% (2014)
- Google+: 26% (2015), 34% (2014)
- Pinterest: 16% (2014)
- Tumblr: 15% (2014)
- WhatsApp: N/A
- LinkedIn: 7% (2015), 9% (2014)

MarketingCharts.com | Data Source: Edison Research / Triton Digital
It’s a “Dangerous” World Online

• Sensationalized media attention to Social Media
  • Abductions, murders linked to MySpace, Facebook
  • Bullying and suicides
    • Suicide of Megan Meier
Teenagers USA Screen Time 2015

Common Sense (2015)

Pie chart showing screen time distribution:
- 26% No time
- 17% 2-4 hours
- 20% 2 hours or less
- 31% 4-8 hours
- 6% >8 hours

24/7 Media/Device Availability

With technology we are bringing boredom to the brink of extinction. Satisfying this with the immediate gratification of media consumption may have tragic consequences for mankind.
Coincidentally two 15 y/o males referred to me at the same time
- Played role playing games (not first person shooter games)
- One attempted to strangle mother with power cord when she unplugged the computer to get him off
- Other had not been attending school for 3 months, stabbed brother with kitchen knife when he would not let him sit at computer

No prior history of mental illness or behavior problems
- Teens denied addiction and were resistant to counseling
- Both eventually placed on involuntary psychiatric holds.
- Cycles of abstinence, behavior contracting did not help cure the addiction or motivate positive change
- Attempts to help parents reestablish parental authority failed
Survey of Mental Health Professionals Exposure to Problematic Computer Use

• Post Card Mail Survey, 2003/2004 (n=229)
• How many clients seen, what age groups
  • Clinicians saw 3 clients/yr., avg, 0.66 (11-17)
• What problematic uses seen (by age group):

<table>
<thead>
<tr>
<th>Age</th>
<th>11-17</th>
<th>18-25</th>
<th>26+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Games</td>
<td>41%</td>
<td>18%</td>
<td>13%</td>
</tr>
<tr>
<td>Chat</td>
<td>34%</td>
<td>21%</td>
<td>19%</td>
</tr>
<tr>
<td>Sexual</td>
<td>25%</td>
<td>32%</td>
<td>54%</td>
</tr>
<tr>
<td>Online Relations</td>
<td>23%</td>
<td>28%</td>
<td>32%</td>
</tr>
<tr>
<td>Web Surfing</td>
<td>11%</td>
<td>12%</td>
<td>13%</td>
</tr>
<tr>
<td>Gambling</td>
<td>0%</td>
<td>4%</td>
<td>13%</td>
</tr>
<tr>
<td>Shopping</td>
<td>0%</td>
<td>4%</td>
<td>10%</td>
</tr>
<tr>
<td>Programming</td>
<td>0%</td>
<td>4%</td>
<td>3%</td>
</tr>
</tbody>
</table>

• 50% Knew someone personally affected
Iowa State University
National Institute of Media and the Family
Survey of Video Game Play (2009)

• Nationwide Harris Poll Online survey
• Sample of 1178 youth 8-18 years of age
• 11 Questions Similar to Criteria for Pathological Gambling:
  • Negative Consequences of Play
  • Avoiding important academic, occupational or social responsibilities
  • Problematic behaviors as a result of play
• 8.5% of respondents met 6 or more criteria
• Pathological use correlated to 25 hours/week of play
• Self report of how affected by violent games:
  • No difference between those playing excessively

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Problematic Media Consumption

• Highest Risk: Adolescents and young adults
  • First generation to have 24/7 personal instant media and entertainment access.
• Engaging and Interactive - gaming, social media
• Excess time spent consuming various media
  • Dissociative experience (can’t track time well)
  • Not enough time for important responsibilities
    • Education, work and family/local relationships suffer
    • Distracting events require multitasking
• Boredom & short term discomfort going extinct?
  • Avoiding short term discomfort by 24/7 distraction
  • Result: Dependence on distraction a vicious cycle

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2015: Internet Addiction Research Still Limited

- Worldwide research however majority of research from China, Taiwan, South Korea
  - Gaming Addiction serious problems in China and South Korea
- Two Distinct Problems: Gaming Addiction vs. Social Networking Addiction
  - SN Addiction research very limited and conflicting
    - 24% of youth constantly on the internet
    - Estimates 25% of work internet use is social networking
    - No agreed upon definition or criteria as a mental illness
  - Gaming Addiction much better researched: prevalence: US/Europe 1.5%-8.2% of gamers in the US, higher in Asia
- No high quality clinical treatment outcome studies
Problematic Internet Use and Problematic Online Gaming Are Not the Same: Findings from a Large Nationally Representative Adolescent Sample (2014)

Orsolya Kiraly, MA, Mark D. Griffiths, PhD, Robert Urban, PhD, Judit Farkas, MA, Gyongyi Kokonyei, PhD, Zsuzsanna Elekes, DSc, Domokos Tamas, MA, and Zsolt Demetrovics, PhD

- National sample in Hungary
- Problematic Internet Use
  - Social Media/Networking
- Problematic Online Gaming
  - Smaller sample, predominantly male
- PIU only – 8.8%, POG only – 4.3%, Both– 6.7%
- Depressive symptoms associated with both types, PIU more
Problematic Internet Use and Depression

Depressive Symptoms and Problematic Internet Use Among Adolescents: Analysis of the Longitudinal Relationships from the Cognitive–Behavioral Model

Manuel Gamez-Guadix, PhD (2014)

• Negative outcomes at an academic, family or social level due to problematic internet use predicted depression 1 year later

• Depressive symptoms at time 1 predicted problematic internet use with negative outcomes one year later
Hooked on Facebook: The Role of Social Anxiety and Need for Social Assurance in Problematic Use of Facebook
Roselyn J. Lee-Won, PhD, Leo Herzog, BA, and Sung Gwan Park, PhD (2015)

Cyberbullying, Depression, and Problem Alcohol Use in Female College Students: A Multisite Study
Ellen M. Selkie, MD, MPH, Rajitha Kota, MPH, Ya-Fen Chan, PhD, and Megan Moreno, MD, MSEd, MPH (2015)

Exploring the Role of Parents and Peers in Young Adolescents’ Risk Taking on Social Networking Sites
Wonsun Shin, PhD, and Nurzali Ismail, ME (2014)

Instagram #Instasad?: Exploring Associations Among Instagram Use, Depressive Symptoms, Negative Social Comparison, and Strangers Followed
Katerina Lup, MA, Leora Trub, PhD, and Lisa Rosenthal, PhD (2015)
Make Love, not Warcraft
Computer/Video Gaming Industry 2015

- $111B Sales Worldwide (est), $20B US
  - Annual US HH spending $60
  - League of Legends (2009) - Riot Games
    - More than 1 million players online at any time
  - World of Warcraft (2001) – Blizzard Entertainment
    - 7.5 million subscribers worldwide (same as 2007)
    - Grossed more than $10B (as of 2012)
  - Call of Duty – Activision
    - >100 million copies sold
  - Grand Theft Auto
    - >150 million copies sold
Internet Gaming Disorder

APA Proposed Diagnostic Criteria - DSM-5

Persistent and recurrent use of the Internet to engage in games, often with other players, leading to clinically significant impairment or distress as indicated by five (or more) of the following in a 12-month period:

• Preoccupation with Internet games. (The individual thinks about previous gaming activity or anticipates playing the next game; Internet gaming becomes the dominant activity in daily life).

• Withdrawal symptoms when Internet gaming is taken away. (These symptoms are typically described as irritability, anxiety, or sadness, but there are no physical signs of pharmacological withdrawal.)

• Tolerance—the need to spend increasing amounts of time engaged in Internet games.

• Unsuccessful attempts to control the participation in Internet games.

• Loss of interests in previous hobbies and entertainment as a result of, and with the exception of, Internet games.

• Continued excessive use of Internet games despite knowledge of psychosocial problems.

• Has deceived family members, therapists, or others regarding the amount of Internet gaming.

• Use of Internet games to escape or relieve a negative mood (e.g., feelings of helplessness, guilt, anxiety).

• Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of participation in Internet games.
How Does One Become Game Addicted?

• Increasing game play, starts with a few hours, evolves to most if not all available free time (>35 hours / week)
  • Baby sitter, low cost entertainment
  • “At least he is not going out and getting into trouble”
• Increasing social and team involvement and responsibility to team members - > play, > rewards (loot)
  • i.e. Raids, increasing participation points
• Weekend play binges - 12hrs+ / day
• Decreasing real life social involvement
  • Play commitments often 7 days a week
• Increasing effort made to manage lifestyle
  • Do minimum in school, sports, work, etc.
  • Work around parental controls
Attempts at Controlling Excesses

Repeated cycles
damage relationship

Child Abuses Computer

Parents remove
keyboard/mouse/power cord/router
or install parental control software

Period of escalating
anger, poor school
performance, sleep
issues

Child’s obtains hardware or
defeats parental control
software

Child challenged
to find covert
solution to
bypass control

Options:
1. Parents give up
2. Remove computer from home
3. Seek professional tx
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Abstinence / Relapse Cycle

- Child Abuses Computer
  - Period of escalating anger, poor school performance, sleep issues
  - Parents remove computer/game from home
  - Child’s attitude improves
    - Period of child working to get computer back
  - Parents return computer to home

Options:
1. Give up
2. Remove computer longer term
3. Seek professional tx
Parent-Adolescent Power Struggle

Child Abuses Computer

Parent removes computer/game

Parent demands child’s performance improves as condition to return computer

Child demands computer as condition for school improvement or attendance

Period of escalating anger, poor school performance, sleep issues. Parents finally have had enough! Sometimes this is encouraged by mental health professionals.

Period of parents and child locked in power struggle

Options:  
1. Give up  
2. Seek (new) professional tx  
3. Send child to RTC
Treatment: The Science of Addiction

Brain reward (dopamine) pathways

These brain circuits are important for natural rewards such as food, music, and art.
Reward Pathway Guides Behavior

Addictive Substances and Behaviors
- Drugs/Alcohol
- Gambling
- Computer/Video Gaming
- Social Media
- Eating/food
- Shopping
- Sexual

Sum of Learning Reward Pathway
- Pleasure
- Novelty
- Reinforcement
- Meaning

Life’s Rewards
- Academics
- Athletics
- Career
- Relationships
- Spirituality
- Leisure

TREATMENT
Vicious Cycle of Media Addiction

Start 1

Negative Mood States: Depression /Anxiety

Excess Media Consumption

Negative Real-Life Outcomes

Negative Mood States: Depression /Anxiety

Start 2

Vicious Cycle

Serious Impairment

Not addicted | Possibly Addicted | Addicted

5 15 25 35 45 55 65

hrs/week

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Harm Reduction Treatment for Gaming Addiction

Addict Uses Computer

- Use is limited each day
  - Addict is frustrated or angry about limits. Has extra free time to pursue other activities.

Reduce amount of ALL computer time according to agreed upon limits on a daily basis.

Addict learns to tolerate feelings of frustration cravings, while accruing significant real-life rewards

- Reduction of game play time – also reduces rewards of play
  - Rate of reduction and end use limits based on individual’s goals
  - Reduces chance of serious abreaction, depression, self-harm
- Psychotherapy to gain mindfulness and acceptance skills
- Enrichment activities to increase real-life rewards

Repeated daily cycles + real world rewards = addiction broken
Treating *and* Preventing Media Addiction

- **Limit** *screen* media time
  - Screen-free time (dinner, family time, outings)
- **Increase** your child’s time spent on “enrichment” activities
  - academic, athletics, employment, volunteering, family outings
- **Seek** professional help as needed

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<th>Little Impairment</th>
<th>Serious Impairment</th>
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<tr>
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<td>Possibly Addicted</td>
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<tr>
<td></td>
<td>Addicted</td>
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Not addicted  
Possibly Addicted  
Addicted

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<th>hrs/week</th>
<th>5</th>
<th>15</th>
<th>25</th>
<th>35</th>
<th>45</th>
<th>55</th>
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<tr>
<td>Addicted</td>
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</tbody>
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Limit Setting

• Decide on and implement usage limits - Set Rules
  • Limit when and for how long your child is allowed to use the media device for each day of the week. Don’t allow unlimited time on weekends.
  • Set use contingent on responsibilities - homework, chores
  • Expect complaints, don’t expect children to self-monitor media use
  • Prepare and have your children sign a media use agreement
• Use parental controls/limit setting tools: they are consistent and deflects anger/frustration, reduces violence
• Be careful when taking games away completely or during play
  • Suicidal behavior or violence against others or property
• Use stealth monitoring only where child potentially in danger
• Get professional help if you are unable to maintain limits!!!
Computer Limit Setting Tools

• Parental Controls for the Game or Application
  • Limits application time (i.e. World of Warcraft)
  • Limited to application (pseudo play?)
• Windows 8+ and Mac OS allow when and daily limit settings
  • Limits use, Parents/Significant Others are System Administrators
• WIFI Router Control Applications
  • Downloaded streamed content?
• Self-Limiting Software Tools
  • Rescue Time, Stop Procrastinating
• Parental Control Software with Time Limit Features
  • Parents must be System Administrator, potential for hacking
  • Not recommended: becoming obsolete with OS Parental controls
Mobile Device Parental Controls

• Carrier Based
  • Cannot be defeated by child
  • Only can control what the carrier provides
  • Limited usefulness if WIFI available
    • Data based applications for voice, text, Social Media
  • Free or monthly fees (varies by carrier)

• Application Based
  • Installed app
  • Android “Uninstall protection” prevents removing app
    • Factory Reset Protection – Android Lolipop+
  • Apple products provide remote notification of uninstall
  • Features and support vary by product
Mobile Monitoring Apps

- MMGuardian (http://www.mmguardian.com/)
  - Time limits, location, text messages, browser history
  - Web filtering and blocking

- TeenSafe (http://www.teensafe.com)
  - Monitors location, text messages, browser history
  - 3rd party apps: WhatsApp, Kik

- VISR (http://visr.co)
  - When you want to afford your child privacy
    - Reports only activity to parents
    - No direct control over usage

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WIFI Router Controls

• Simple Controls: Use 2 WIFI routers
  • One with a AC power timer, one on 24/7
  • Different router SSID and passcodes

• Complex Controls: MAC filtering and control
  • Router settings to allow time limits and access specific to WIFI enabled devices

• WIFI Router Must be located in a locked, secure room
  • If they have access to the router or times they can disable

• Make sure your neighbor’s WIFI Routers are secure
• Still operate devices without WIFI?
When You Can’t Effectively Limit Use

• Seek professional help – technical/psychological or both
  • Don’t Use Weak Parental Controls (i.e. power cord)
• Replace Smartphone with a “Dumb” Cell Phone
  • Don’t let them have IPOD Touch
• If you can’t limit use and excess use is causing impairment – REMOVE IT with professional advice
  • Your child will be unhappy – and that is ok.
  • You must provide some alternative or you risk a locked power struggle
• Do not attempt if child is actively suicidal
• If a child threatens to kill themselves call 911
Computer Addiction Treatment Program
of Southern California

Computergamingaddiction.com

Adult Weekend Mountain Retreat
Call for Available Dates

Computer Addiction Treatment Program

Getting Back in the Game of Life™

Computer/Internet or Video Gaming Addiction

If you or a loved one is struggling with computer/video gaming/internet addiction let us help. While we can't reclaim the years lost to computer excesses we can help you move forward toward a richer and fuller life. Our intensive outpatient program guides you back toward a life consistent with your valued relationships, education, career, health and personal/spiritual growth. We offer in-office treatment, in-home family interventions, parent coaching and 3-day weekend intensives at our mountain retreat. We work with adolescents (age 11+) and adults of all ages.

Call us toll free at 888-452-1869 for more information or to schedule an appointment or order a 30 minute telephone consultation.

Internet Addiction Disorder:
Computer/Video Game Addiction
Part One - Introduction

with Dr. Kenneth Woog of the
Computer Addiction Treatment Program
Sentinel Gaming Systems™
First Gaming System Developed for Gaming Addiction
*Not for retail sale*

- Full Performance Desktop Gaming PC
  - Up to Intel I7 CPU, Windows 10 OS
  - Play XBOX/Playstation games with console
- Remotely Configurable / Managed
  - Hardware imposed operating limits - independent of OS
  - Users may remain System Administrator of the computer system
  - Web based controls can be operated from anywhere with internet
    - View current status, screen, modify limits in real time
  - Usage settings for when and how long users allowed on the system
    - Gaming Mode – full speed video
    - Study Mode – crippled video speed – can’t play games or watch videos
    - Game Snooze™ - allows a limited extension of current play time
    - Daily settings, holiday, taper down schedules
- Highly Secure – Tamper and Hack Resistant
  - If hardware tampered, unit will no longer operate without remote restore

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Tip the Scales toward Real World Rewards

• Identify areas needing help
  • Academic, social, family relations, etc.
• Seek additional professional help as needed
  • Individual, family therapy, technical help to set limits
• Parents must work aggressively
  • Encourage a success identity- real life rewards
  • Work to improve family relationships - quality time
• Parents must be patient
  • Withdrawal can be minimized, however irritability, depression, anxiety are possible issues to emerge
  • Game rewards have overtaken real life rewards - it will take time for new learning
• Parents must be consistent
  • Stick with behavioral interventions to the letter
  • Clear message to child / significant other
Life Balance Worksheet

Recommended Changes to Balance Life’s Rewards For

TV, Internet and Computer/Video Gaming

Real-life rewards

List Media Interests

- Academics / Education
- Athletics / Exercise
- Career Goals and Success
- Close Friendships
- Family Relationships
- Financial Success
- Other Hobbies and Interests
- Romantic Relationships
- Spirituality / Philosophy
- Travel

Key:
+ increase
- decrease
x remove
* no change

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Chris
Credits / References / Resources

• Common Sense Media Survey
  https://www.commonsensemedia.org/research

• Netsmartz411.org

• Cybersafetycop.com

• Computergamingaddiction.com
  Resources – Life Balance Worksheet

• DSM-5 (2013) American Psychiatric Association

• Kem. L. (2005). Gamer addiction: A threat to student success! What advisors need to know. NACADA Clearinghouse of Academic Advisement
  http://www.nacada.ksu.edu/Clearinghouse/AdvisingIssues/Gamer-Addiction.htm

  http://www.nbcnews.com/video/rock-center/49754151#49754151

  http://www.nida.nih.gov/scienceofaddiction/
Credits / References / Resources

- Southpark - Comedy Central, Season 10, “Make Love, Not Warcraft”

US Based Computer Addiction Treatment Programs

Hillarie Cash, Ph.D. - Internet/Computer Addiction Services
Redmond, WA. 98052, (425) 861-5504

Kenneth Woog, Psy.D. - Computer Addiction Treatment Program
Lake Forest, Ca 92630, (949) 422-4120

Kimberly Young, Ph.D. - Center for Internet Addiction Recovery
Bradford, PA 16701, 814-451-2405
Questions?