

Clinical Management of IGD

(Clinical Setting in Thailand)

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GAME ADDICTION 2017

Situational Analysis Report: Smart Teen Clinic CAMRI

- Game Addiction on 1 January to 31 December 2017 has 129 (increases more than 6 times from 2016); **the patients were diagnosed F63.8 + F98.8**
 - Prevalence rate of IGD about 36.11%
 - Third Psychiatric problems in Smart Teen Clinic
 - First : ADHD and other Disruptive Behaviours
 - Second : ASD and Delayed Developmental disorders
 - Third : [Game Addiction and Motivational disorders](#)
 - Fourth : Depression and Anxiety disorders
 - Fifth : Learning disorders and Intellectual disabilities

Multiple Factors related to IGD

Situational Analysis Report: Smart Teen Clinic CAMRI

- The factors that related to game addiction, selected by stratified from Taro Yamane (n=67) and reliability is 95%
 - **Male > Female (7:1)**
 - **AGE average is 13.6 years old** (youngest is 5 years old to oldest 17 years old)
 - **DURATION of ONSET** (time of playing game online is **34 months** before getting addiction)
 - **TIME of game online playing is 5 hours/day**
 - **Environmental exposures : both 97% playing at home and 72% playing at school via smartphone**
 - **Child rearing problems: 72% were no rules and under discipline before playing game, 2.85% failed from adjust normal behaviours and lead to domestic violence**
 - **Most common consequences of IGD : 39% School refusal and 4.3% Escape from home**

Types of GAME lead to IGD

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ANALYSE	Shooting Game	MOBA (Fighting battle)	SPORTS
AGE	7-12 years	13 - 17 years	15 - 17 years
GENDER	male	M:F = 3:1	male
IQ	dull normal to normal (IQ 77 - 109)	superior (IQ average122)	normal (IQ 90 - 109)
SEXUAL PROBLEMS	yes	yes	no
VIOLENCE	+++	+++	+
SUICIDE/HOMICIDE	+	+++	-
GAMBLINGS	no	yes	yes

Table 1: Analysis of 3- types of game lead to IGD and other affective behaviours

Multiple Online Battle Arena (MOBA): is a fighting VDO game competition is now popular gaming in teenagers. **Child played 1-4 games/day.** The famous games were ROV, LOL, PB, HON, DOTA, FIFA, FIFA3, Counter strike, War craft, Starcraft and **following casting game** on social media, private chatting room, line applications and faebook about **E-SPORTS.**

3- types of game lead to affective behaviours

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- Most common Affective behaviours related to IGD in Teenagers
 - 42% Self-harassment or hurting others: Cyber bullying
 - 14% Lead to Gambling disorders
 - 12% Sexual problems: SI, Cyber stalking related to MOBA
 - **2% Suicidal attempt**



Psychiatric illness co-morbidity with IGD

Situational Analysis Report: Smart Teen Clinic CAMRI

AGE GROUP	ADHD	LD	ANXIETY	DEPRESSION	MOOD disorders	SUD	Psychotics	EPILEPSY
SCHOOL 6-9 yr	+++	+	-	+	-	-	-	-
PRETEENS 9-12 yr	+++	++	+	+	+	-	-	-
TEENS 13-17 yr	+++	++	++	+++	+++	+	+	+
% n = 70	77	35	38	39	20	6	1	1

Table 2: 8 most common psychiatric illness co-morbidity with game addiction

ADHD is the most common disease with game addiction, it shows symptoms of inattention; unable to concentrate or thinking, can't do homework that have to keep continuous effort, memory is not good. This found with LD about 35% and more subsequences of poor impulse control >> aggression, accidents and copied to violence.

Psychiatric illness co-morbidity with IGD

Situational Analysis Report: Smart Teen Clinic CAMRI

DEPRESSION is the second most common co-morbid disease with IGD during teens (13-17 y). **BPD** is found about 20% during teens (15-17y).

ANXIETY is the third most common co-morbid disease with IGD **during pre-teens to teenagers**, it effected to mental development, self-identification, self-esteem, so there have negative effect to relationship, educational achievement, adaptation and continue negative attitude to develop personality problems in adult.

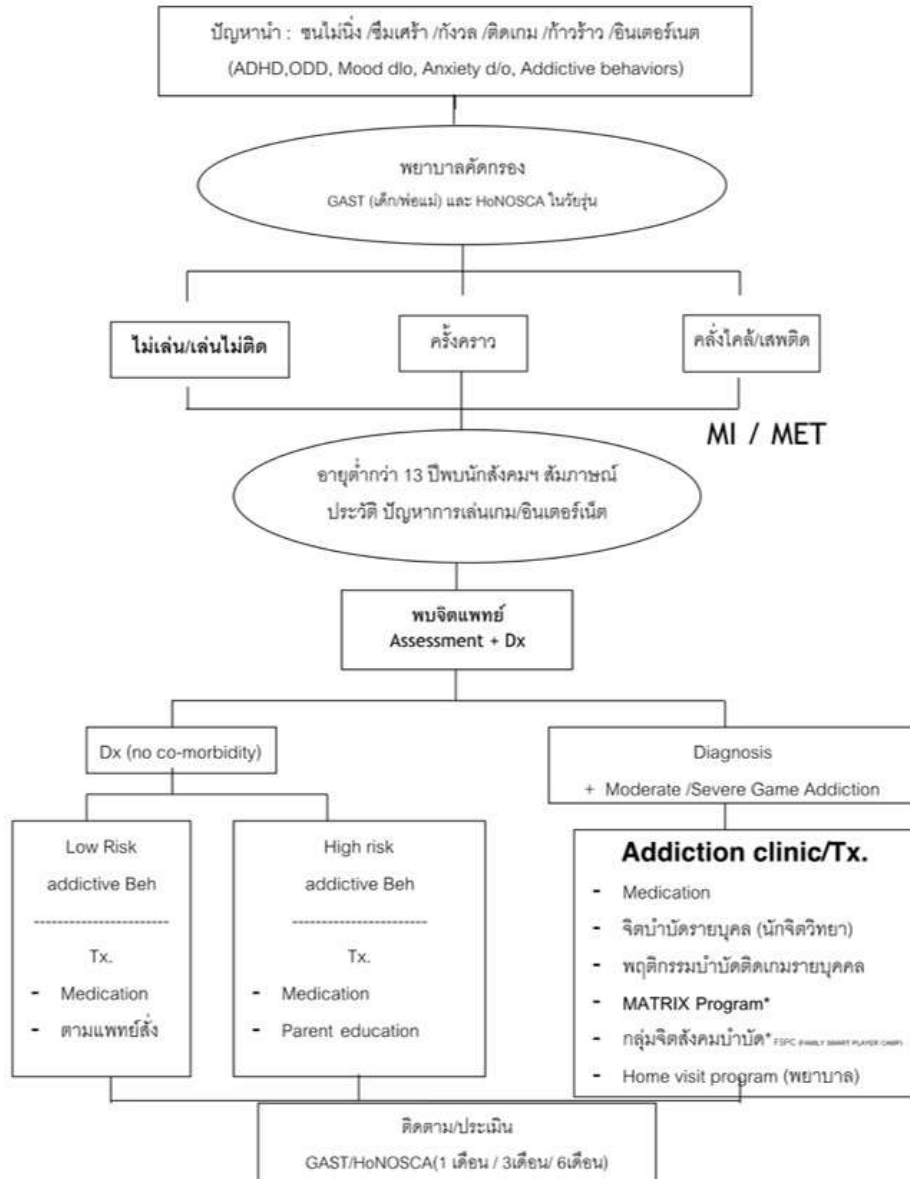
Psychotics and Epilepsy is only **1%** even it is not often found but paranoid symptoms are **related to violence game**; planning to kill the other party, shooting game and also related to **excessive playing game** and **severe addictive symptoms**.

GAME ADDICTION SERVICES

Clinical Management in Smart Teen clinic



Game/ Internet Addiction Guideline



การรหัสโรค ICD 10 สำหรับกลุ่มพฤติกรรมเสพติด กลุ่มงานจิตเวชสารเสพติด สถาบันสุขภาพจิตเด็กและวัยรุ่นราชนครินทร์

Group A: Addiction (Non- Substances) eg. Game / Internet / Gambings			
ICD 10	DIAGNOSIS	การวินิจฉัย	หมายเหตุ
F 63.8	Other habit & impulse disorder	ความผิดปกติแบบอื่นของนิสัยและแรงตลใจ	* ลกรหัส F63.8 + F 98.8 สำหรับภาวะวินิจฉัย Game addiction
F 98.8	Other specified BEH & EMO disorders with onset unusual	ความผิดปกติอื่นทางพฤติกรรมและอารมณ์ที่เริ่มต้นมวัยเด็กและวัยรุ่น	

Group B: Addiction (Substances)			
ICD 10	DIAGNOSIS	การวินิจฉัย	หมายเหตุ
F 1X.1	Harmful USE	พฤติกรรมเสี่ยงในการเสพสารเสพติด	* ยังไม่สามารถวินิจฉัย addiction
F 1X.2	Dependence syndrome	ความผิดปกติทางจิตและพฤติกรรมที่เกิดจากการเสพสารเสพติด	* พบความผิดปกติอย่างอื่นอย่างไรก็ตาม รหัส abuse, mild-severe symptoms
F 1X.20	Dependence syndrome, currently abstinence		
F 1X.21	Dependence syndrome, currently abstinence, but in a protected		
F 1X.22	Dependence syndrome, currently supervised on a clinically		
F 1X.23	Dependence syndrome, currently abstinence, but receiving treat		
F 1X.24	Dependence syndrome, currently using the substance (active)		
F 1X.25	Dependence syndrome, continuous use		
F 1X.26	Episode use (Dipsomania)		

CATEGORIZED BY SUBSTANCES			
F 10.X	- ALCOHOL	F 16.X	- HALLUCINOGENS
F 11.X	- OPIOIDS	F 17.X	- TOBACCO
F 12.X	- CANNABINOIDS	F 18.X	- VOLATILE SOLVENTS
F 13.X	- SEDATIVE & HYPNOTICS	F 19.X	- Multiple Substances USE
F 14.X	- COCAINE		
F 15.X	- STIMULANTS INCLUDE CAFFEINE		

หมายเหตุ: Problems related to Lifestyle ที่เกี่ยวข้องกับ ยาสูบ tobacco use: z 721, alcohol use: z 722, drugs use: z 723, risk sexual: z725, gambling&betting: z726 ยังไม่มีการบันทึกในระบบ SIRB (โรคจิตเวช) ยกเว้น self-damaging behaviour: z 726 ซึ่งตรงกับคำวินิจฉัย ปัญหาอื่นเกี่ยวกับการดำเนินชีวิต

Clinical Treatment

Situational Analysis Report: Smart Teen Clinic CAMRI

- **Medication (Supportive/Symptomatic Tx.)**
 - Craving/ Withdrawal symptoms: SSRIs, AAPs, Mood stabilisers
 - Co-morbidity Tx.
- **Individual psychotherapy**
 - MI/ MET
 - CBT
- **Parent Education/ Parenting One Day Programs/Family therapy**
- **Group therapy (Youth Friendly Psychosocial Clinic Model/ Camping)**
 - **MADT** (Intensive Day Care 12 wk: Music- Art- Drama therapy)
 - **FSPC** (Family Smart Player Camp on Summer: 3 days 2 nights)
- **Mental Health Promotion and Prevention** : Media literacy (Cartoon animation, Life skills + Self assessment Hand book for Smart Teens)

Group Activity for Adolescent

- **Session 1: Affectionation of Game**
 - overview/ self assessment/ understanding problems
- **Session 2: Everything is worth it**
 - explore feelings/ expression/self esteem
- **Session 3: Life planning**
 - your life/ motivational enhancement/ set goal
- **Session 4: Biological clock**
 - time setting and management/ alternative activities, social activities
- **Session 5: Obstacle of hope**
 - incentive and self control
- **Session 6: Unity in family & goal setting**
 - transformative learning and share



Group Activity for Parents

• Session 1: Affectation of Game

- overview/ understanding teens development/ family rules

• Session 2: Basic Communication Skills

- awareness and understanding i message/ practice and use it

• Session 3: Admiration

- understand step of admiration in right situation

• Session 4: Rewards

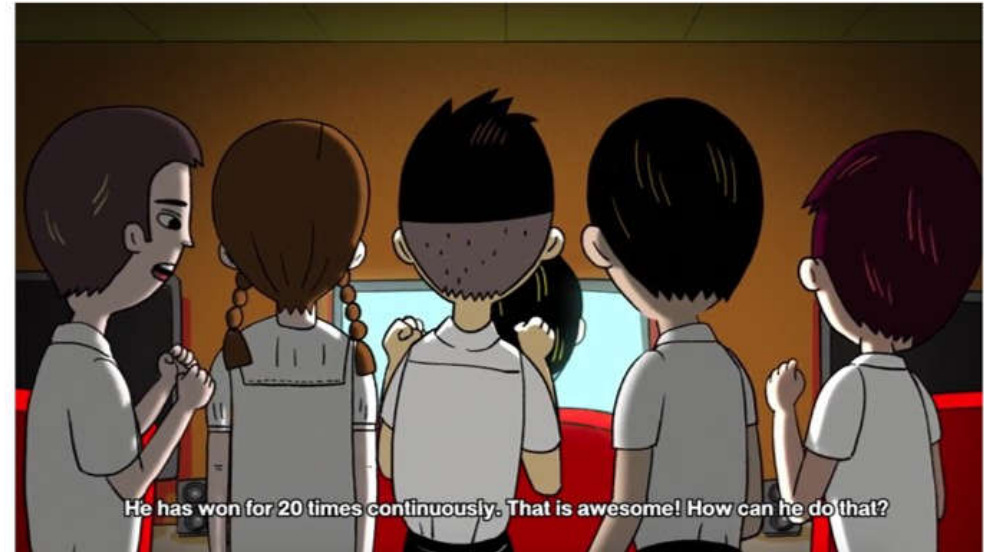
- define behaviour of teens to do frequently/ understanding reward principles and practice to correct behaviour

• Session 5: Punishment

- understand about punishment and how to choose it!

• Session 6: Unity in family & goal setting

- transformative learning and share/ group parentings





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