Chapter 18
Health Impacts of Internet Gaming Addiction

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ABSTRACT

The frequency of internet gaming addiction varies between 1-15% in the world. There are some demographic factors, psychosocial factors, and game-related factors in the etiology of gaming addiction. In demographic factors, male gender, adolescent age group, separation of parents, high income, and being a student are seen as risks. Psychosocial factors include low social cohesion, aggressive behavior, anxiety or depression, low academic performance, attention problems, low life satisfaction, problems in family / friend relationships, and low self-esteem. Internet gaming addiction has many health effects, physiological, psychological, and social problems. In addition to determining the diagnostic criteria for gaming addiction, there is a need for national and international studies that will guide protection and intervention efforts, especially for at-risk youth. As a result of these studies, effective and effective evidence-based public health intervention programs should be developed.

INTRODUCTION

Playing games has been a behavioral form of humanity since ancient times (Onur, 1992). In various sources, games are defined as "entertaining activity/sport or equipment used for this purpose, especially performed by children" and "activity that a person does for entertainment or pleasure" (TLI., 2019 &, lexio,2019 &, University C., 2019). When behaviors reach the addiction dimension, they threaten human health. According to the definition of ASAM (American Society of Addiction Medicine), addiction is defined as "a primary chronic disease of brain reward, motivation, memory, and related circuitry dysfunction that leads to characteristic biological, social, and spiritual manifestations, and an individual's pathological pursuit of reward or relief through substance use or other behaviors that disrupts personal

functioning" (Medicine ASoA.,2011). In ICD 11 (International Classification of Diseases), disorders arising from addictive behaviors are defined as "clinically significant syndromes associated with disruption in personal functioning that develops as a result of repetitive rewarding behaviors other than the use of addictive substances" (WHO.,2019). With the advances in technology and the widespread use of computers and the internet, the concept of digital games has become part of everyday life. The concept of digital games has made it necessary to define the concept of "game addiction" as a diagnosis due to the time individuals spend playing games with technological devices and the physical, psychological, and social problems they experience as a result. According to DSM 5 (The Diagnostic and Statistical Manual of Mental Disorders), internet gaming disorder is defined as "persistent and recurrent use of the internet to engage in games, often with other players, leading to clinically significant impairment or distress" over a period of 12 months (Association AP., 2013).

EPIDEMIOLOGY OF INTERNET GAME ADDICTION

Many definitions have been developed regarding the problematic use of digital technologies for gaming or non-gaming purposes. There are definitions that do not directly examine gaming behavior, such as "internet addiction, technology addiction, pathological technology use, pathological internet use, computer addiction, screen addiction, smartphone addiction, cyber-relationship addiction," and definitions that particularly focus on gaming behavior, such as "internet gaming addiction, pathological game playing, addiction to video games and online role-playing games, excessive gaming, gaming disorder."(Paulus FW. Et al., 2018).

The DSM's definition of gaming addiction is defined as "internet gaming addiction." Internet gaming addiction was first defined with diagnostic criteria in DSM-V. According to DSM-V, individuals who meet five or more of the following nine diagnostic criteria within a 12-month period are recognized as internet gaming addicts:

1. Engaging in internet gaming activities (such as internet being the dominant activity during the day, thinking about the previous game played, and contemplating the next gaming stage.)
2. Experiencing withdrawal symptoms when away from internet gaming (these symptoms can typically be interpreted as irritability, anxiety, and sadness, but there are no physical pharmacological withdrawal symptoms.)
3. Tolerance (an increasing need for time to play internet games)
4. Inability to control participation in internet gaming
5. Due to internet gaming losing interest in previous hobbies and activities other than internet games
6. Continuing to play excessive internet games despite being aware of psychosocial problems
7. Lying to family members and treatment providers about internet gaming time
8. Using internet games to escape from negative moods or to relax (such as feelings of helplessness, guilt, anxiety, etc.)
9. Losing or endangering significant relationships, profession, education, or career opportunities due to participation in internet games(Association AP., 2013).

In ICD-11, the diagnosis code "gaming disorder" is used instead of the definition of internet gaming addiction. According to this diagnosis, gaming addiction is a persistent or recurrent gaming ("digital

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