

**ONLINE GAMING AND ADDICTION**

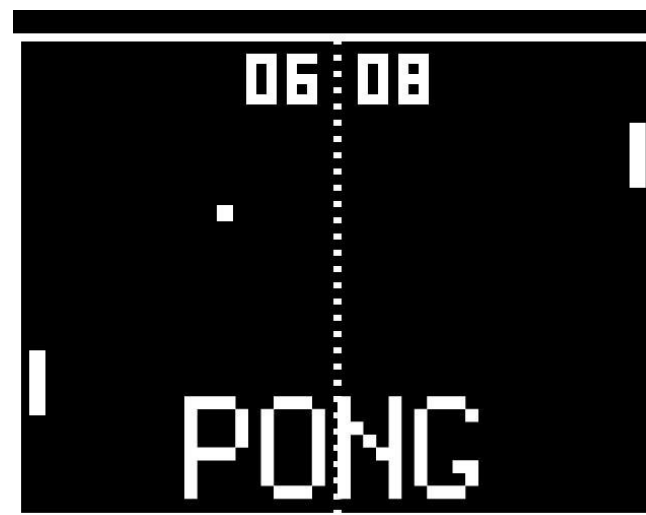
**WE ARE INSIDE KIDS**

**DR. CYNDRA PILKINGTON**

**June 2019**

**Nashville, TN**

# History - How we got here



**The Internet, as we know it, is about  
30 years old.**

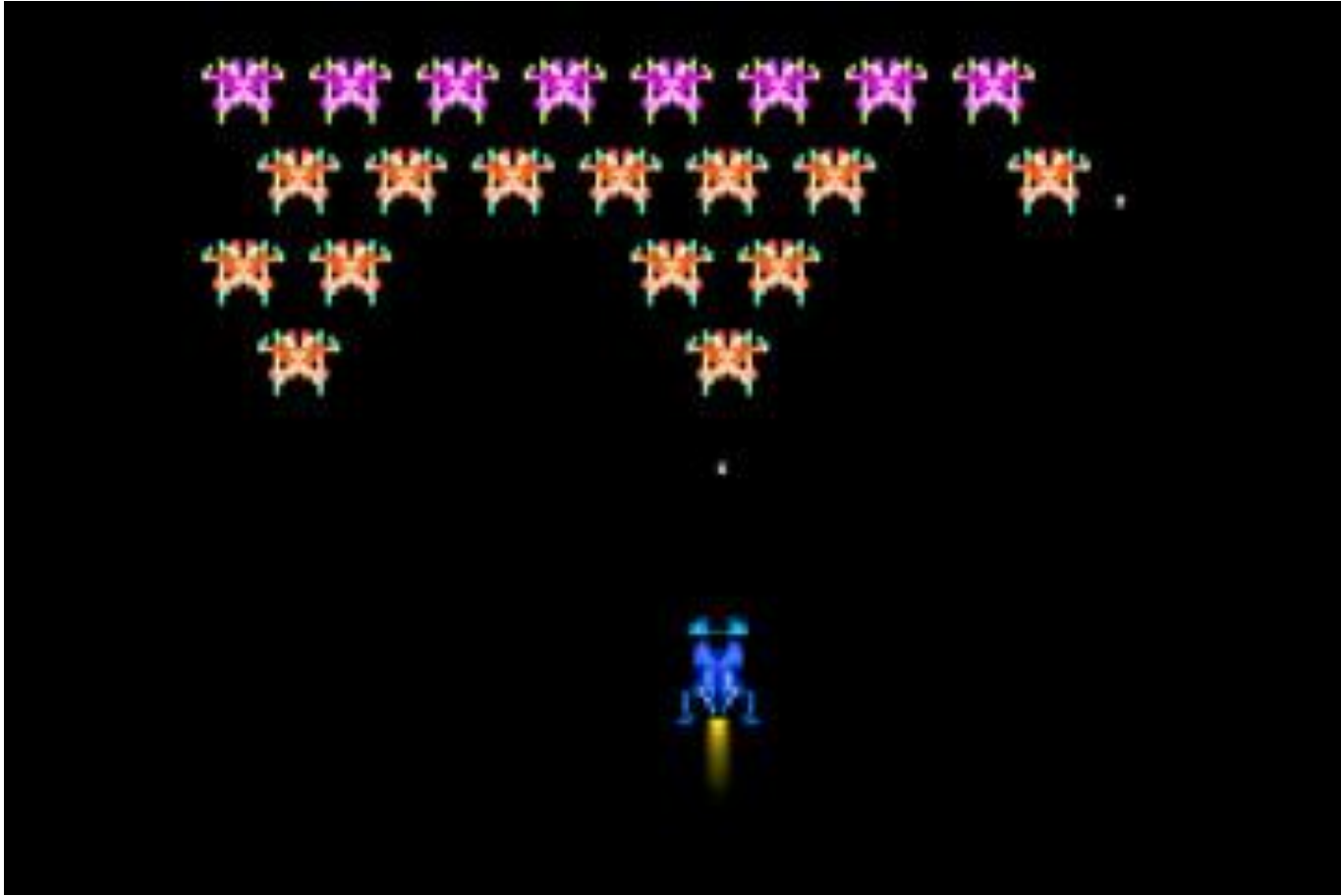
**Those born in the 1990s have  
ALWAYS used / known of the  
Internet.**

**Those born in the 1980s have  
used the Internet extensively.**

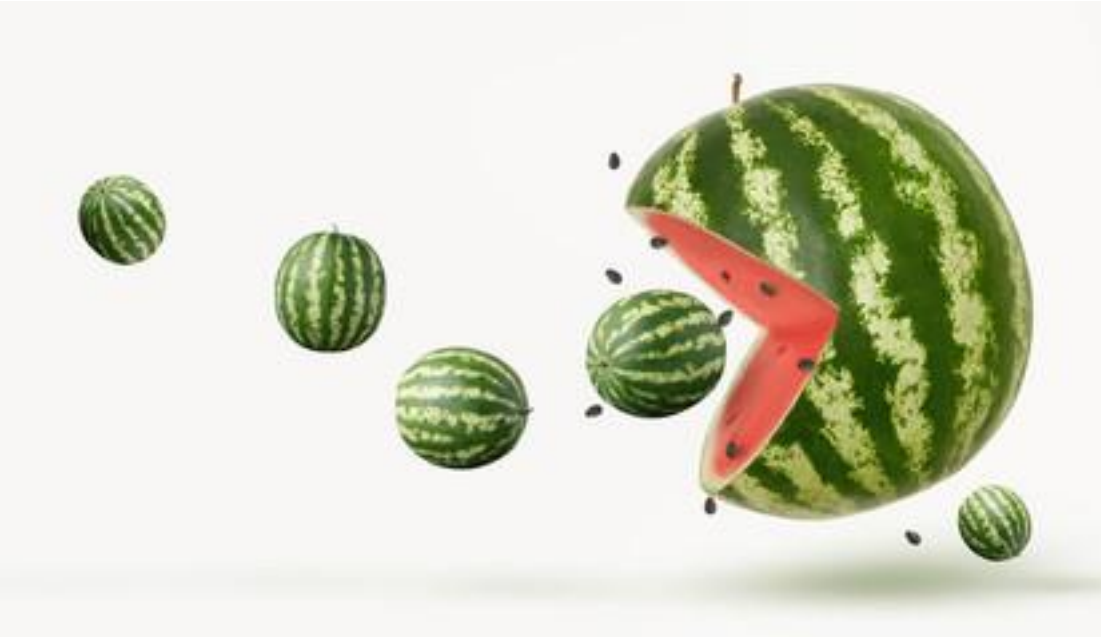
**Earlier years [1970s and before]  
have different interactions with  
the Internet and usage.**

**Some embrace the technology  
others shun the technology  
[Luddites].**

**TRIP DOWN MEMORY LANE**



WHAT GAME ???



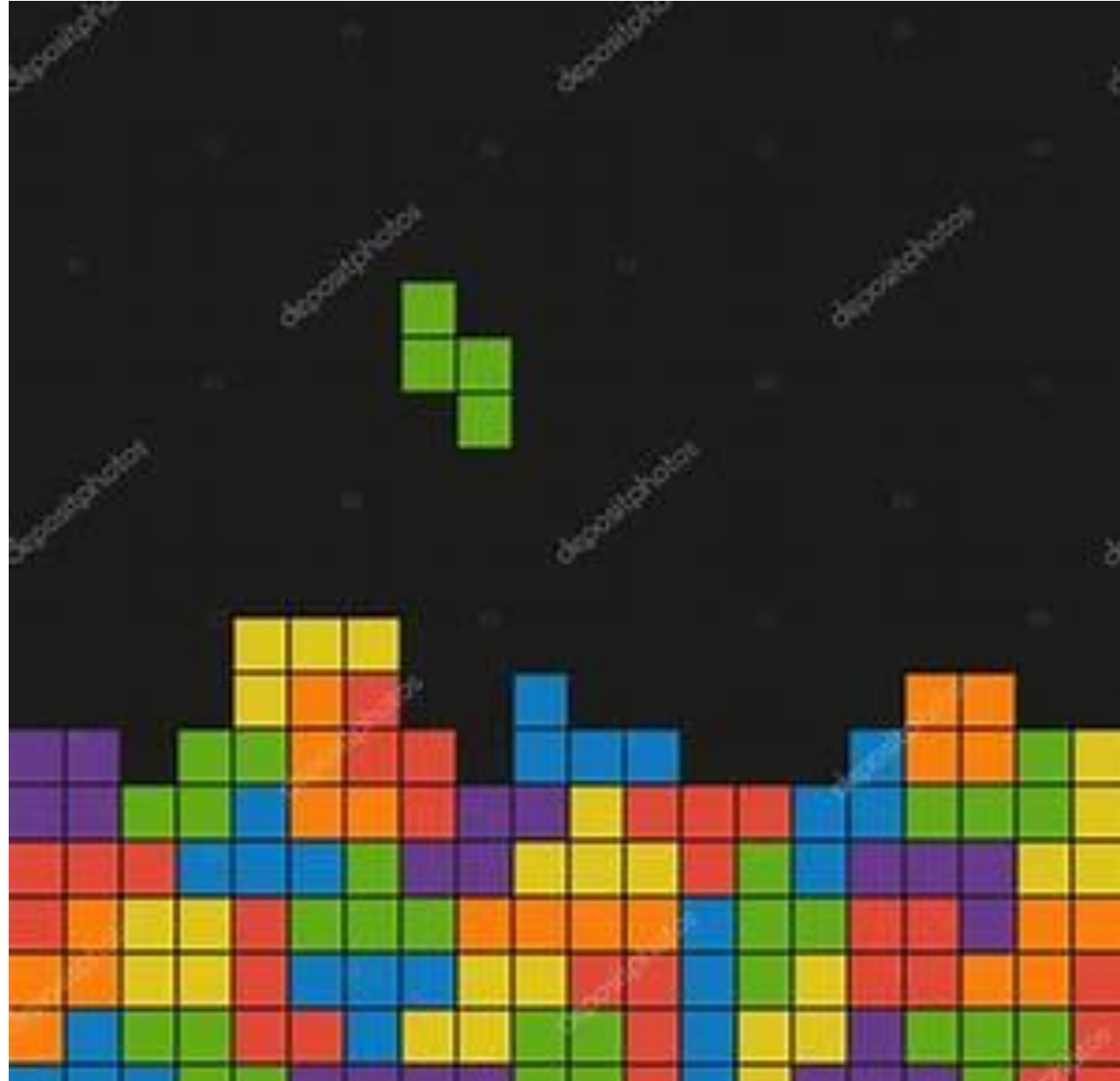








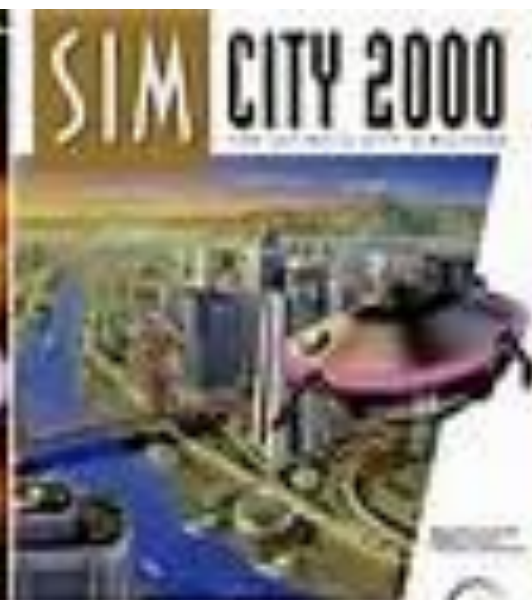














REVENGE

CONTRA

Castlevania

VI

METROID

BRIGGS

EARTH  
LINE  
GAULTLET

SUBARU

III

CONTRA

IV

Tiny Toon  
Adventure

MAJING  
M

Blaster

METROID  
SECRET  
ZELDA

GI JOE

Super  
Contra

IV

MAJING  
M

Blaster

STARTUP  
JURASSIC PARK

II

BONK'S

NINJA 9½  
RAGAR

ESCALON

TURTLES

Secret

SECRET

SECRET

SECRET

VI  
Rise City  
SECRET

STAR  
WARF

RI ANES  
STEFFI

SECRET

SECRET

SECRET

EMERGENCY

SECRET

BUTTER

SECRET  
2

SECRET  
LINK





**Historically, one had to go to a video arcade to play games.  
There was a social component to this gaming because it occurred in the “real” world.**

# TODAY'S WORLD

New technology

Easy and instant access

Cell phones

Tablets/iPads





IS THERE ANYONE HERE THAT

**DOES NOT HAVE**

A CELL PHONE OR ELECTRONIC DEVICE?

# TODAY'S WORLD OF GAMING







## Today's world of gaming is:

- Immersive
- Interactive on many levels
- Provides friendship and companionship
- Offers shared beliefs and practices
- Offers a community **instantly**

- Can give life meaning
- Does not judge on based on appearances
- Can be more accepting than the “real” world
- Can offer status and personal empowerment
- Can be a lucrative money making career [but rare]
- One can become “famous” in the “real” world [for instance on Twitch, youtube, etc]
- One can use one’s abilities to sell avatars and hints etc on ebay and other websites.
- Followers can watch a player to gain experience in the game [pay a fee]

- Massively Multiplayer Online games (MMOs) offer the possibility to play together with many other players and can be differentiated based on game content and player experience. These are a variety of types of games. For instance anything from online backgammon to chess to quests.
- Massively Multiplayer Online Role-Playing Games (MMORPGs), on the other hand, appear of particular interest to players because they offer a variety of incentives for play relative to other game genres. Of all online gamers, 46% play MMORPGs [as of 2016] confirming their position as the most popular online games. World of Warcraft [WOW], Fortnite etc.
- **THE GAMES IN TODAY'S WORLD ARE IMMERSIVE VERY IMMERSIVE**
- Add in the technology of 3-D, incredible audio, holograms, and other new tech and the addictive qualities become even more intense.

## Top players [USA] in today's world:

Ninja [Tyler Blevins] "King of Fortnite"

Julie

Bizzle [Timothy Miller]

Over \$28 Billion awarded in money to date

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Paragraph: Bullets, Numbering, Indentation, Paragraph Spacing, Text Alignment, Text Orientation

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Editing: Find, Replace, Select

https://www.esportsearnings.com/games/534-fortnite/top-players

Apps | Yahoo | Imported From Fire... | Chase Online | Bank of America | EECU | Online Banki... | brightspace | San Jo... | Other bookma



**Fortnite**

Release Date: 2017

Prize Money Awarded: **\$28,648,182.19** From 309 Tournaments

Recorded Date Range: 2018-02-17 to 2019-05-19

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Summary | Top Players: [All](#) - [Offline/LAN](#) - [Online](#) | [Top Countries](#) | [Top Teams](#) | [Largest Prize Pools](#) | [Browse Events](#)

[Top 100](#) | [101 - 200](#) | [201 - 300](#) | [301 - 400](#) | [401 - 500](#)

**Top Player Rankings For Fortnite**

	Player ID	Player Name	Total (Game)	Total (Overall)	% of Total
1.	Bizzle	Timothy Miller	\$511,050.00	\$511,050.00	100.00%
2.	TfuE	Turner Tenney	\$500,500.00	\$519,950.00	96.26%
3.	Cloak	Dennis Lepore	\$420,775.00	\$420,775.00	100.00%
4.	NateHill	Nate Hill	\$346,375.00	\$346,375.00	100.00%
5.	POACH	Jake Brumleve	\$323,500.00	\$348,500.00	92.83%
6.	72hrs	Thomas Mulligan	\$313,200.00	\$313,200.00	100.00%

**Recent Tournaments**

- MDL Disneyland Paris Major \$1,000,000.00
- Mid-Season Invitational 2019 \$1,000,000.00
- Fortnite World Cup 2019 - W... \$400,000.00
- Fortnite World Cup 2019 - W... \$400,000.00
- Fortnite World Cup 2019 - W... \$300,000.00
- Fortnite World Cup 2019 - W... \$300,000.00
- BLAST Pro Series: Miami 2019 \$250,000.00
- RLCS Season 7 - EU \$214,250.00
- RLCS Season 7 - NA \$214,250.00
- 2018 Magic Online Champion... \$200,000.00

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# TODAY'S GAMES











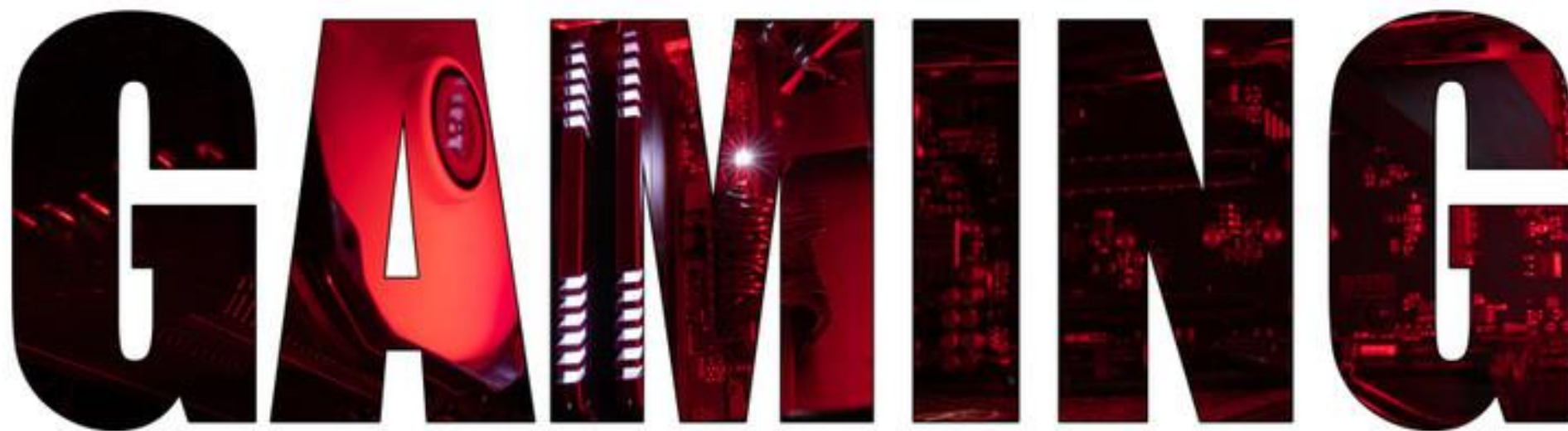








**GAMING**





## Online gaming addiction

- Not well understood
- No standard treatment protocol
- Change in the DSM V with Internet Gaming Disorder as a “Condition for Further Study”. [June 2013].
- It stands alongside the only other behavioral addiction pathological gambling.
- APRIL 2019 W.H.O. ADDED GAMING DISORDER TO ICD-11 [Goes into effect Jan 2022]

## **The addictive quality of online gaming.**

1. The individual is preoccupied with gaming
2. The individual uses the behavior in order to modify their mood.
3. Tolerance develops.
4. Withdrawal symptoms occur upon discontinuation.
5. Interpersonal and intra-personal conflict develops as a consequence.
6. Upon discontinuation of the behavior, the individual experiences relapse.

My current qualitative research examines the cultural context of the gamer; their shared beliefs and practices.

Additionally, the issues that gaming cause in family, friends, school/work, personal life.





# Death by Gaming

Jan 2019 Texas teen arrested [again] after telling playing companions online that he was planning a school shooting  
Fort Worth Police officer off duty was playing online game when teen made these boasts.

Feb 2019 Super Bowl ad Microsoft offers Xbox to players with mobility limitations

March 2019 – Article on True Identity or Digital Identity.  
Facebook and Twitter picked up on this and the overwhelming the support was for one's digital identity

Sept 2014; March and April 2019 –

Swatting becomes an issue – again.

Swatting is a way for gamers to retaliate against opponents in games while thousands of spectators watch.

Started as a hoax against celebrities now used by gamers against each other. [Tom Cruise is one example].

Use online programs that trick 911 dispatchers into believing the call is coming from the victim's phone of address.

One “swatter” just received 20 years in prison for man fatally shot in swatting prank.

April 2019 World Health Organization [WHO]

Advise no screen time for kids under one year,

Ages 2-4 no more than one hour a day includes TV/Computers

Online sports and other betting issue

BET 360 under fire again

Said to target African nations in particular – the poor  
the disenfranchised, the desperate

GameStop recruiting esports teams

Attempting to tap into a market and help their struggling company

USA sees openings of more and more Game Performance Centers

Twitch – Amazon owned website

Started in 2011 now has over 15 million users a day

Internet and Tech Addiction Anonymous – 12 step program

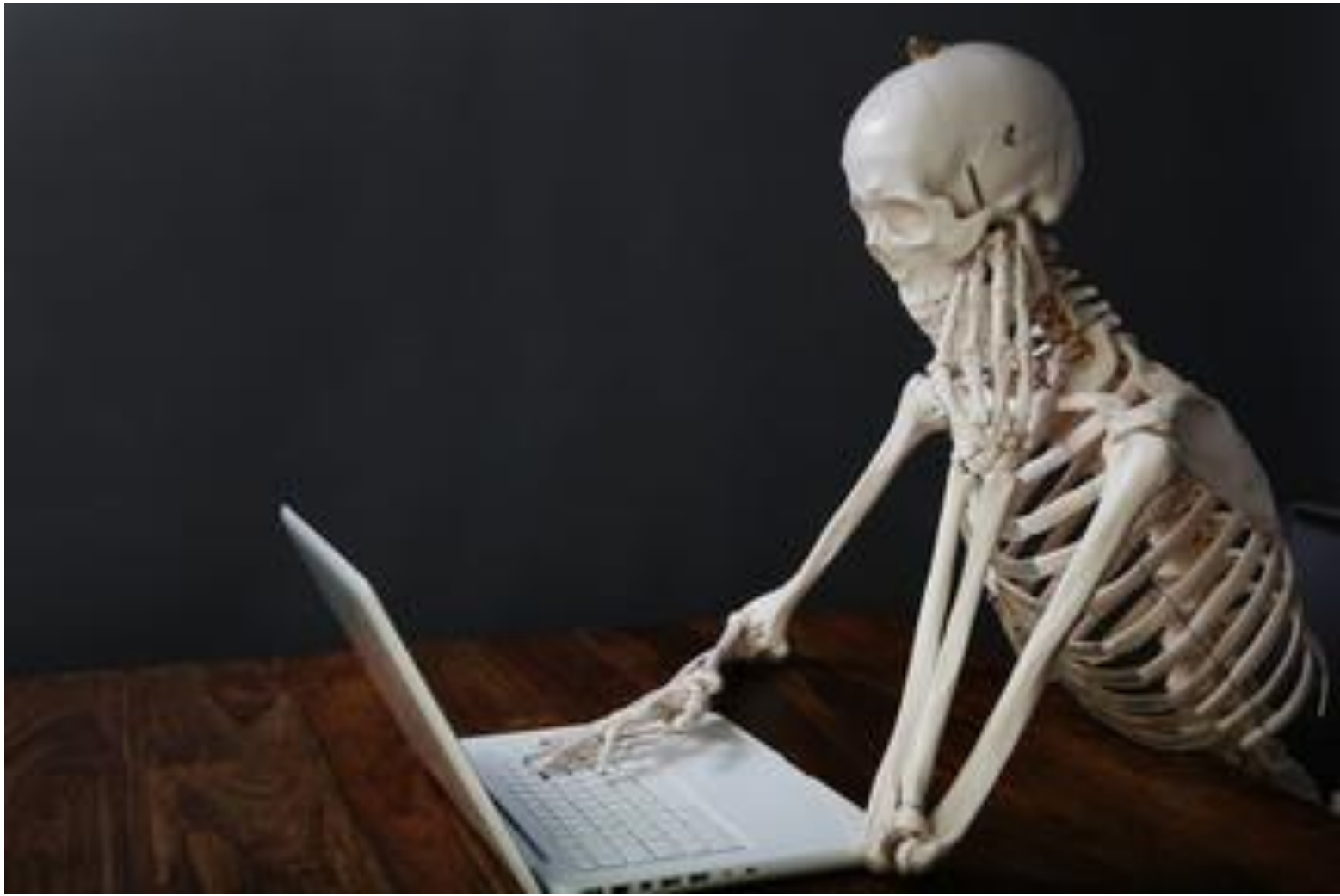
## Mass murderers linked with video games:

- ❖ Adam Lanza - Newtown school gunman
- ❖ James Holmes - movie theater rampage *The Dark Knight Rises* in Aurora, Colorado
- ❖ Jared Lee Loughner, Tucson, who shot Rep. Gabrielle Giffords and killed six others in Tucson
- ❖ Eric Harris – Columbine HS
- ❖ Elliott Rodger – UC Santa Barbara killings
- ❖ Jacob Tyler Roberts - Clackamas Town Center in Portland, Oregon,
- ❖ Anders Behring Breivik – killed 68 Norwegian Youth Camp trained using *Call to Duty* as his training program.



## Mass murderers linked with video games [Cont]

- ❖ Michael Carneal - Heath High School shooting West Paducah, Kentucky.
- ❖ Jose Reyes 12-year-old opened fire with a semiautomatic handgun at Sparks Middle School
- ❖ Dylann Storm Roof - Charleston church shooting
- ❖ Jeff Weise - Red Lake high school in MN
- ❖ Chris Harper- Mercer Community College in Southern Oregon
- ❖ Evan Ramsey – Bethal Regional High School shooter played Doom – Stated  
"I did not understand that if I pull out a gun and shoot you ... you're not getting back up.  
You shoot a guy in Doom, and he gets back up.  
You have got to shoot the things in Doom eight or nine times before it dies."



## **The stories:**

Dr G psychiatrist in 50s – son in 20s enabled game behaviors

Dr J. S. in 40s – Halo played hours daily lost days

Dr W M. – 40s – while in medical school he and roommate played several types of video games roommate so addicted failed med school lost over \$40K in game expenses.

Carol H – 30s was friends with women since middle school, friend became addicted to fortnite. Lost job, house, all friends

John L – in 30s game played Everquest, lost everything until he went “cold turkey”

Ben S [PA] in 30s his brother late 20s quit work, quit school,  
moved home to play as much as 20 hrs /day

Isaac – Physical Therapist 40s – used to play fortnite, lost immense amounts  
of time and would miss work or be up all night and have to go to work on no sleep  
stopped “cold turkey”

Jeffrey R – early 20s – delivers pizza and other P/T work, lives at home, plays as  
“many hours as can” uses phone while driving to play, has been fired from several jobs  
States the only way to quit is to go “cold turkey” he cannot just cut back. He has not quit.

Amanda B – 26 – broke up with long time boyfriend since HS since he cannot stop gaming

James H age 28 – journeyman plumber – stated “I lost 10 years of my life, I worked at “non”  
jobs and then played all night and all weekends. I had no life. I got tired and just quit all games”.

## Success Stories

Jimmy – age 28 years

Plays 10-12 hours a day, 7 days a week,  
Makes about \$3000/week

Irene – age 17 years

Plays 8-10 hours a day and sometimes 48 straight hours on the weekends,  
Makes about \$1500/week

Herman – age 33 years

Stopped working [has BS degree] now plays as a “professional” gamer.  
Makes about \$6000/mo.

Hank age 14 “I am an inside kid” Game playing, online activities, TV, Movies, all things indoors.  
He states” I have known since I was in elementary school  
Maybe even kindergarten that I was not good with people. I just did not “get” them.  
What to say, what they meant when they said something.  
I found it easier to be an “inside kid”

Hank was drawn to gaming since he could “BE ANYONE” he created who/what he was.

He did not have to be socially awkward, he could be a hero, scientist, bad guy, good guy, anyone.

Missy age 6 – plays Robots [google play geared for under 8]

Parents very concerned about her and her gaming. If they take away all devices, she defecates and urinates on floor, breaks things, throws temper tantrums, runs away, calls 911, cannot sleep, refuses to eat / drink.

They have started counseling and the counseling center is suggesting an addiction treatment inpatient program.

## INTERNATIONALLY

- Gaming rooms are in café or large room format
  - Not common to have in home gaming
  - Rules and laws enacted to curb overuse and abuse
  - Time constraints on play [no more than 48 hours in a row] “Stink Factor”
  - Age limits on play – for example under age 17, no play from 12M-6AM
  - Several countries including Malaysia have stated this is their #1 public health complaint
  - More severe and intense outcomes with addiction – Chinese couple and baby died.
- 
- **APRIL 2019 WHO ADDED GAMING DISORDER TO ICD-11**  
[Goes into effect Jan 2022]



## The responsible players

Of the over 50 individuals I have interviewed, there are some that do play responsibly

“The Boys” group of 6 high school students that play as a team – game of choice fortnite.

Taught me how to play [and not get killed right away]

They have outside activities, they meet as a “gaming club”

They are open to other activities besides online games.

They have “dreams” of getting rich off of gaming but realize this is not a reality.

Have social skills

Many young people ages 10-25 understand and can express appropriate game playing.

They know before they sit down to play that they will lose time. This is the biggest issue all gamers have expressed. They have [for the most part] appropriate social skills.

They have life goals that are realistic and not based on game playing.

REWIND <<



## CAN WE GO BACK?

- This is a multi BILLION even TRILLION dollar industry.
- It is planet wide
- The major companies will not stop making, producing, designing.
- Games come out of every country – the biggest producers are the USA, Russia, China, and other Asian countries.
- Gamers will not stop gaming, this is their culture.

## What can we do?

- Have good addiction protocols for digital addictions.
- Better diagnostic tools
- Awareness this is a huge issue planet wide
- Education starts at birth.
- Better parenting skills and education.
- Companies that produce games add in “brakes /breaks” for instance at three hour intervals a popup states something like “Have you drank any fluids” “It is time to move around” etc.
- Companies need to be socially responsible –for instance the game Candy Crush. The Urban Legend was some guy in his bedroom came up with this idea and became rich. NOT! The game was thoughtfully developed by a team of cognitive psychologists, marketing professionals, gamers, developers/designers. It was SPECIFICALLY made to be addictive.

## What almost ALL of the former and current game addicts state ?

- This is about good parenting.
- This is a family systems issue.
- Having limits for their kids
- Doing “stuff” together with family
- Parents/ Care-givers also have limits on screen time
- Not being isolated
- Know what you kid[s] are doing
- Do not use electronic devices as babysitters. Follow the WHO guidelines = No screen time for kids under one year and ages 2-4 no more than one hour a day includes TV/Computers

