

What is Video Game Addiction?



Video game addiction is viewed by psychologists as an impulse control disorder. Statistics show that men and boys are more likely to become addicted to video games versus women and girls. Recent research has found that nearly one in 10 youth gamers (ages 8-18) can be classified as pathological gamers or addicted to video-gaming.

Symptoms of Video Game Addiction

Someone who is addicted to computer, video, or Internet gaming often exhibits an unusual preoccupation with the game or computer when he is away from it. The person may make excuses, saying he "needs" to be online, or may outright lie. A person who is addicted, or at risk of becoming addicted to gaming, is unable to control the amount of time he spends on the computer.

Because the person spends so much time on the computer or video game console, other areas of life are neglected. He may grow distant from friends and family who had previously been close. Homework may go unfinished, causing grades to slip.

Some people become addicted to gaming because they use it to self-medicate. When confronted with situations or feelings that are uncomfortable (feeling sad, arguing with a friend, or getting a bad grade), the person may "hide" in the game as a method of avoidance.

When confronted or asked about his time spent gaming, a person may become defensive. Denial is often an indication that something is wrong.

Causes of Addiction to Video Games

• **The design:** One of the main reasons that video games can become so addictive, is that they are designed to be that way. They accomplish this by making a game just challenging enough to keep you coming back for more but not so hard that the player eventually gives up. In this respect, video game addiction is very similar to another more widely recognized disorder: gambling addiction.

• **The perfect escape:** Many adults feel overwhelmed by their responsibilities. Everyone needs time to relax, unwind, and take their minds off real life. For gamers, it's the fantasy world that makes them feel better. The lure of a fantasy world is especially pertinent to online role-playing games.

Withdrawal Symptoms

There are withdrawal symptoms when the video game practice is stopped: anxiety, irritability, difficulty focusing, loss of interest, change of sleep, obsessive thoughts about the games... They may last several weeks or months. With abstinence from gaming and working a program of recovery, the symptoms fade over time.

It takes approximately a few months for the brain to recover from the effect of video game addiction. However many people can think and function better after being off games for a short time.

Knowing the severe effects of video game addiction, it is very important to consider the symptoms as warning signs, in order to protect our loved ones from the potential danger of this disorder.

Authored by: Ms. Maya Fleifel Sidani



WELCOME Aboard!



Dr. Samer Makhoul
Consultant Psychiatrist - Head of Psychiatry Department

Dr. Samer has a wide and rich experience gained from his years of training in the UK where he has obtained the membership of the Royal College of Psychiatrist (MRCPsych) and higher specialized training (CCT) in adult psychiatry and addictions. Dr. Samer has complemented his training with a certificate of Psychopharmacology from the British Association of Psychopharmacology as well as a Postgraduate Certificate (PGcert.) in Autism from Sheffield Hallam University in the UK. [Read more...](#)



Ms. Alina Vasilache
Child Psychologist

Mrs. Alina Vasilache is a Clinical Psychologist with a degree in Psychology from the University of Malaga, Spain in 2008 and Master of Science in Clinical Neuroscience from the King's College University, London, UK, in 2010. She is an accredited member of the Spanish Clinical Psychologist Society (Colegio Oficial de Psicólogos Andalucía Oriental), under professional Spanish license A007120. She gained extensive experience in psychological assessments and psychotherapy for children, parents, and families, working with clients from different countries and cultural backgrounds. Ms. Alina joined American Center for Special Abilities and now seeing patients in Abu Dhabi.



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Event Date: Friday, 6th November, 2015

Event Time: Program starts at 8:30am

Event Venue: Jumeirah Hotel at Etihad Towers, Abu Dhabi



Event Date: Friday, 20th November, 2015 (For Physicians)

Event Time: Program starts at 8:30am

Event Venue: Shangri-la Hotel, Dubai



Event Date: Saturday, 21st November, 2015 (For Schools)

Event Time: Program starts at 8:30am

Event Venue: Shangri-la Hotel, Dubai

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