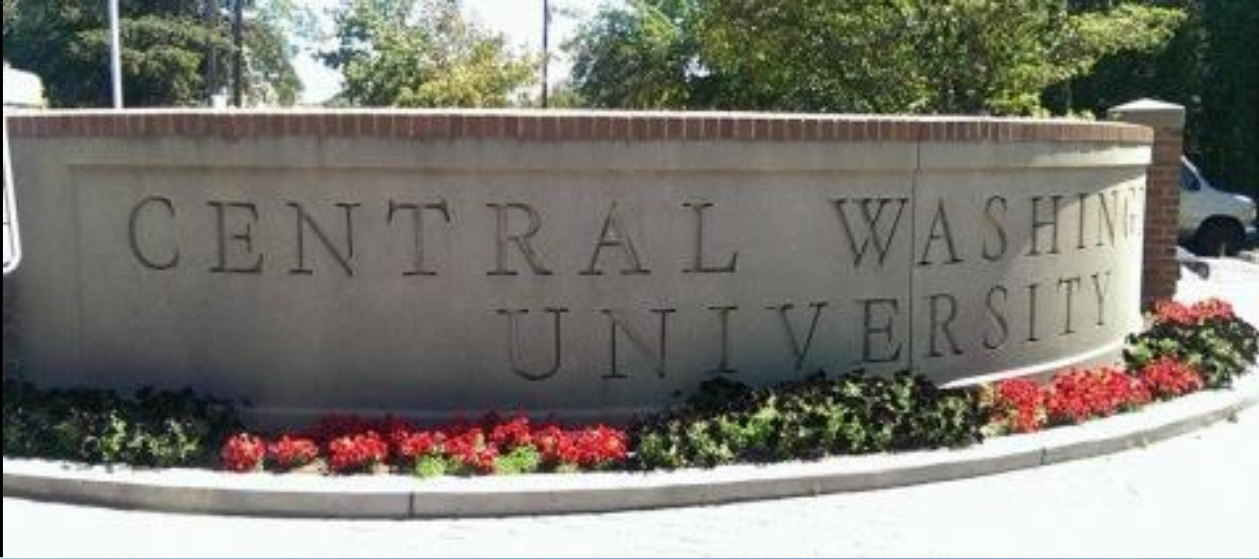




# Understanding Addiction in the Digital Age



EVERGREEN  
council on problem gambling

A close-up photograph of a road surface. Two parallel yellow lines are painted on the asphalt, running diagonally from the top left towards the bottom center. The asphalt is a dark, textured grey. To the right of the lines, the words "WHY AM I HERE?" are painted in a bright yellow, bold, sans-serif font. The text is arranged in two lines: "WHY AM I" on the top line and "HERE?" on the bottom line. The lighting is bright, casting soft shadows and highlighting the texture of the asphalt and the grain of the paint.

WHY AM I  
HERE?

## ◎ Problem Gambling

- > Behavior that causes disruption in any major area of life: psychological, physical, social, or vocational.
  - *National Council on Problem Gambling*

# Traditional Gambling





LEAGUE OF LEGENDS

DREAM OR REALITY  
3.20 ODDS

MACHI E-SPORTS  
1.33 ODDS

VS

BET

LAST 5: L L L L L

LAST 5: W W W L W

How the bets are stacking up

21% | 79%

UPCOMING MATCHES

A screenshot of a betting interface for League of Legends. It shows a match between "DREAM OR REALITY" (odds 3.20) and "MACHI E-SPORTS" (odds 1.33). The interface includes "BET" buttons, "LAST 5" records (L L L L L vs W W W L W), and a bar chart showing "How the bets are stacking up" with 21% in red and 79% in blue. The text "UPCOMING MATCHES" is at the bottom.

War - Fir  
he, Inc.

3. Candy Crush Sac  
King

4. Candy Crush Sod  
King

5. Farm Heroes Sac  
King

FREE

★★★★☆

FREE

★★★★☆

FREE

★★★★☆

FREE

War - Fir  
he, Inc.

8. Hay Day  
Supercell

9. Slotomania - FRE  
Playtika

10. Brave Frontier  
gumi Inc.

FREE

★★★★☆

FREE

★★★★☆

FREE

★★★★☆

FREE

A screenshot of an app store listing. It shows several game cards with icons and titles. The titles include "War - Fir he, Inc.", "3. Candy Crush Sac King", "4. Candy Crush Sod King", "5. Farm Heroes Sac King", "8. Hay Day Supercell", "9. Slotomania - FRE Playtika", and "10. Brave Frontier gumi Inc.". Each card has a "FREE" label and a star rating.

# Modern Gambling




A hand holding a smartphone displaying a slot machine game interface. The screen shows a grid of symbols, including what appears to be a '7' and a 'BAR' symbol. Text on the screen includes 'BUY COINS', 'PAY TABLE', and '6.75'. The background is dark, and the overall image has a monochromatic, slightly desaturated greenish-yellow tint.


# The Line Between Gambling and Gaming is Blurred




# 3 Commonly Defined Characteristics of Gambling:

1. **PRIZE**: Anything of value the sponsor awards in a promotion.
2. **CHANCE**: A process beyond the participants direct control determines the outcome.
3. **CONSIDERATION**: Requires money or serious effort.



**Candy Crush Soda Saga** 

King 

**E** Everyone

**INSTALL**

In-app purchases

100  
MILLION

Downloads

4.3  
★★★★★

5,373,861 



Casual




Similar


Start playing this tasty match 3 game today! It's Sodalicious!

[READ MORE](#)



# Sound Familiar?



**Titan Slots™** 

Game Mania Studios

**T** Teen

**INSTALL**

Contains ads • In-app purchases

1  
MILLION

Downloads

4.3  
★★★★★

70,055 



Casino



Similar

Packed full of fun – Titan Slots™.



[READ MORE](#)



# SHOP



*2 LOOT BOXES*



*5 LOOT BOXES*



*11 LOOT BOXES*



*24 LOOT BOXES*



\$59.95

*50 LOOT BOXES*

1 friend playing Overwatch.

PRESS ENTER TO CHAT

PAYMENT INFORMATION

ESCAPE BACK

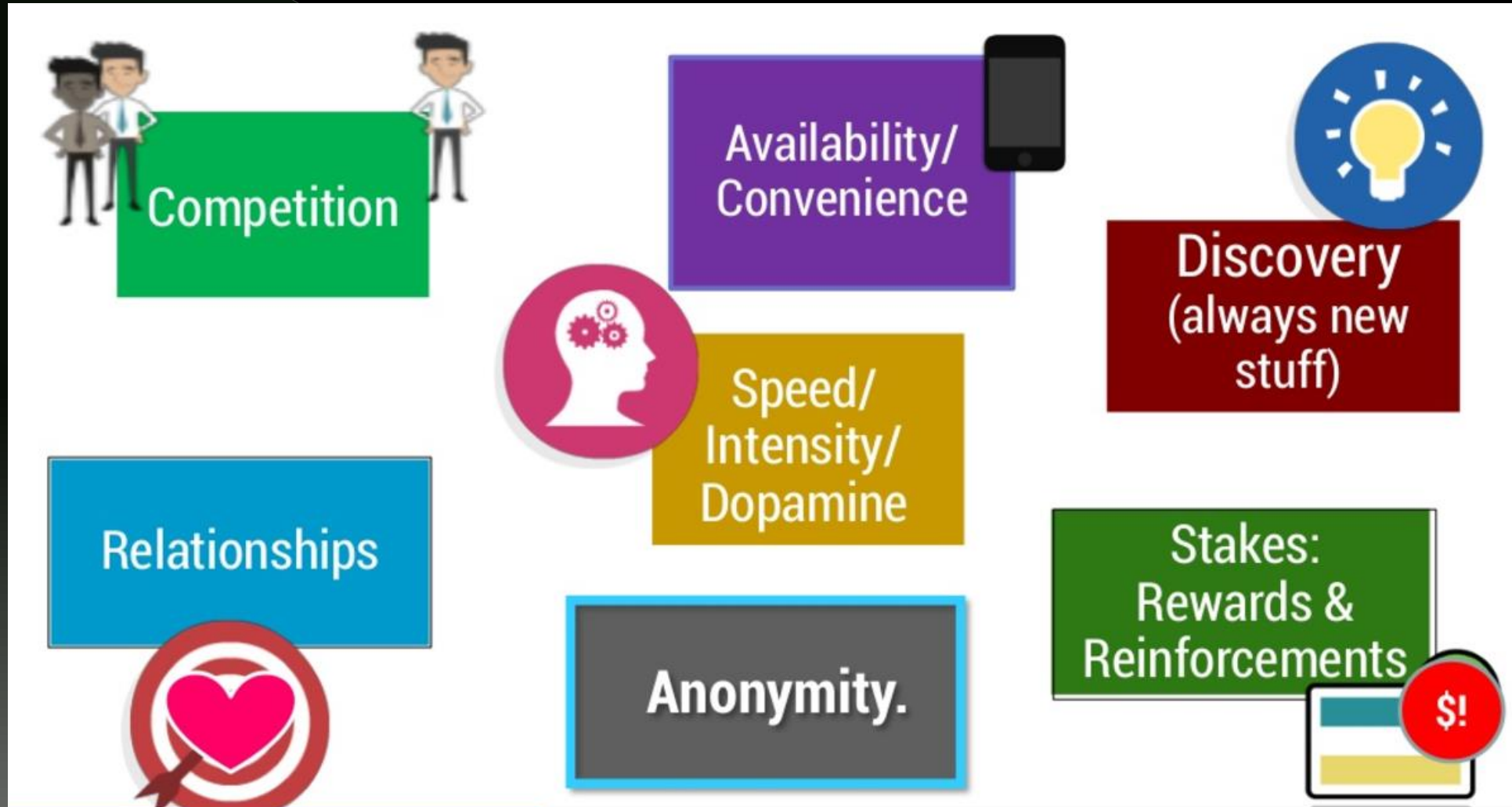


## **How a 16-year-old gamer turned into a compulsive gambler**

OTL sits down with Elijah Ballard as he opens up about how playing Counter-Strike: Global Offensive sent him down a dark road. JAY FRAM FOR ESPN

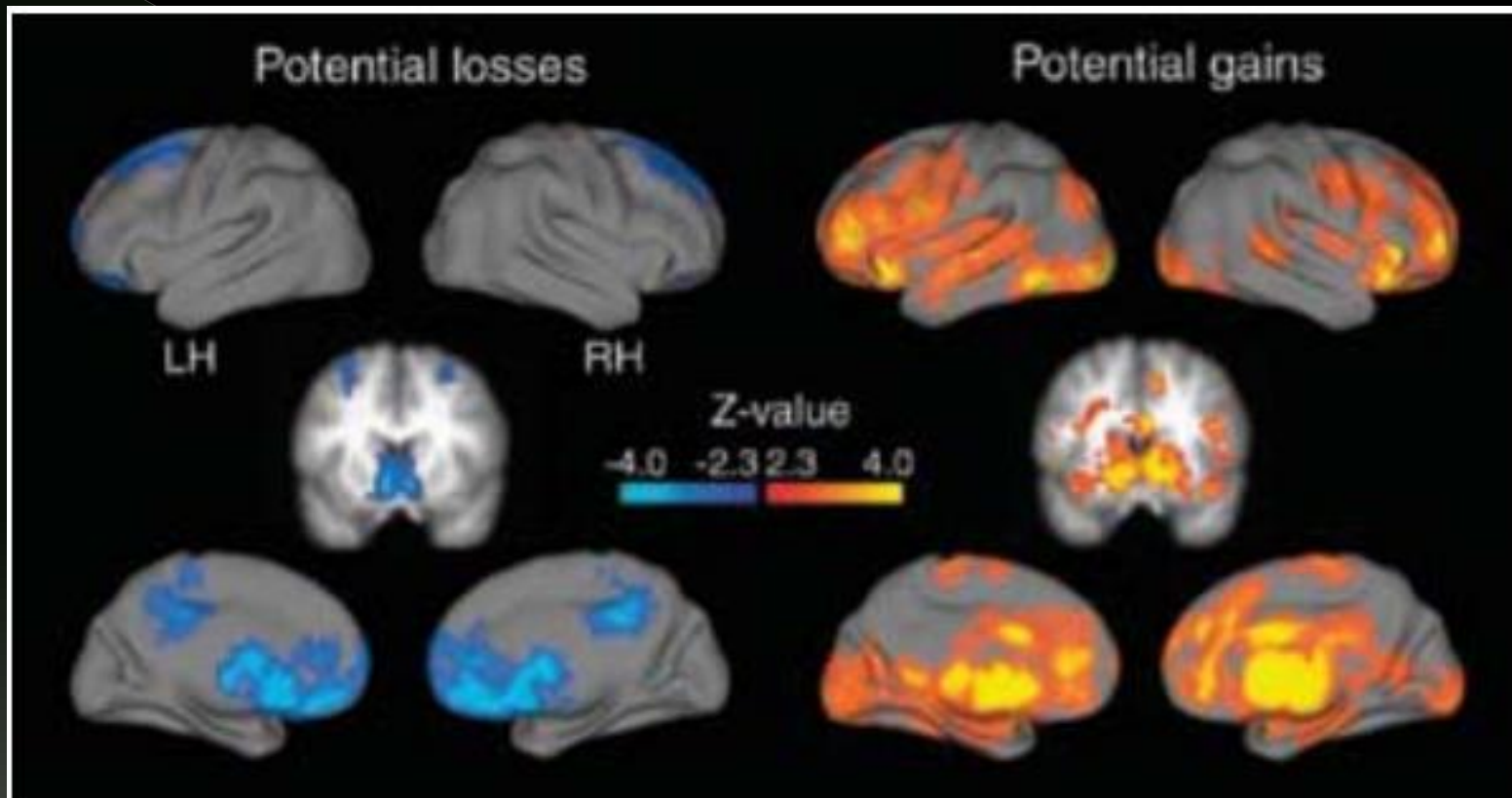
Skin in the Game - Counter-Strike has spawned a wild multibillion-dollar world of online casino gambling; it's barely regulated and open to any kid who wants in. ESPN.com 1/20/17

# Similarities with Gaming and Gambling



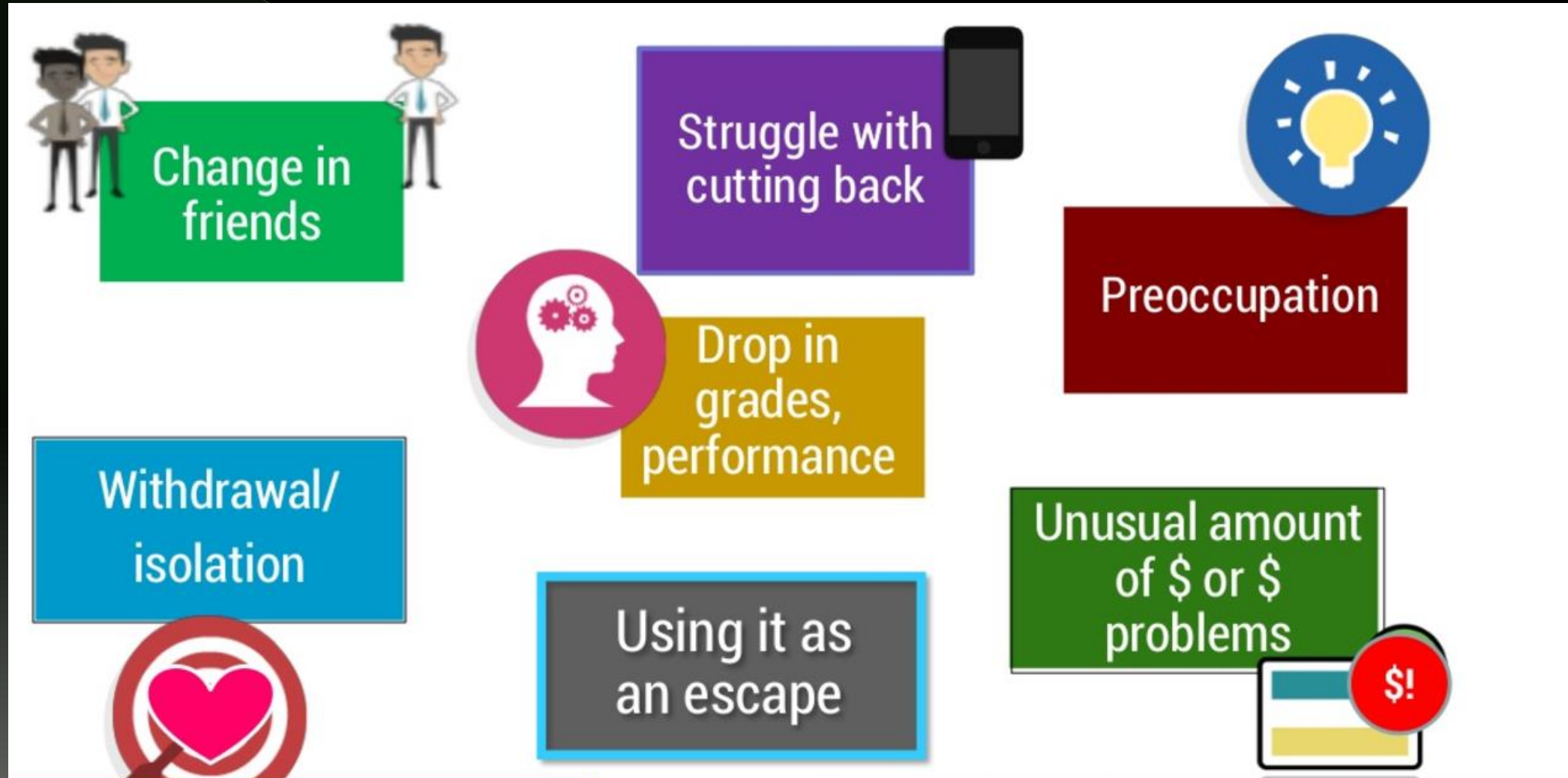
# Gambling/Gaming and Dopamine

## It's **NOT** about the money!



Dopamine **not released** when expecting a loss. Flooded with dopamine when expecting a **win!**

# Similarities In Signs Of A Problem



# When video games become an addiction

By Samantha Bresnahan and Will Worley, for CNN

🕒 Updated 5:29 AM ET, Wed January 6, 2016



Source: CNN

Top story





The closest thing we have to  
**GAMING** in the DSM-5...

## “Internet Gaming Disorder”

Repetitive use of Internet-based games, often with other players, that leads to significant issues with functioning.

# “Internet Gaming Disorder”

- ⦿ Preoccupation or obsession with Internet games.
- ⦿ Withdrawal symptoms when not playing Internet games.
- ⦿ A build-up of tolerance—more time needs to be spent playing the games.
- ⦿ The person has tried to stop or curb playing Internet games, but has failed to do so.
- ⦿ The person has had a loss of interest in other life activities, such as hobbies.

# “Internet Gaming Disorder”

- ⦿ A person has had continued overuse of Internet games even with the knowledge of how much they impact a person's life.
- ⦿ The person lied to others about his or her Internet game usage.
- ⦿ The person uses Internet games to relieve anxiety or guilt—it's a way to escape.
- ⦿ The person has lost or put at risk and opportunity or relationship because of Internet games.

# Youth “Pathological” Video Gamers

n=3,034 – grades 3, 4, 7 & 8

9% pathological gaming

- Less empathy
- More impulsivity

## PEDIATRICS®

OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

**Pathological Video Game Use Among Youths: A Two-Year Longitudinal Study**

Douglas A. Gentile, Hyekyung Choo, Albert Liau, Timothy Sim, Dongdong Li,  
Daniel Fung and Angeline Khoo

*Pediatrics* 2011;127:e319; originally published online January 17, 2011;

DOI: 10.1542/peds.2010-1353

The online version of this article, along with updated information and services, is  
located on the World Wide Web at:

<http://pediatrics.aappublications.org/content/127/2/e319.full.html>

# Prevention

- Monitor internet use and set boundaries.
- Keep internet usage restricted to specific areas of the home.
- Take Care of Yourself! Talk to someone you trust about potential triggers that may be causing additional internet use.
- Get involved in other activities that aren't online.
- If you see something, say something!

# Resources

- Game Quitters: [www.gamequitters.com](http://www.gamequitters.com)
  - > Online support group for those dealing with gaming addiction.
- reSTART Life: [www.netaddictionrecovery.com](http://www.netaddictionrecovery.com)
  - > WA based treatment center for those dealing with gaming/internet addiction.
- OLGA & OLG-Anon: [www.olganon.org](http://www.olganon.org)
  - > Follows the same principles of AA - 12-Step Program and Anonymity
- Computer Gaming Addicts Anonymous: [www.cgaa.info](http://www.cgaa.info)

# Liz Glavish

***Communications and Outreach Specialist***  
**Evergreen Council on Problem Gambling**

1821 Fourth Avenue East

Olympia, WA 98506

(360) 352-6133

[eglavish@evergreencpg.org](mailto:eglavish@evergreencpg.org)

[www.evergreencpg.org](http://www.evergreencpg.org)



THANK  
YOU