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Dr. Antonius J. van Rooij / @VanRooij / @InternetSciNL

FEBRUARI, 2015

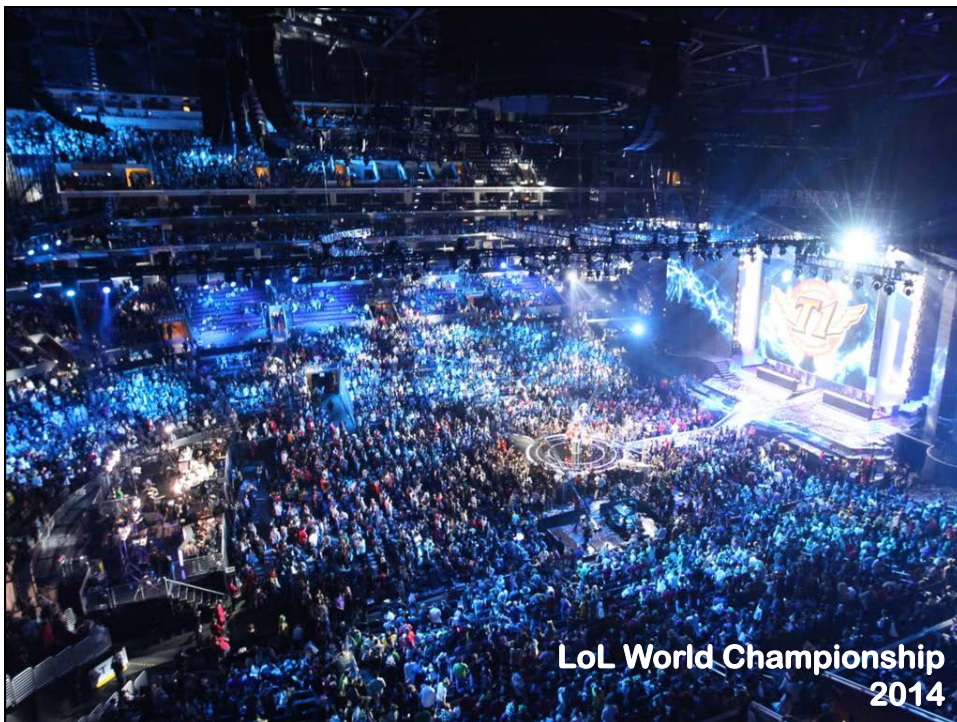
GAMEVERSLAVING: VORM VAN ESCAPISME?

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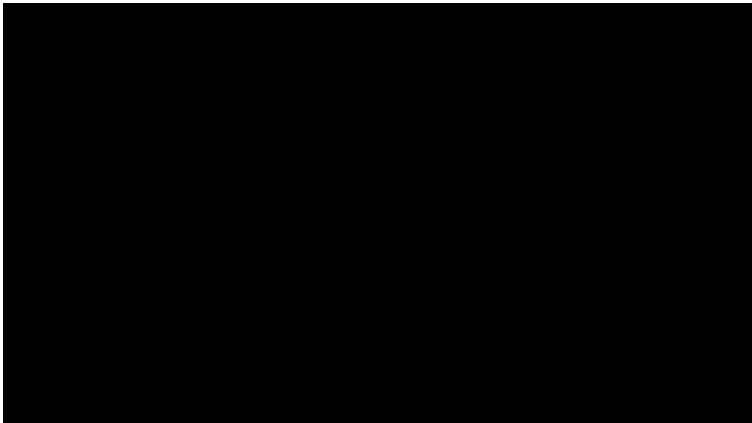
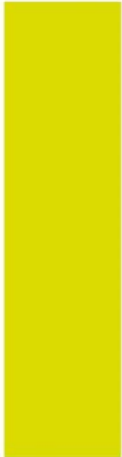


#1 Beeldvorming

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Polarisatie

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Tao, R. (2012, April). Treating Internet Addiction in China. Den Haag: IVO Masterclass 2012.

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I actually think that Skinnerian reward scheduling in general (which you see in most modern game design, MMOs being the canonical example) is unethical and games should not do it... scheduled rewards, to keep the player playing, are a sure sign that the core gameplay itself is not actually rewarding enough to keep them playing, **and thus you are deceiving your players into wasting their lives playing your game.**

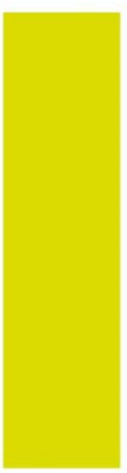
- Jonathan Blow (Braid)



Figure 1: A Skinner Box

<http://multiplayerblog.mtv.com/2007/08/08/a-higher-standard-game-designer-jonathan-blow-challenges-super-marios-gold-coins-unethical-mmo-design-and-everything-else-you-may-hold-dear-about-video-games/>

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#2 De onderzoeker



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Mijn werk

@vanrooij

Online video game addiction
Exploring a new phenomenon

Antonius J. van Rooij

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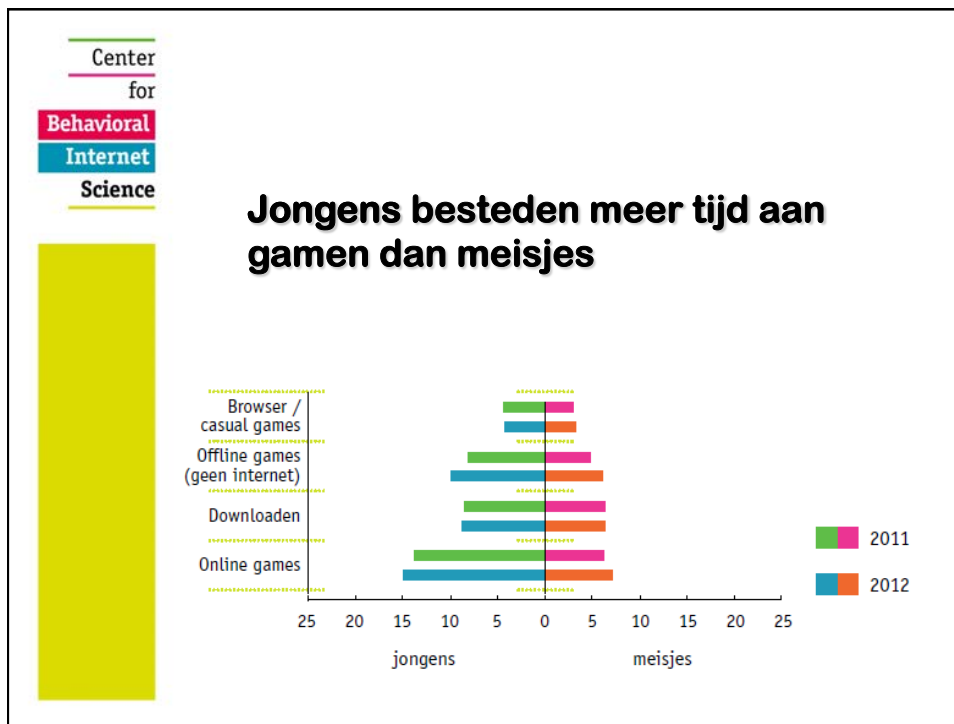
#3 Gamegedrag jongeren

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Tabel 2.2 Tijdsbesteding media, naar doelgroepen, in aantal uren per dag
(bron Media:Tijd 2014)

	luis- teren	kijken	lezen	commu- niceren	gamen	internet overig	media overig
alle dagen	2:48	3:00	0:46	1:05	0:18	0:30	0:08
geslacht							
man	2:53	3:02	0:48	1:04	0:22	0:34	0:10
vrouw	2:44	2:59	0:45	1:07	0:14	0:27	0:07
leeftijd							
13-19 jaar	2:19	2:35	0:26	2:11	0:46	0:28	0:04
20-34 jaar	2:41	2:42	0:23	1:24	0:21	0:31	0:12
35-49 jaar	2:43	2:43	0:33	1:04	0:14	0:32	0:10
50-64 jaar	3:10	3:21	1:02	0:53	0:14	0:34	0:09
65+ jaar	2:52	3:35	1:26	0:25	0:11	0:23	0:03

Sonck, N., Pennekamp, S., & Kok, F. (2014). *Media: Tijd*. Den Haag / Amsterdam: SCP / SKO / NOM / NLO.



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Waarom gamen jongens meer?

- Inhoud van de spellen
- Marketing
- Mannelijke psychologie/cultuur

Vosmeer, M. (2010). *Videogames en Gender. Over Spelende Meiden, Sexy Avatars en Huiselijkheid op het Scherm*. Amsterdam.

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Rene Lijnzaat uit IJmuiden is bezeten van de spelletjes op zijn computer. Foto: Johannes Dalhuijsen

Aanbevelen 105 Tweet 26 +1 0

vr 20 sep 2013, 05:30 | 71 reacties | lees voor

'Fabrikant maakt games verslavend'

door Wessel Wit
AMSTERDAM - Populaire games zijn zo ontworpen dat spelers er automatisch verslaafd aan raken. Daardoor komen er elk jaar vele duizenden nieuwe gameverslaafden bij. Dat zegt verslavingsexpert Dick [Tribendorff](#), die zich grote zorgen maakt over het enorme succes van het pas uitgekomen Grand Theft Auto V.

Het spel bracht op de eerste verkoopdag wereldwijd al zo'n 600 miljoen euro op, een absoluut record. „Zo'n spel kan een plaag worden. Fabrikanten van games maken gebruik van gedragspsychologen die de opdracht krijgen om een game zo verslavend mogelijk te maken. Absoluut geen frisse praktijken, maar het gebeurt wel.”

[Lees meer in De Telegraaf van vandaag.](#)

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Participate?

You must not be afraid of wiping and long raid hours for progress. Our expectations of recruits are very high, we expect consistently high performance, attendance and dedication to your guild and its members.

Farm raids start at 18:30, progress raids can begin at any time and can go on until anytime. We expect new recruits to be able to attend all progress raids (take time off work or whatever).

Raid performance is everything, if you cannot consistently perform you will not last very long. You must be able to take somewhat strong criticism at times and improve as a result. You must have a mic with ventrilo and not be afraid to use it. Your English should be of a high standard. It also goes without saying that you should have excellent gear / skill level and high end raiding experience.

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Industrie: Speel, maar geniet met mate

“Take everything in moderation (even World of Warcraft)”

Blizzard Entertainment (2007, WoW)

During your time here, you will be able to talk, join, and adventure with many other individuals in an experience that is unique to online games. That being said, we have no desire to see your real life suffer as a consequence. Don't forget your family, your friends, your school, or your work.

Developer Square Enix: A Word To Our Players (2008, Final Fantasy XI)

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DSM-III

Diagnostic criteria for Pathological Gambling

A. The individual is chronically and progressively unable to resist impulses to gamble. Controleverlies

B. Gambling compromises, disrupts, or damages family, personal, and vocational pursuits, as indicated by at least three of the following:

- (1) arrest for forgery, fraud, embezzlement, or income tax evasion due to attempts to obtain money for gambling
- (2) default on debts or other financial responsibilities
- (3) disrupted family or spouse relationship due to gambling
- (4) borrowing of money from illegal sources (loan sharks)
- (5) inability to account for loss of money or to produce evidence of winning money, if this is claimed
- (6) loss of work due to absenteeism in order to pursue gambling activity
- (7) necessity for another person to provide money to relieve a desperate financial situation

} Problemen

C. The gambling is not due to Antisocial Personality Disorder.

First Printing, February 1980
Second Printing, May 1980

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Problematisch
(verslavend) gebruik
van internet / games

- **Controleverlies**
- **Conflicten / problemen**
- Pre-occupatie
- Onthoudingsverschijnselen
- Stemnings-beïnvloeding

Meerkerk, G.-J., Van den Eijnden, R. J. J. M., Vermulst, A. A., & Garretsen, H. F. L. (2009). The compulsive internet use scale (CIUS): Some psychometric properties. *CyberPsychology & Behavior*, 12(1), 1–6. doi:10.1089/cpb.2008.0181

Van Rooij, A. J., Schoenmakers, T. M., Van den Eijnden, R. J. J. M., Vermulst, A. a, & Van de Mheen, D. (2012). Video game addiction test: validity and psychometric characteristics. *Cyberpsychology, behavior and social networking*, 15(9), 507–11. doi:10.1089/cyber.2012.0007

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Video game Addiction test

	Nooit	Zelden	Soms	Vaak	Zeer vaak
Hoe vaak vind je het moeilijk om met gamen te stoppen?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoe vaak ga je langer door met gamen, terwijl je je had voorgenomen om te stoppen?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoe vaak zeggen anderen (bijvoorbeeld ouders of vrienden) dat je minder zou moeten gamen?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoe vaak ga je liever gamen dan dat je je tijd met anderen doorbrengt (bijvoorbeeld vrienden of ouders)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoe vaak kom je slaap te kort door het gamen?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoe vaak ben je in gedachten aan het gamen, ook als je niet online bent?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoe vaak verheug je je op de volgende keer dat je kunt gamen?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoe vaak denk je dat je eigenlijk minder zou moeten gamen?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoe vaak heb je geprobeerd om minder tijd aan gamen te besteden en is dat niet gelukt?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoe vaak voel je je rot wanneer je niet kunt gamen?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoe vaak raffel je je huiswerk af om te kunnen gamen?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoe vaak maak je je huiswerk niet omdat je wilt gamen?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoe vaak ga je gamen omdat je je rot voelt?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoe vaak ga je gamen om een probleem te vergeten?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Video game Addiction Test

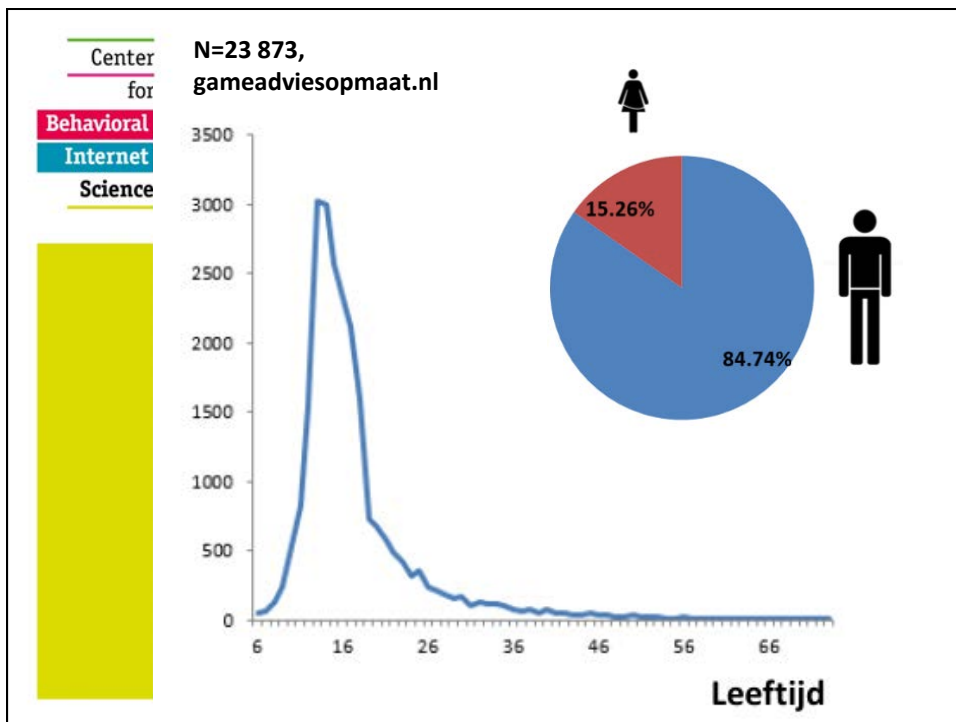
www.gameadviesopmaat.nl

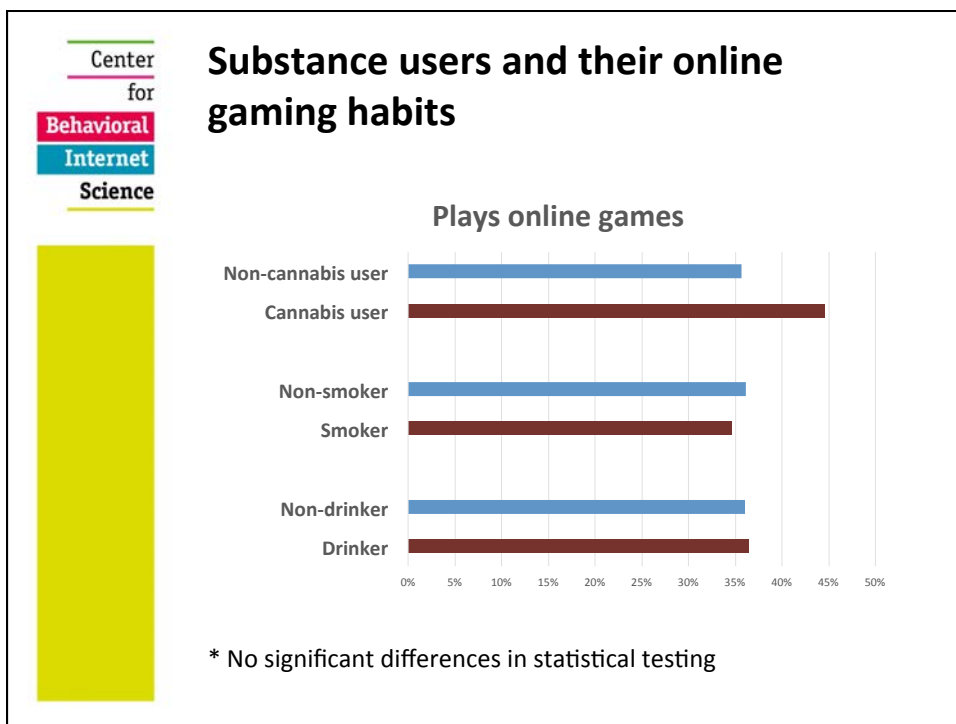
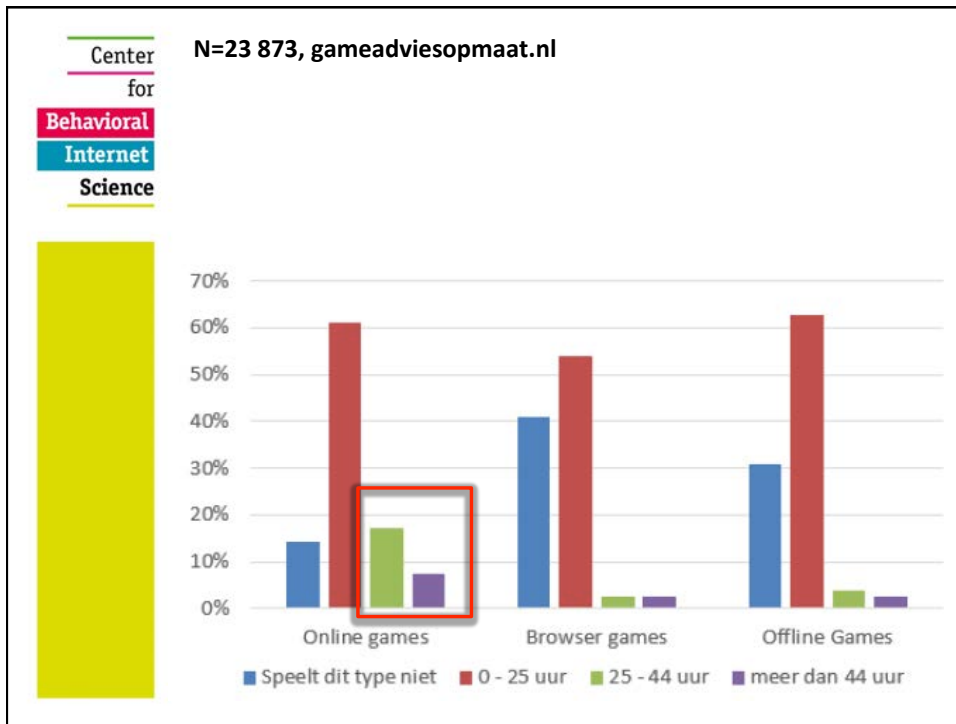
TEST JE GAME GEDRAG

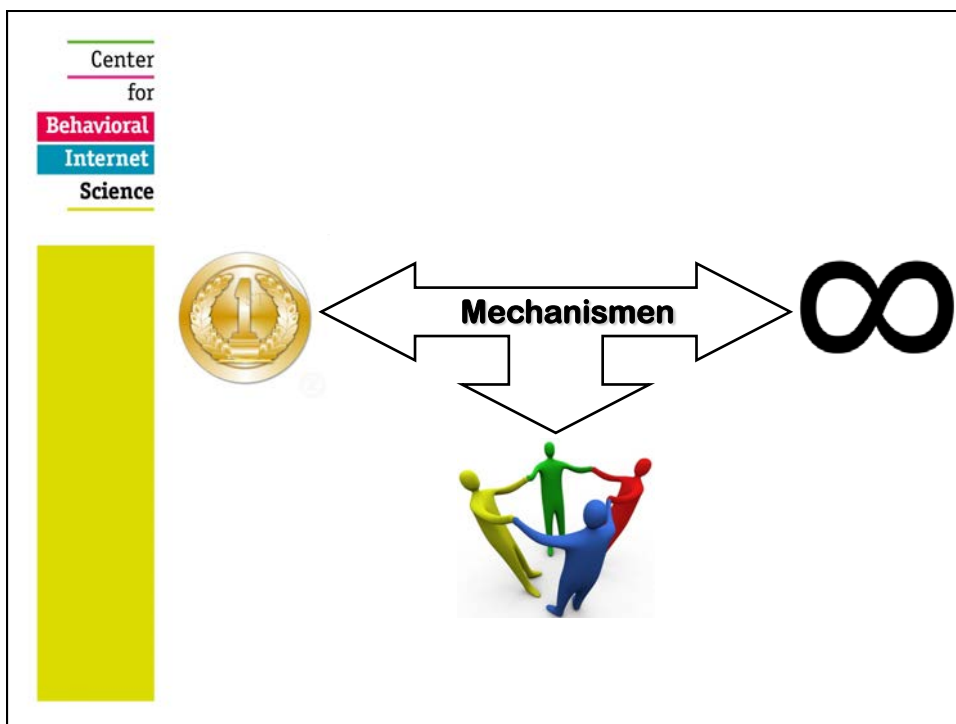
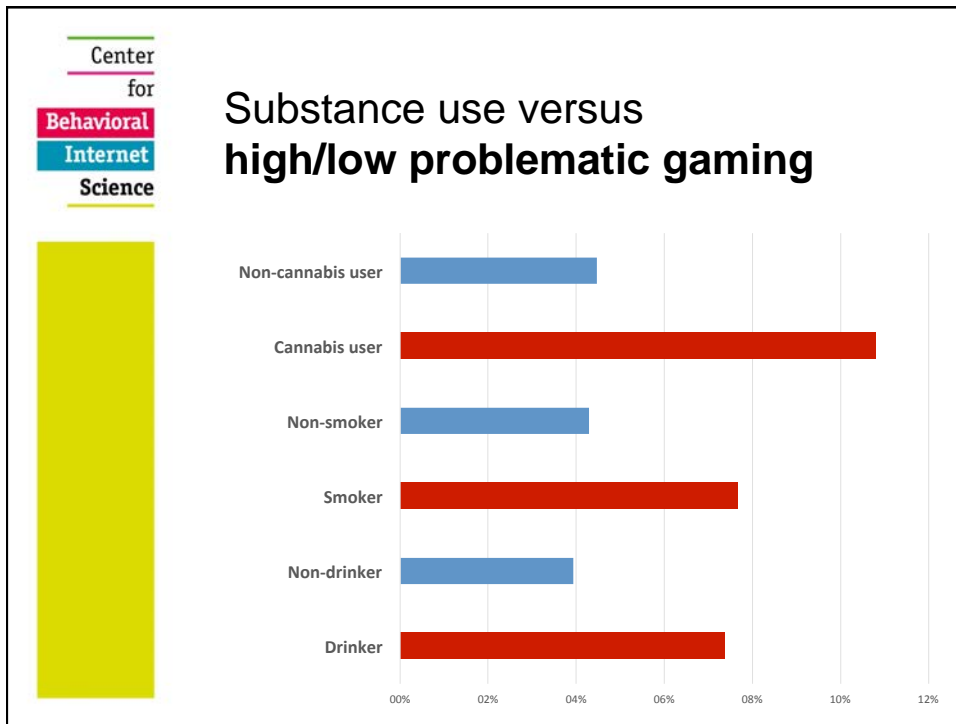
Vorige

Hoe vaak ga je langer door met gamen, terwijl je je had voorgenomen om te stoppen?

- Nooit
- Soms
- Regelmatig
- Vaak
- Altijd







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#5 Patiënten en behandeling in de verslavingszorg

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Groeiend hulpvraag 'game en internet'.

- 80 / 90% van de jongeren gamed
- Verslavingsregistraties:
 - internet-gamen: **411**
 - overig internet (chatten/erotiek): **400 (+/-)**
- Landelijk bekend probleem in VZ instellingen

Beperkte preventie activiteiten



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Sociale angst (300.23) / angststoornis NAO
PDD NOS (299.80)
ADHD / ADD (314.xx)
Ouder-Kind rel. probleem (V61.20/V61.9)
Depressie / somber / dystymie (300.4)

33 patiënten, in behandeling voor gameverslaving binnen de jeugdverslavingszorg

Kenmerk	Gemiddelde / percentage	Standaarddeviatie
Geslacht	100% jongen	-
Leeftijd	17,7	2,5
Game uren per sessie	5,3	3,4
Uren per weekdag	7,0	4,8
Uren per weekenddag	8,5	3,8
	Speltype	Genoemd (aantal keer)
Gespeeld gametype (overlap mogelijk, ingedeeld op voorbeeldtype)	Online met vrienden	15
	Rollenspel	10
	Schietspellen	10
	Strategie spellen	9
	Sportspellen	1

Van Rooij, A. J., Schoenmakers, T. M., & van de Mheen, D. (2014). C-VAT 2.0. Klinische toepassing en validatie van een assessment tool voor gameverslaving [Clinical application and validation of an assessment tool for game addiction]. Rotterdam: IVO.

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Behandeling in NL?



- Multi-center onderzoek Novadic-Kentron / VNN / Vlaanderen (o.a.) – CRA en CBT behandeling, loopt door per 2014
- Brijder & IVO: Leefstijltraining (CBT + *Motivational Interviewing* (2010))

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#6 Problemativering van de aanpak

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DSM-IV

■ Diagnostic criteria for 312.31 Pathological Gambling 1994-2000

A. Persistent and recurrent maladaptive gambling behavior as indicated by five (or more) of the following:

- (1) is preoccupied with gambling (e.g., preoccupied with reliving past gambling experiences, handicapping or planning the next venture, or thinking of ways to get money with which to gamble)
- (2) needs to gamble with increasing amounts of money in order to achieve the desired excitement
- (3) has repeated unsuccessful efforts to control, cut back, or stop gambling
- (4) is restless or irritable when attempting to cut down or stop gambling
- (5) gambles as a way of escaping from problems or of relieving a dysphoric mood (e.g., feelings of helplessness, guilt, anxiety, depression)
- (6) after losing money gambling, often returns another day to get even ("chasing" one's losses)
- (7) lies to family members, therapist, or others to conceal the extent of involvement with gambling
- (8) has committed illegal acts such as forgery, fraud, theft, or embezzlement to finance gambling
- (9) has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling
- (10) relies on others to provide money to relieve a desperate financial situation caused by gambling

American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders (DSM-IV TR)* (4th, TR.). Washington DC: American Psychiatric Association.

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DSM-5™

Internet Gaming Disorder

Proposed Criteria

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:

1. 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).
Note: This disorder is distinct from Internet gambling, which is included under gambling disorder.
2. 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.)
3. Tolerance—the need to spend increasing amounts of time engaged in Internet games.
4. Unsuccessful attempts to control the participation in Internet games.
5. Loss of interests in previous hobbies and entertainment as a result of, and with the exception of, Internet games.
6. Continued excessive use of Internet games despite knowledge of psychosocial problems.
7. Has deceived family members, therapists, or others regarding the amount of Internet gaming.
8. Use of Internet games to escape or relieve a negative mood (e.g., feelings of helplessness, guilt, anxiety).
9. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of participation in Internet games.

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DSM-5™

Internet Gaming Disorder

Proposed Criteria

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:

1. **Preoccupatie**
2. **Onthoudingsverschijnselen (niet lichamelijk)**
3. **Tolerantie (meer tijd gamen)**
4. **Stoppogingen onsuccesvol**
5. **Verlies andere hobbies**
6. **Doorgaan ondanks problemen**
7. **Liegen over gebruik**
8. **Stemmingsbeïnvloeding**
9. **Relaties/kansen op het spel zetten**

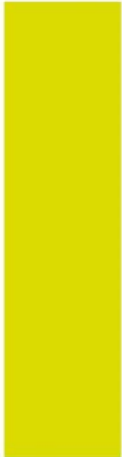
Verantwoordelijkheid voor school?

- Preventie?
- Aandacht voor risicoleerlingen?
- Begeleiding?



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CBC news over gaming addiction



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CBC news over gaming addiction





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IVO

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