

Internet Gaming Pre-Read

Defining Internet Gaming Disorder (IGD)

While there currently is no commonly accepted definition of video gaming addiction, the current [Diagnostic and Statistical Manual of Mental Disorders](#) (DSM-5) lists IGD in the section where conditions require further research are placed. Under this definition, having 5 of the 9 criteria within the past year may be signs to be concerned.

- Preoccupation with games
- Psychological withdrawal symptoms (e.g., anxiety, irritability)
- Tolerance (need to spend an increasing amount of time playing)
- Unsuccessful attempts to control or limit game participation
- Loss of interest in previous hobbies
- Continued use despite knowledge of problems
- Deceiving family members and/or therapists
- Use of Internet games to escape negative mood
- Has jeopardized or lost a relationship, job, or educational opportunity

The World Health Organization has identified [Gaming Disorder](#) under the International Classification of Diseases (ICD-11).

Gaming disorder is defined as a pattern of gaming behavior (“digital-gaming” or “video-gaming”) characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences.

Should all people who engage in gaming be concerned about developing gaming disorder?

Studies suggest that gaming disorder affects only a small proportion of people who engage in digital- or video-gaming activities. However, people who partake in gaming should be alert to the amount of time they spend on gaming activities, particularly when it is to the exclusion of other daily activities, as well as to any changes in their physical or psychological health and social functioning that could be attributed to their pattern of gaming behaviour.

Genres of Games

- **Massively Multiplayer Online Role-Playing Games (MMORPG or MMO)**
 - World of Warcraft (WoW), Diablo 3, Everquest, and Final Fantasy XV (FFXV).
- **First Person Shooter (FPS)**
 - ARMA 3, Call of Duty, Half-life 2, Payday 2, Halo, Borderlands 2, and Team Fortress 2.
- **Casual Video Games**
 - Candy Crush, Farmville, Bejeweled 2, Flappy Bird, Angry Birds, Flow Free, and Temple Run.
- **Action Games**
 - Grand Theft Auto (GTA), Fallout, Devil May Cry, and Batman Arkham Origins.
- **Real Time Strategy Games (RTS)**
 - Starcraft 2 (SC2), Europa Universalis 4 (EU4), Civilization 5 (Civ5), Total War, Age of Empires, and Heroes of Might and Magic.
- **Sports**
 - NHL 2014, Madden, NFL 25, and FIFA World Cup Brazil.

Take a moment: What would motivate people to gravitate towards certain game genres? Is there a genre you think the CAF community would be specifically drawn to?