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A solid red rectangular graphic is located in the upper right quadrant of the slide.

The future is  
here: Gaming,  
Gambling and  
the new  
challenges of  
treatment

# Who are we? What are we doing?

- Heartland Family Service
- Unique collaboration, Prevention & Treatment
- Educate on gaming, online gambling
- Overview of current treatment and assessments
- Wow you with our stunning personalities!



# What is Gaming?

- Action or habit of playing games of chance
- Originating in 1510 – predating the use of the word Gambling by 265 years
- The term “gambler” and “gamble” were slang in the 18<sup>th</sup> Century, implying the activity involved unusually high stakes

- Currently gaming refers to the act of playing online, on a computer, via a smartphone or game console
- A gamer is a term to identify someone who plays, generally online
- Hardcore gamer, casual gamer



# WHY IS THIS RELEVANT?!?!

## Frequency of Social Gaming



**53%**  
of Smartphone  
owners play daily



**66%**  
of Tablet  
owners play daily

# Internet Gaming Disorder

- Listed in DSM V, Section III, as a condition warranting more clinical research and experience for inclusion as a formal disorder
- Excessively playing online games
- “Gamers” play compulsively, to the exclusion of their own interests, and their persistent and recurrent online activities result in clinically significant impairment or distress

# Characteristics

- Excessive use, often associated with a loss of sense of time or a neglect of basic drives
- Withdrawal, including feelings of anger, tension, and/or depression when computer is inaccessible
- Tolerance, including the need for better computer equipment, software, more hours
- Negative Repercussions, including arguments, lying, social isolation, and fatigue



# Internet Gaming Disorder Criteria

- **Patients must meet 5 of the 9 criteria in the past year**

- Preoccupation
- Psychological withdrawal symptoms
- Tolerance
- Unsuccessful attempts to cut back or restrict
- Loss of interest in other hobbies
- Use of internet games to cope
- Deceiving family or therapists
- Continued use despite knowledge of problem
- Affects them at work, school, or home

# Internet Gaming Disorder is Not:

- Internet Use Addiction
- Internet Gambling Addiction
- Video Gaming Addiction

# Compulsion Loop

- 2 types of games that produce compulsive symptoms
  - Social Application Games
    - Maximize number of sessions
  - MMORPGs
    - Maximize length of play session
- The compulsion loop is similar to ones produced by excessive gambling

# Social Application Games

- **Identity:** Players can create game identity
- **Community:** Quests or game goals may only be possible if a player "shares" his game with friends (connected via the social network hosting the game) or gets them to play as well as "neighbors" or "allies".
- **No victory conditions:** The game never ends and no one is ever declared "winner". Instead, many casual games have "quests" or "missions" for players to complete.
- **Virtual currency:** In-game currency allows players to buy upgrades that would otherwise take much longer to earn through in-game achievements

# Top internet applications

- Farmville
- Clash of Clans
- Candy Crush Saga
- Texas Hold'em Poker
- Big Fish Casino
- Hay Day



# Candy Crush

- \$850,000 Spent per day
- \$310,250,000 per year
- 7.7 Million active users per day





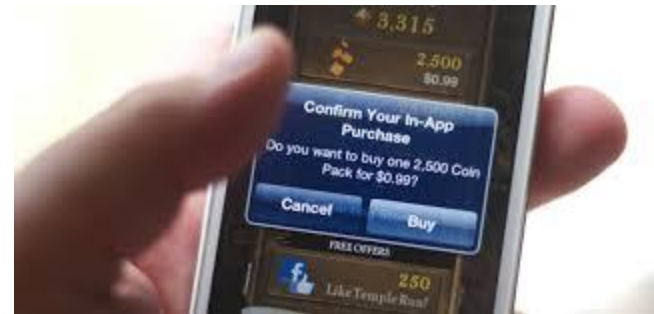
# Clash of Clans

- 29.4 million daily users
- 5.15 million spent daily

Company recently sold for 1.5 Billion



# In app purchases..



# Social application gaming

- Start out playing for free
- Build a profile/identity/status
- Small successive goals
- Cooperative goals
- Build relationships
- May be some small buy-in
- Appeals to all ages
- Power of social media

# MMORPG's – Massive Multiplayer Online Role Playing Games

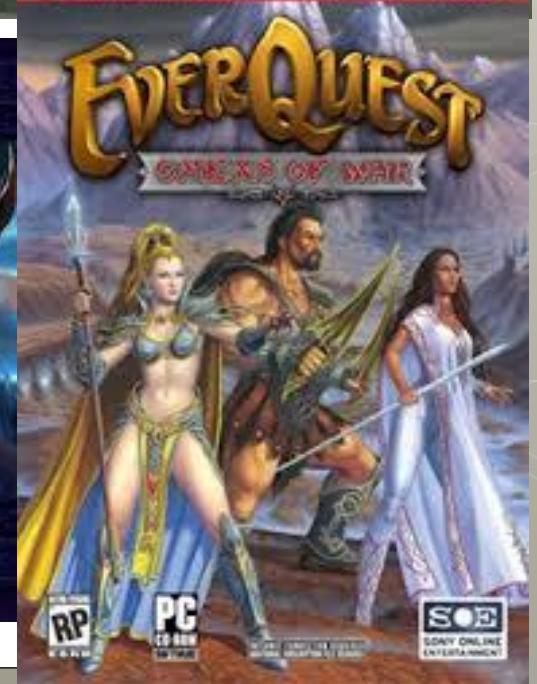
- Ever expanding online universe within the game
- You play to engage in your online world, to be the best in the game
- Create an online identity, develop relationships, a reputation and a community within the game

World of Warcraft, EverQuest





EXPANSION PACK - REQUIRES THE FULL VERSION OF EVERQUEST



# MMORPGs Players.....

80% males

20% females

Males average age 26

Females average age 32

Average player spends 20 hours a week playing  
1 out of 10 players spend over 40 hours a week

Reason's to play: New identity, increases self esteem, create relationships, sense of comradery



# WOW

- In the last quarter of 2012, World of Warcraft had a subscriber base of 9.6 million. As of January 2013, the majority of the World of Warcraft characters were Humans. Approximately nine percent of the existing characters were warriors and 53 percent of characters were members of the Alliance .

Quote from Statista.com

- 7.8 Million users
- 10 Billion in sales as of July 2012 from game expenses

# Drawing Exercise

- Angela Harbour

# Online Gambling

- \$39 Billion in the next 3 years
- 104 International jurisdictions regulating 2,734 sites
- 25,000 unregulated sites
- Increasing by estimate of 12 sites per day



# Is it legal.....?

- Las Vegas released fully legal online poker website
- New Jersey has poker and slot like games
- Delaware has full suite of games
- 2013 Department of Justice



- Zynga released online gambling in UK in 2013
- ZyngaPlusPoker and ZyngaPlusCasino
- Cash bonuses, sign up cash
- No plans to introduce in the United States
- Zynga is also the creator of Farm Ville Texas Hold Em Poker – not a real money game





# Common Methods of Intervention

- Individual Therapy – CBT is the recommended form of therapy, but other forms of therapy such as Motivational Interviewing can be utilized.
- Develop abstinence or reduction in total use of the net.
- Family Therapy – In many cases a gaming addiction is the result of a lack of family time, lack of family interaction. Family therapy may lead to improved family relationships.

- Inpatient Treatment – Can be seen as a last resort, but in some cases it may prove necessary. They may involve extended stays on site where there is no access to technology and can develop healthier coping skills to deal with stress, boredom, trauma, anxiety, depression, or other potential triggers.

- Wilderness Therapy – Involves placing the individual in a group setting outdoors for a period of usually a few weeks. There is no contact with high tech or gaming devices. The focus is on providing methods of developing self-confidence, setting new life goals and connecting with others in a meaningful way.

- Education – Gain an understanding of how to address a gaming addiction by helping the gamer be able to cope without escaping into the gaming unit for help. Using self help books & online intervention programs can prove beneficial support & backup when combined with other treatment processes.

# Monitoring Use

- It is possible to install computer programs such as Spy Buddy, SpectorSoft, Spector Pro, Pearl Echo & Cyber Snoop. These programs monitor the kinds and number of websites a person uses and the amount of time spent gaming.

# Assessments

- Internet Addiction Test (IAT) – Measures the gamers involvement & classifies the behavior in terms of mild, moderate & severe.
- Compulsive Internet Use (CIUS) – Contains 14 items rated on a 5-point from 0=never to 4=often.
- Problematic Internet Use (PRIUSS) – Contains 18 items that looks as psychosocial variables including depression, self-esteem, loneliness, and shyness.



# What are our neighbor's doing

- China – The government operates clinics to treat overuse of gaming, web surfing & chatting.
- United States – McLean Hospital in Massachusetts has set up Computer Addiction Services. Gamers may seek services at generalized addiction support centers.
- United States – Online Gamers Anonymous (12 steps). It offers a variety of message boards, daily on-line chat meetings & skype meetings.
- Canada – Computer Addiction Services in Richmond British Columbia.
- Australia – Offer the Video Game Addiction Treatment Clinic.

# Conclusions

- Gaming is ever changing
- 6 months from now.....
- What's Flappy Birds?!
- Chasing the games
- Characteristics remain the same
- Smarter and quicker treatment
- Addressing clients in whole person perspective