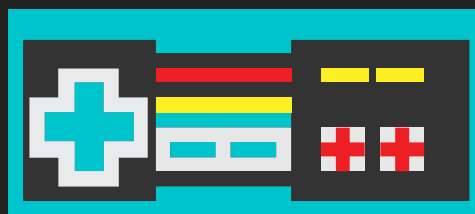


# Video Gaming

## FACT SHEET

### OVER 90% OF TEENS PLAY VIDEO GAMES

PLAYING VIDEO GAMES IS A COMMON HOBBY. POPULAR VIDEO GAMES INCLUDE MASSIVELY MULTIPLAYER ONLINE ROLE PLAYING GAMES (MMORPGS), SHOOTER GAMES, STRATEGY GAMES AND FANTASY SPORTS.



ON AVERAGE, TEENS PLAY VIDEO GAMES FOR 12 HOURS A WEEK.

MOST VIDEO GAMES ARE FREE OR REQUIRE A SUBSCRIPTION TO PLAY. WINNING USUALLY DOES NOT INVOLVE FINANCIAL GAIN, BUT PEOPLE CAN GAMBLE ON OUTCOMES OF VIDEO GAMES. IN PARTICULAR, FANTASY FOOTBALL PLAYERS DEVELOP TEAMS ONLINE AND BET ON PERFORMANCES. IF MONEY IS RISKED, GAMBLING PROBLEMS MAY ALSO DEVELOP.

**1%-5%** OF YOUTH DEVELOP PROBLEMS WITH VIDEO GAMES

### SIGNS OF GAMING PROBLEMS

- ★ THINKING ABOUT GAMES EVEN WHEN INVOLVED IN OTHER ACTIVITIES, LIKE WHEN AT SCHOOL.
- ★ NEEDING TO PLAY GAMES MORE OFTEN OR FOR LONGER PERIODS TO FEEL SATISFIED FROM GAMING.
- ★ UNABLE TO STOP OR REDUCE GAMING. ANGER, DEPRESSION, OR ANXIETY WHEN GAMING IS NOT POSSIBLE FOR LONG PERIODS.
- ★ GAMING TO GET AWAY FROM BAD MOODS OR REAL LIFE PROBLEMS.
- ★ LOSING INTERESTS IN OTHER ACTIVITIES.
- ★ CONTINUING TO GAME EVEN AFTER PROBLEMS (AT SCHOOL OR WITH FAMILY OR FRIENDS) DEVELOPED FROM IT.
- ★ LYING REPEATEDLY ABOUT GAMING.
- ★ RISKING OR LOSING A FRIENDSHIP OR OPPORTUNITY AT SCHOOL OR WORK BECAUSE OF GAMING.

### HOW CAN YOU HELP SOMEONE WITH GAMING PROBLEMS?

## TALK WITH THEM ABOUT IT!

ENCOURAGE OTHER RECREATIONAL ACTIVITIES, REMOVE ELECTRONICS FROM BEDROOMS, LIMIT AND MONITOR ELECTRONIC USE DAILY. GAMING SHOULD ONLY OCCUR AFTER OTHER RESPONSIBILITIES ARE COMPLETED SUCH AS CHORES AND HOMEWORK AND SHOULD STOP ONE HOUR BEFORE BED TIME.

FOR MORE INFORMATION, PLEASE VISIT  
[WWW.CT.GOV/DMHAS/PGS](http://WWW.CT.GOV/DMHAS/PGS)

REFERENCES: 1) PSYCHOL SCI 2009;20:594-602. 2) ADDICTION 2013;108:592-9. 3) CYBERPSYCHOL BEHAV SOC NETW 2012;15:162-8. 4) PSYCHOL ASSESS 2015; 27:567-82. 5) CYBERPSYCHOL BEHAV SOC NETW 2011;14:591-6. 6) ADDICTION 2015;110:842-51. 7) ADDICTION 2011;106:205-12. 8) ADDICTION 2014;109:1399-406. 9) CYBERPSYCHOL BEHAV SOC NETW 2015;18:273-9. 10) PEDIATRICS 2010;126(1):E89-96. 11) ANN GEN PSYCHIATRY 2006;5:16. 12) PEDIATRICS 2011;127(2):E319-29

