

KBT-baserad behandling av dataspelsberoende

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Treatment for Gaming Disorder



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Overview

Gaming disorder & earlier treatment studies

A new CBT-manual for gaming disorder

Pilot results



Positive effects

Practicing language skills (Sundqvist & Wikström, 2015)

Co-operative behaviours (Ewoldsen et al., 2012)

Attention and cognitive flexibility (Nuyens et al, 2019)

Problem-solving (Granic, 2014)

Participation in care (Vinblad et al, 2019)



A diagnosis under development

A new and debated diagnosis

Addiction?

"Adding video gaming to the list of recognized behavioral addictions could help millions in need. It could also pathologize a normal behavior and create a new stigma."
(Zastrow M, 2017)



Gaming Disorder: ICD-11

Impaired control over gaming behaviour.

Increasing priority given to gaming behaviour to the extent that gaming takes precedence over other life interests and daily activities.

Continuation or escalation of gaming behaviour despite negative consequences.

All three criteria met during the last year (WHO, 2019)



Referens : WHO (2018)

Earlier treatment studies

Largest evidence base for CBT (King et al., 2017)

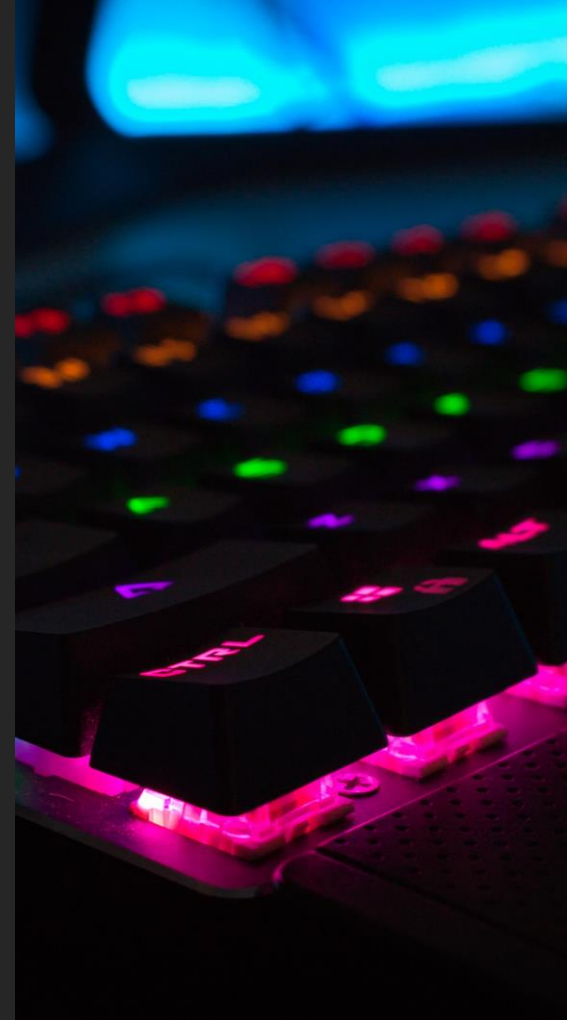
Unclear if time spent gaming is reduced (Stevens et al., 2018)

Follow-up is often lacking (King et al., 2017; Zajac et al., 2017)

Poorly described interventions (King et al., 2017; Zajac et al., 2017)

Mostly tested in younger populations (King et al., 2017)

Mixed samples (Wölfling et al., 2019; Young, 2013)



The treatment center

Opened in 2019

Gaming disorder & gambling disorder

Treatment & research

From age 15

Referrals & self-referrals

The Clinic for
Gambling disorder &
Screen-health



The Gothenburg treatment for gaming disorder (GOT-TO-GO)

Specifically designed for gaming disorder, with/without psychiatric co-morbidity:



Setting goals



Gaming diary



Making gaming more difficult



Behavioural activation



Unhelpful thoughts



Emotion regulation

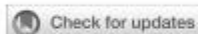


Relapse prevention strategies



Additional resources:

- Family sessions
- Psychosocial support
- Health & lifestyle
- Additional modules



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Pilot data findings from the Gothenburg treatment for gaming disorder: a cognitive behavioral treatment manual

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The pilot study

Patients seeking treatment for gaming disorder

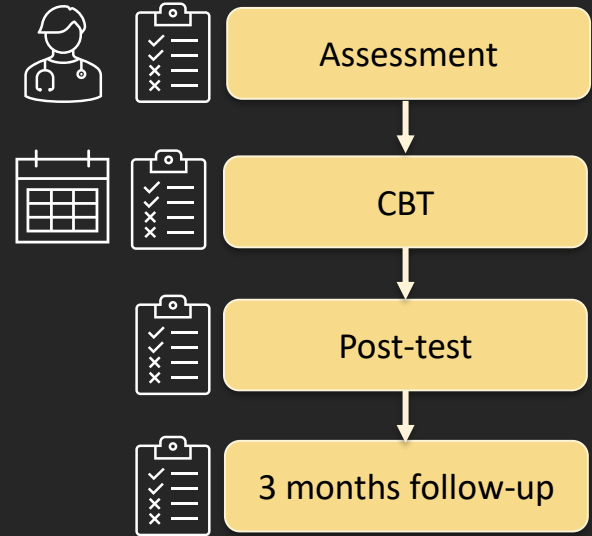
Cognitive behavioral treatment (CBT)

Single group study, with pre- and post testing

Participants: n = 28

15 years or older

Follow-up: 3 months



Hofstedt et al., 2023

Demographics

Variable	Total sample (n=28)
Age M (SD)	27.7 (7.3)
Age range	17-49
Men	96.4%
Women	3.6%
Working/studying	60.8%
Unemployed	14.3%
Sick-leave	17.9%
Other/combination	7.2%

Hofstedt et al., 2023



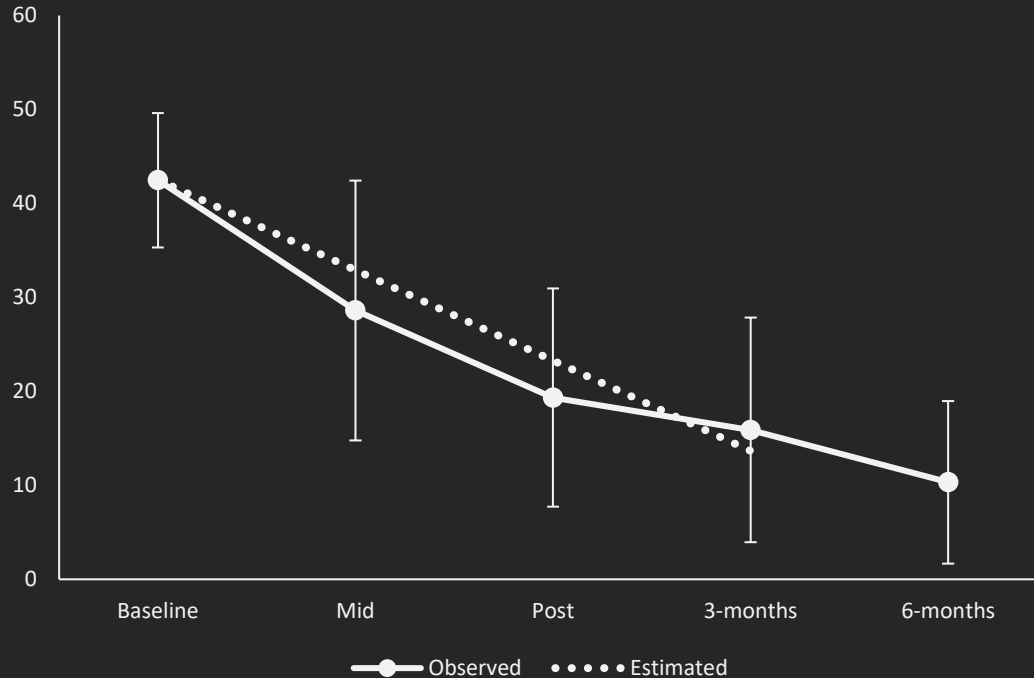


Psychiatric co-morbidities

Diagnostic category	Total sample (n=28)
Substance use disorders	6
Schizophrenia etc.	1
Mood disorders	21
Neurotic disorders	8
Eating disorders etc.	3
Personality disorders,	2
Autism etc.	2
ADHD etc.	7

Hofstedt et al., 2023

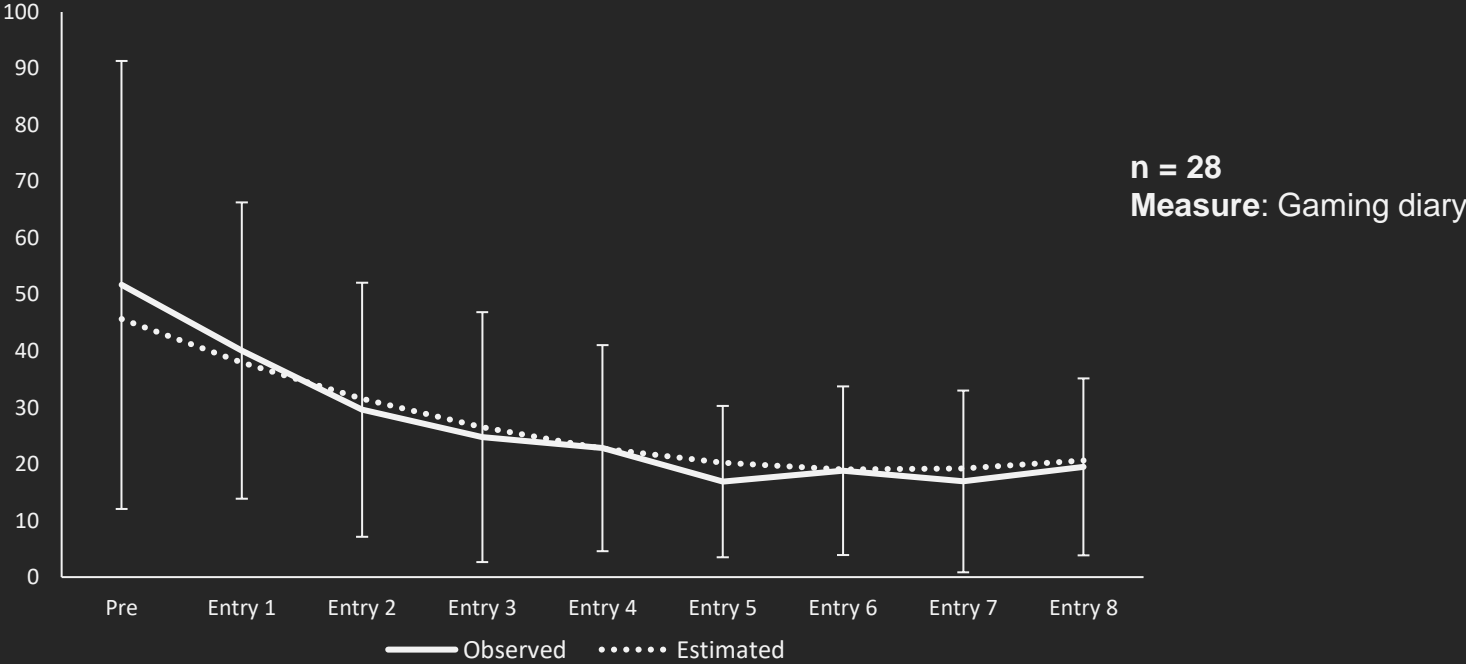
Reduction in symptoms of gaming disorder



n = 28
Measure: Gaming Identification Test (GAIT), (Vadlin et al., 2015)

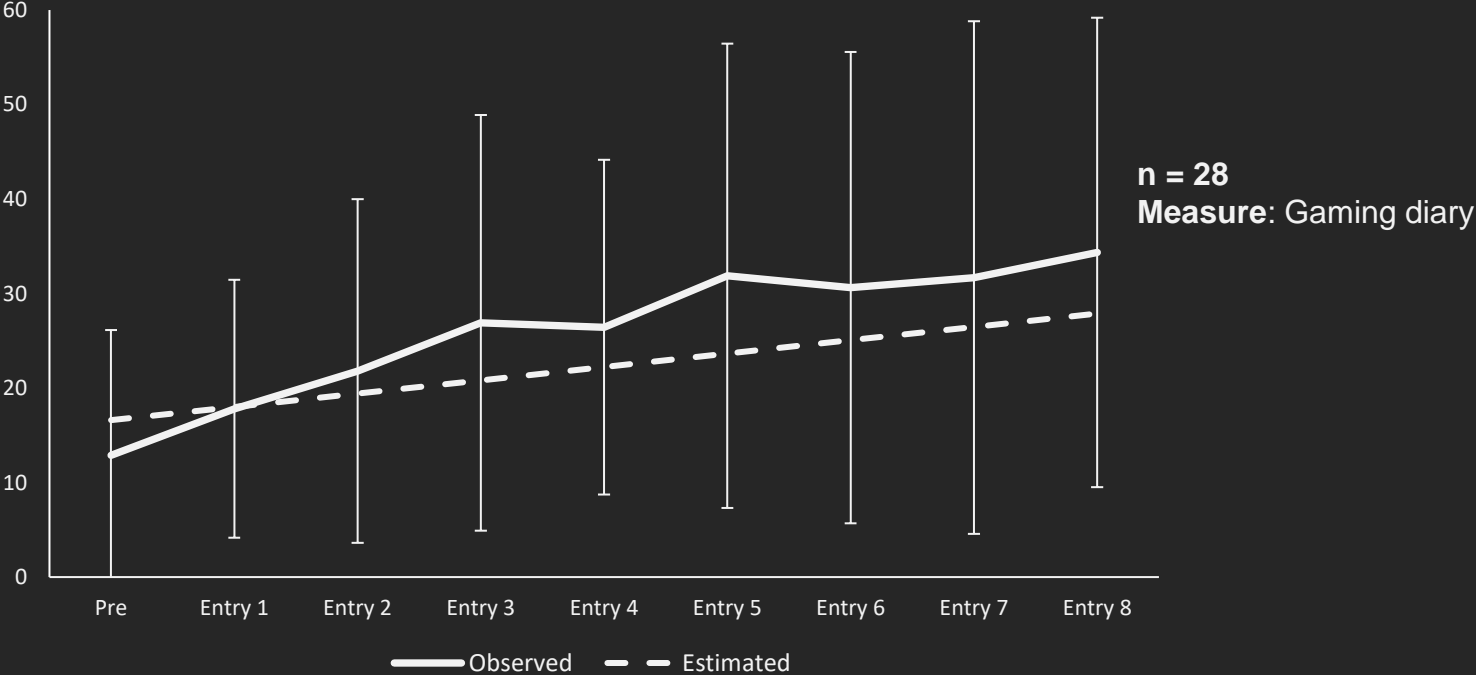
Hofstedt et al., 2023

Reduction in hours spent gaming



Hofstedt et al., 2023

Increase in screen-free lesiure time



Hofstedt et al., 2023

Summary

More research is needed about treatments

Mean age higher than expected

Promising pilot results

To be investigated further in a larger RCT



Thank you for your attention!



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