



MASTERING THE GAME: NAVIGATING GAMING TRENDS AND HEALTHY PLAY

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VI Gaming Support



ACKNOWLEDGEMENT

I acknowledge that I reside on the territories of the Snuneymuxw people who have cared for this land since time immemorial. We cherish the privilege to work, live and play on these lands.

I also acknowledge that I am here, on the lands of the Multnomah, Wasco, Cowlitz, Kathlamet, Clackamas, Bands of Chinook, Tualatin, Kalapuya, Molalla, and many other tribes who made their homes along the Columbia River. Thank you for graciously allowing me as a guest on your lands.



OVERVIEW

- Context: Games & Gamers
- The Brain: Chemical Connection
- Gaming Disorder: Addiction & Mental Health
- Risk & Protective Factors
- Gaming World
- Strategies & Support



GAMING



PARENTS & CAREGIVERS

- What is *your* gaming knowledge &/or experience?
- What are *your* goals regarding gaming behaviour in your household?
- What *2 take aways* would you like to come away with from this introductory masterclass?



WHO?

- Average age of a gamer: **33 years old** *
- Gender breakdown of a gamer: **Male: 54%**, **Female: 46%**
- Average length of time playing: **14 years**
- **Ethnicity** breakdown of a **gamer** (USA):
 - Caucasian: 67%, Hispanic: 15%, African American: 12%, Asian: 5%, Other: 3%
- **Ethnicity** breakdown of a **gaming addict**:
 - Caucasian: 69%, Asian: 13%, Other: 18%
- Countries gaming addicts represent (to date): 95

WHY GAME: THE 5 E'S



1) ENTERTAINMENT – EXCITEMENT



2) ENGAGING (Fun & Social)



3) ESCAPE (Problems, Pain)



4) ECONOMICS (Buy\$/Sell\$/Stream\$)



5) EGO (Identity, Recognition, Fame, Leaderboard)



5 TYPES OF GAMER

+

- RECREATIONAL Gamer
- SOCIAL Gamer
- The ESCAPER
- The ACHIEVER
- HARDCORE Gamer

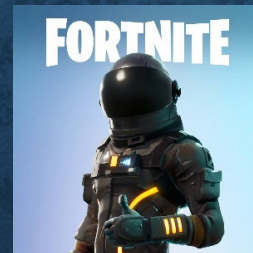


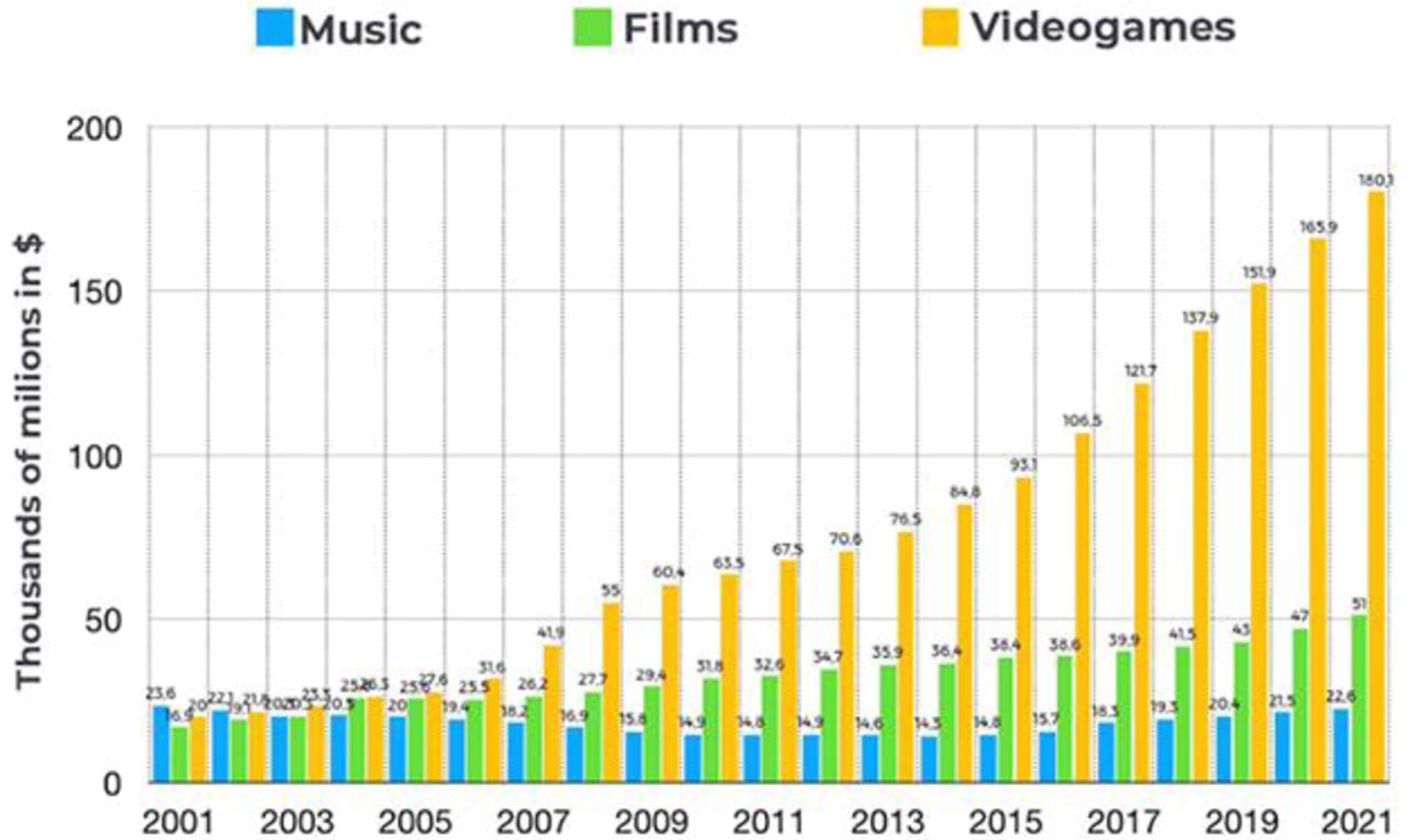
GAMES

- Can you name?
- 3 video games? (10,623)
- 3 genres/types? (34)
- 3 platforms? (3)

- Bonus: Name all 5 console O/S

POPULAR VIDEO GAMES





BENEFITS OF GAMING

- Cognitive skills
- Team development skills
- Communication skills
- Military preparation
- Simulation training
- Digital citizenship



achievements

level up

recognition

victory

GAMER



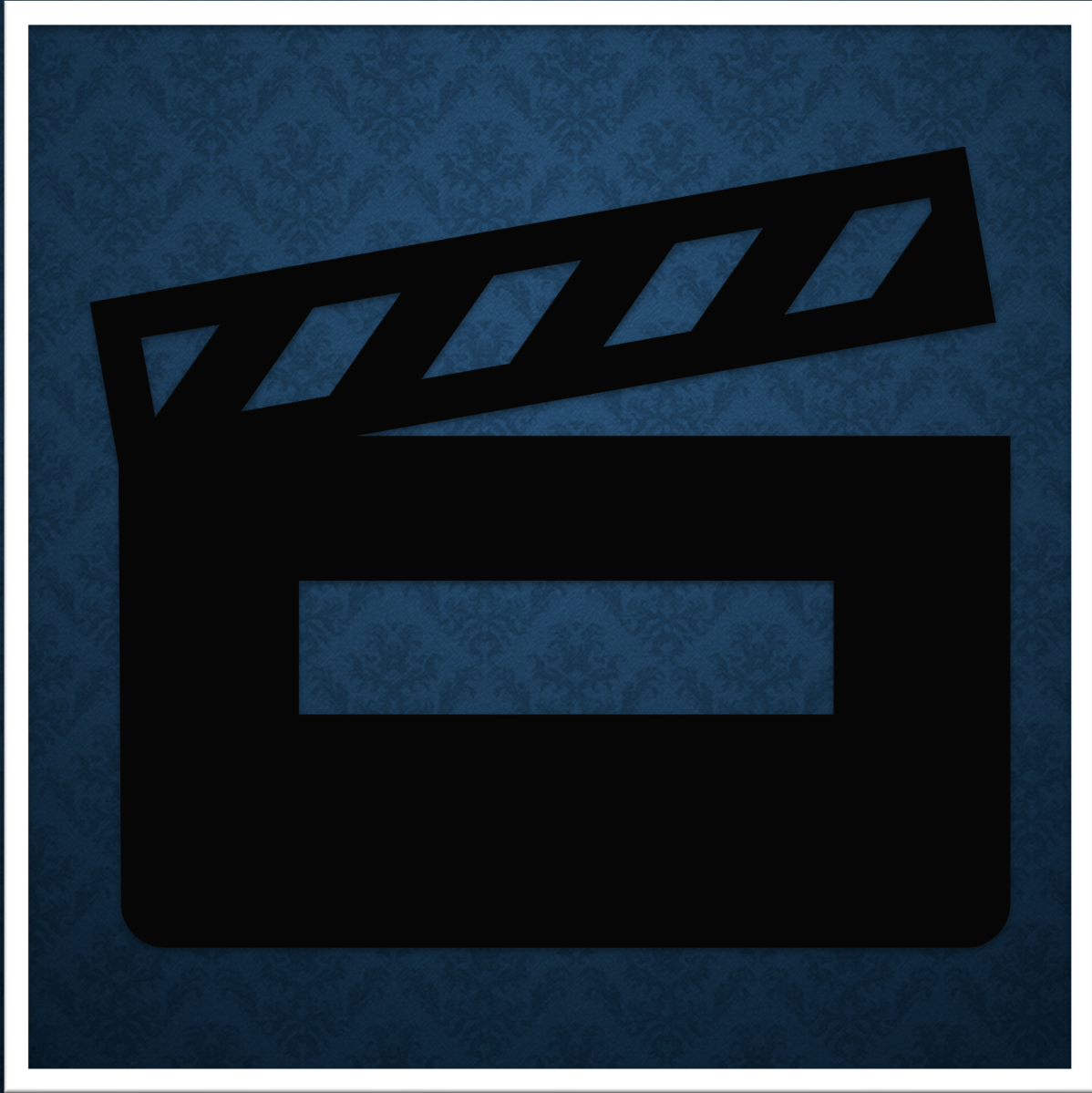








THE BRAIN



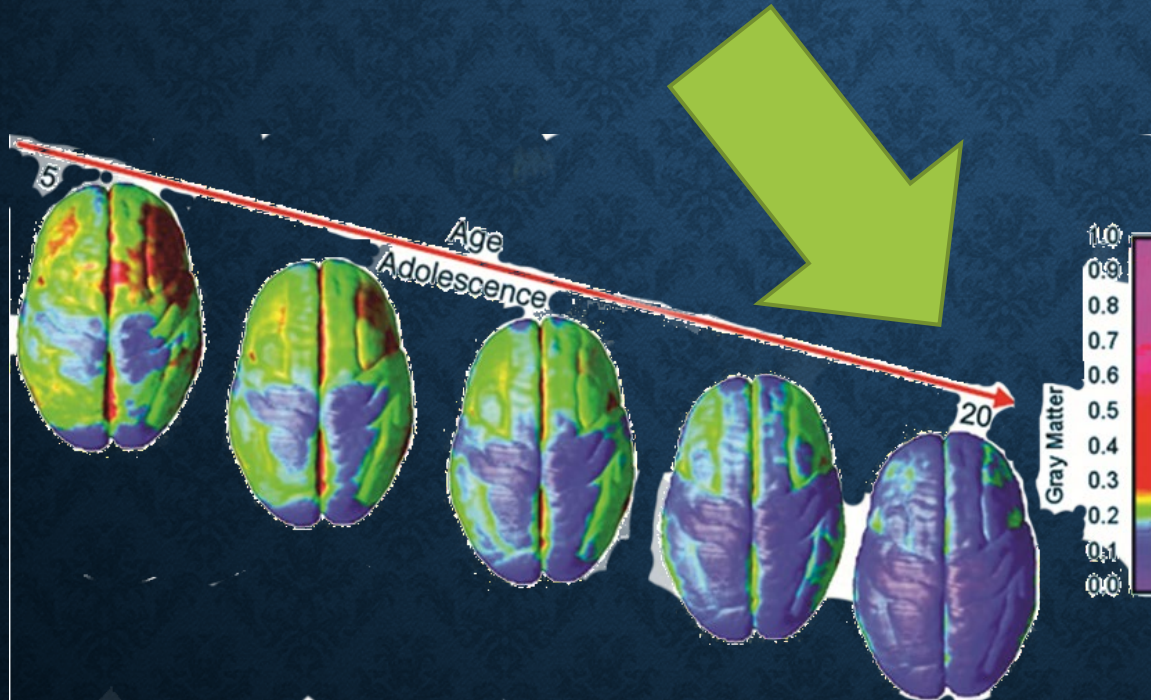
Seattle Children's

HOSPITAL · RESEARCH · FOUNDATION

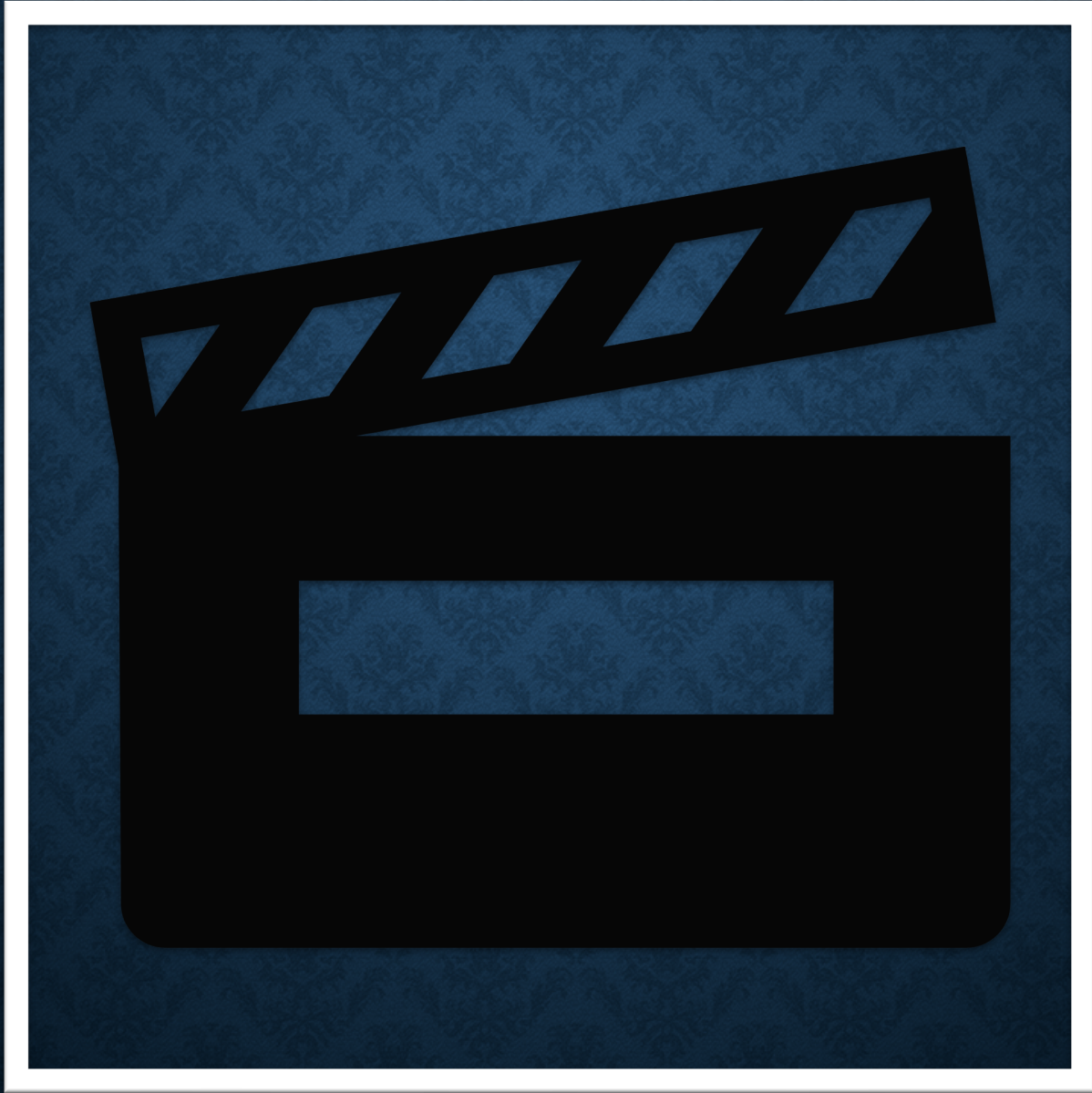


MediaTalk101.org

THE BRAIN: PREFRONTAL CORTEX



Emotion regulation
Decision making
Problem solving
Planning
Reasoning
Empathy





#genzapped



THE BRAIN: CHEMICAL CONNECTION

- Endorphins
- Norepinephrine
- Serotonin
- Dopamine



THE BRAIN: CHEMICAL CONNECTION

ENDORPHINS

- Opiate release in the brain
- Intense urge
- “I have this intense desire/craving.”



THE BRAIN: CHEMICAL CONNECTION

NOREPINEPHRIN

- Heightened interest and focus
- “I can’t stop thinking about it.”



THE BRAIN: CHEMICAL CONNECTION

SEROTONIN

- Impulse control
- “I can’t stop myself.”



THE BRAIN: CHEMICAL CONNECTION

DOPAMINE

- Excitement and Reinforcement
- Limited effect duration
- “What a rush!”



Happiness Chemicals and How to Hack Them



DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

OXYTOCIN

THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hands
- Hugging your family
- Giving compliments

SEROTONIN

THE MOOD STABILIZER

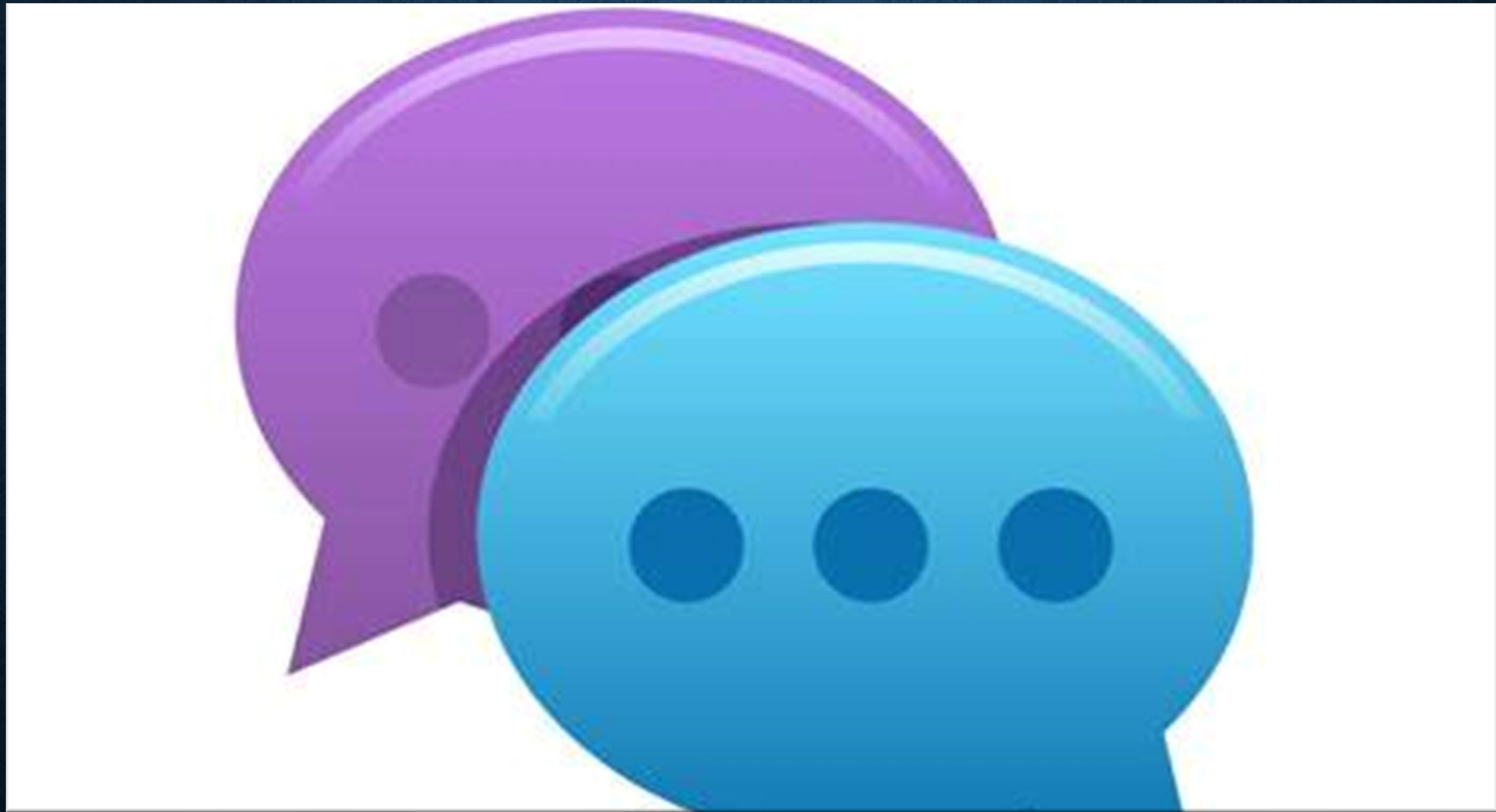
- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

ENDORPHIN

THE PAIN KILLER

- Laughter
- Essential oils
- Watch a comedy
- Dark Chocolate
- Exercising

HOW TO HACK HAPPINESS CHEMICALS





**WHAT IS
GAMING
DISORDER?**



GAMING DISORDER?

According to the World Health Organization's (WHO) International Classification of Diseases (ICD-11) '**Gaming disorder**' is referring to:

"**persistent** or **recurrent** gaming behavior characterized by an **impaired control** over gaming, **increasing priority** given to gaming over other activities to the extent that **gaming takes precedence** over other interests and daily activities and continuation of gaming **despite** the occurrence of **negative consequences**." (ICD in King, et al., 2017) ~ over 12 months+

And '**hazardous**' gaming [is] referring to a **pattern** of use that **increases the risk** of **harmful** physical or mental health **consequences**, typically related to high frequency of use. (King et al., 2017)



PREVALENCE

**Gaming Disorder (GD)
Prevalence in Youth**

Range of Metanalysis:
~1.2% - 8.5% ¹



WHAT IS ADDICTION?

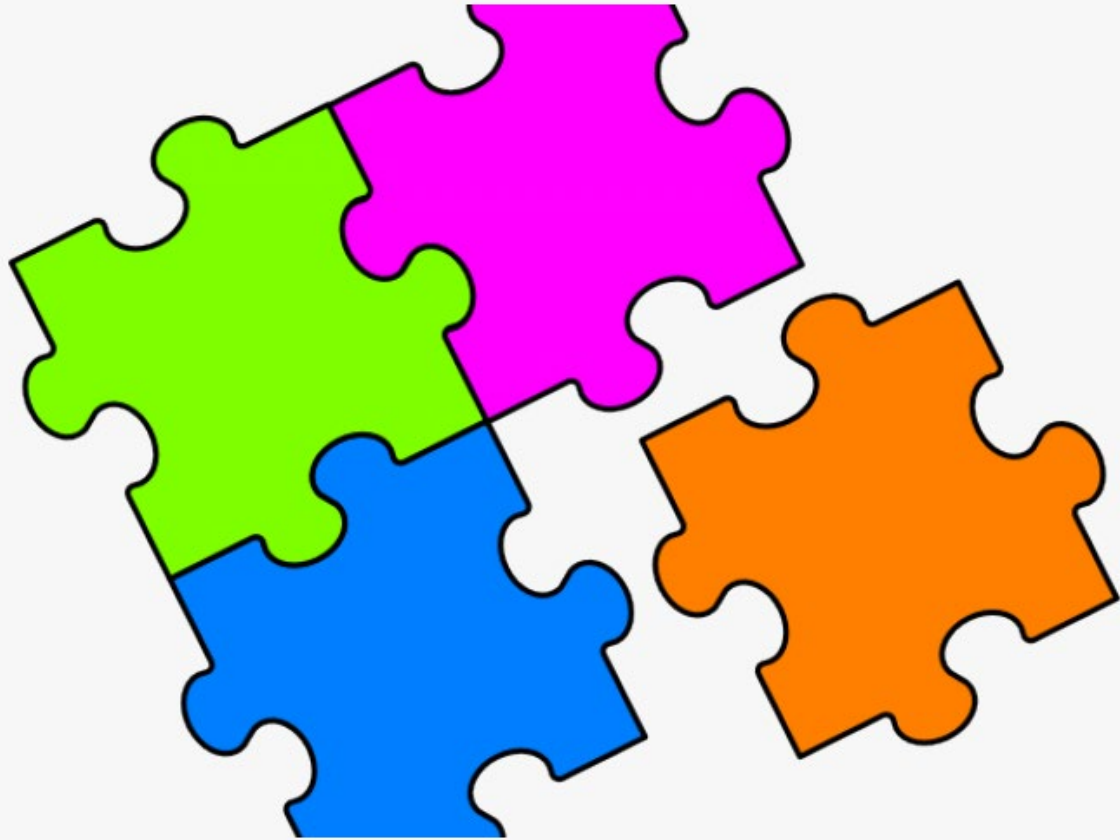
DR. GABOR MATÉ

3 Criteria:

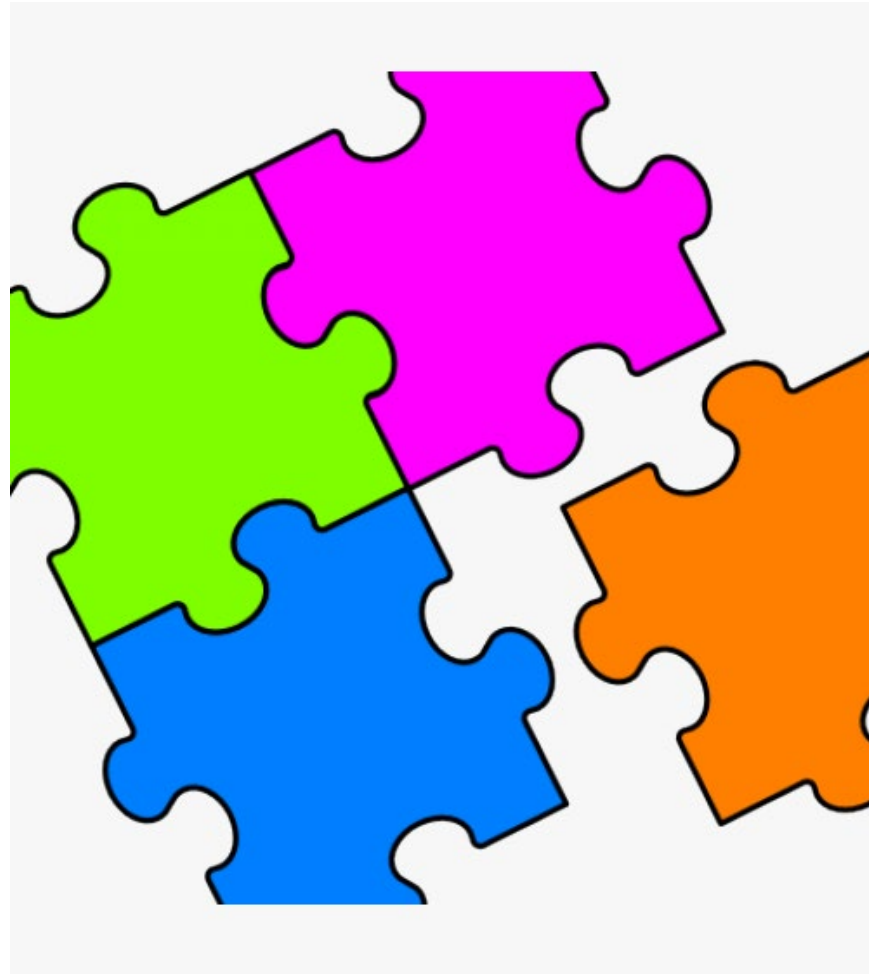
- Craving (substance or behavior);
- Seeking pleasure or temporary pain-relief (physical, emotional, mental);
- Inability to stop in spite of negative consequences.

Gabor comments:

- *Addiction is an attempt to solve a problem, usually trauma-based*



ASSOCIATIONS



ASSOCIATIONS (CO-MORBIDITIES)

*Statistically significant relationships
between problematic gaming and:*

- Anxiety and depression
- Substance use disorder
- Alcohol use disorder
- Gambling disorder
- Addictive use of social media
- Conduct disorder
- And more

How the lines are blurred between gaming & gambling



1. Random Outcomes = Not Knowing
when to expect challenges or rewards

~ Variable Ratio Reinforcement Schedule ~

**2. Basing Decisions on Past
Patterns or Experiences**

~ Gambler's Fallacy ~

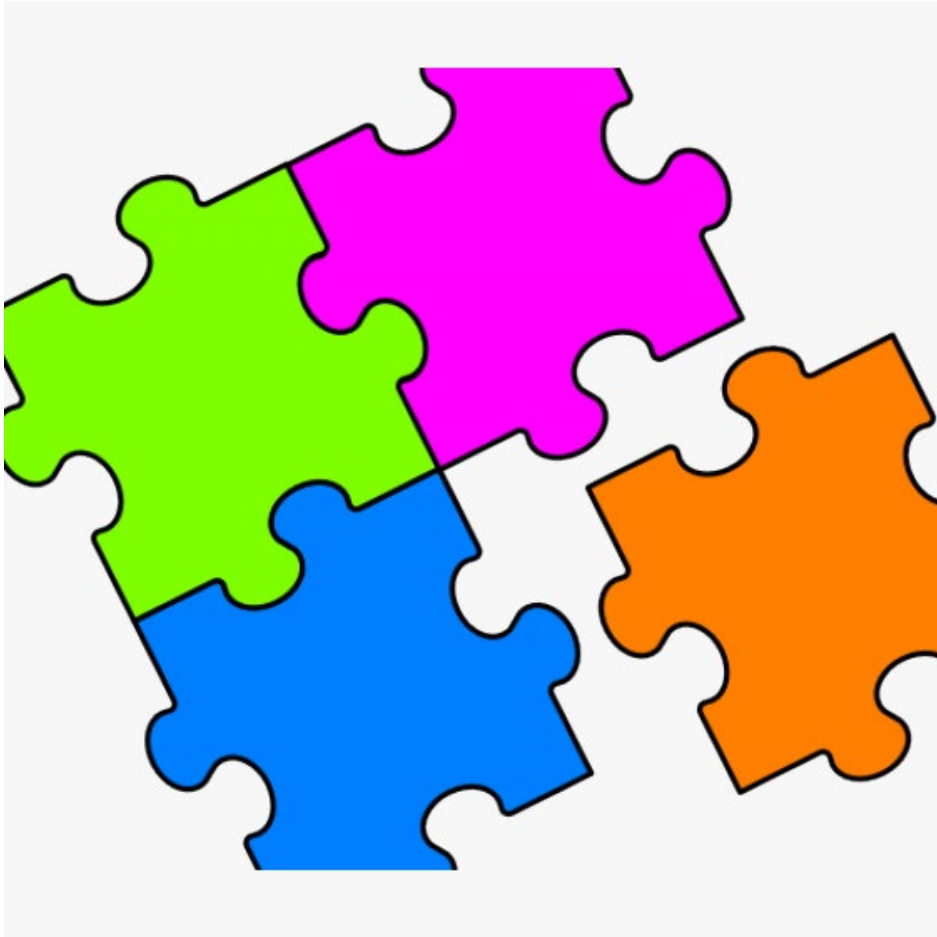
Same process is used in gambling establishments
e.g. slot machines

GAMBLIFICATION OF GAMING (CONVERGENCE)

ASSOCIATIONS (PROBLEM GAMBLING)

Statistically significant relationships between problematic gaming and:

- Paying for **loot boxes** linked to problem gambling¹
- Rare **loot box** opening triggers arousal & rewards responses, greater urge to open more²
- Among gamblers, those who **bet skins** had higher rates of at-risk and problem gambling than those who did not (23% vs. 8%).³





5 LOOT BOXES

11 LOOT BOXES

24 LOOT BOXES

\$59.95

50 LOOT BOXES



RISK FACTORS



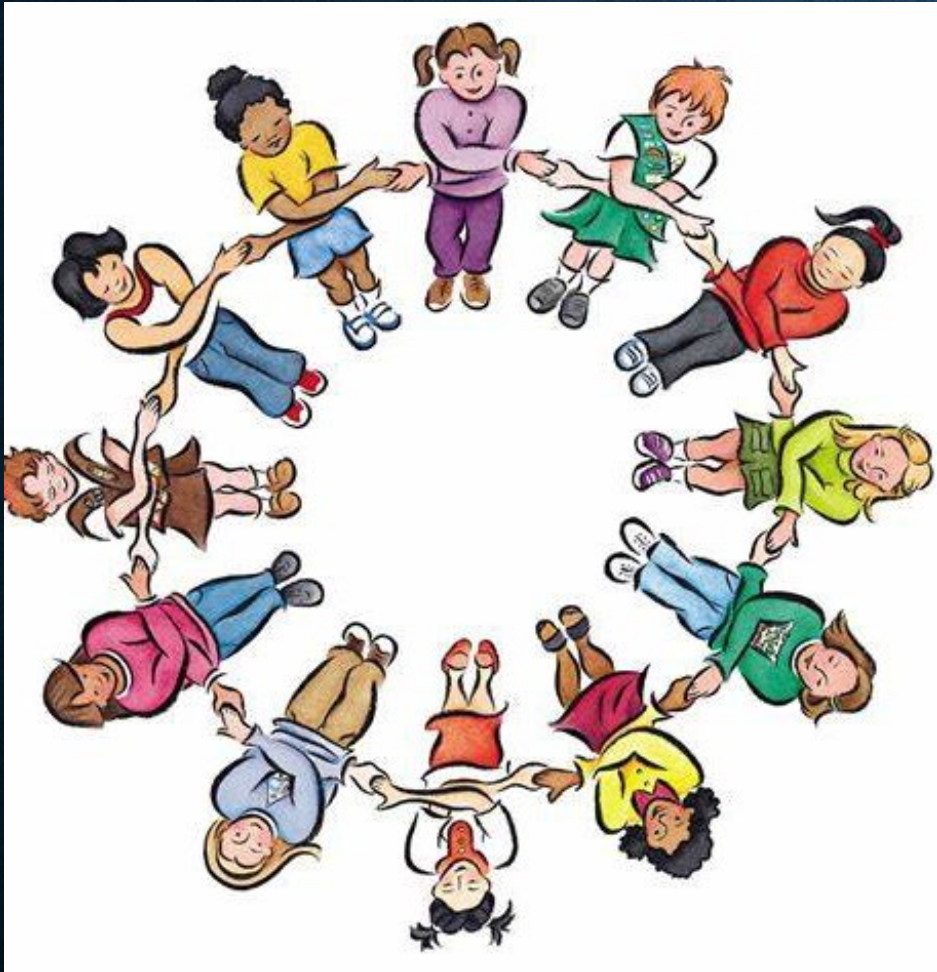
INDIVIDUAL RISK FACTORS FOR GD

- Impulsivity / Low Self-Control
- Anxiety & Severe Depressive Symptoms
- Poor Sleep Quality & Physical Hygiene
- Active pursuit of gaming goals
- Spent money on gaming items
- Weekday play & Long blocks of time playing
- High Sensation-Seeking
- Emotion-focussed coping styles (suppressive/reactive)
- Attention problems / Conduct Disorders
- Delinquency

**CHILDREN
MUST BE
SUPERVISED
BY A
RESPONSIBLE
ADULT AT
ALL TIMES**

FAMILY RISK FACTORS FOR GD

- Low family support
- Inadequate supervision
- Single Parent Families
- Poverty
- Normalized Gaming
- Lack of Role Models



COMMUNITY RISK FACTORS FOR GD

- Availability
- Accessibility
- Community Norms
- Peer Driven

1) **AGE:** Young, Pre-Frontal Cortex still developing

2) **AVAILABILITY:** Easy to find on Multiple Platforms

3) **ACCEPTABILITY:** Socially & Culturally Normalized

4) **ASSOCIATIONS:** Mental Health & Addictions

5) **ACCESS:** One Click/Tap Away

RISK FACTORS: THE 5 A'S



PROTECTIVE FACTORS



PROTECTIVE FACTORS

- **INDIVIDUAL FACTORS**

- Gender (female)
- Resilient Temperament
- Positive Social Orientation
- Intelligence



PROTECTIVE FACTORS

- **FAMILY FACTORS**

- Strong & positive bonds / parent-child connectedness
- Warm family environment
- Parental monitoring of activities & peers
- Involvement of parents in children's lives
- Clear rules & consistently enforced within family



PROTECTIVE FACTORS

- **COMMUNITY FACTORS**

- Academic achievement
- Team commitments
- Available Post-Curricular activities
- Volunteer Opportunities
- Community Elders
- Culture and non-family support



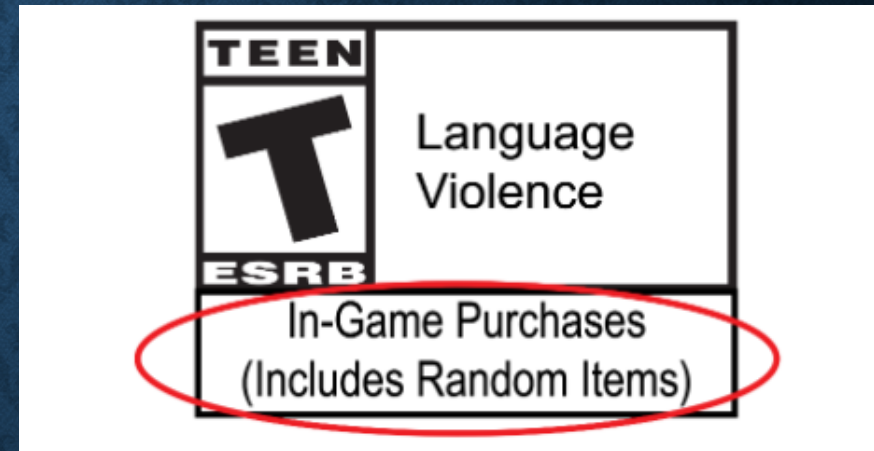
STRATEGIES & TIPS

Strategies:

What can I do?

- **START EARLY** (e.g., toddler age)
For <25, talk brain development.
- **Assess** for prosocial benefits, pros/cons.
- **Monitor** play; check **ESRB ratings** & set ground rules.
- **Set** age-appropriate time/game limits.

“Includes random items” = LOOT BOXES





STRATEGIES: WHAT CAN I DO?

- Keep devices (consoles) in open areas. Set location / time rules for laptop, mobile devices.
- Be curious about the games; play to understand.
- Check your own habits.
- Keep talking. Ongoing conversations have better results.



**SO,
THEY WANT
TO BE A
PROFESSIONAL
GAMER**

CONCEPTS FOR DISCUSSION



Completion of “low dopamine” chores



Practice similar time period to traditional sports



Maintain good sleep hygiene



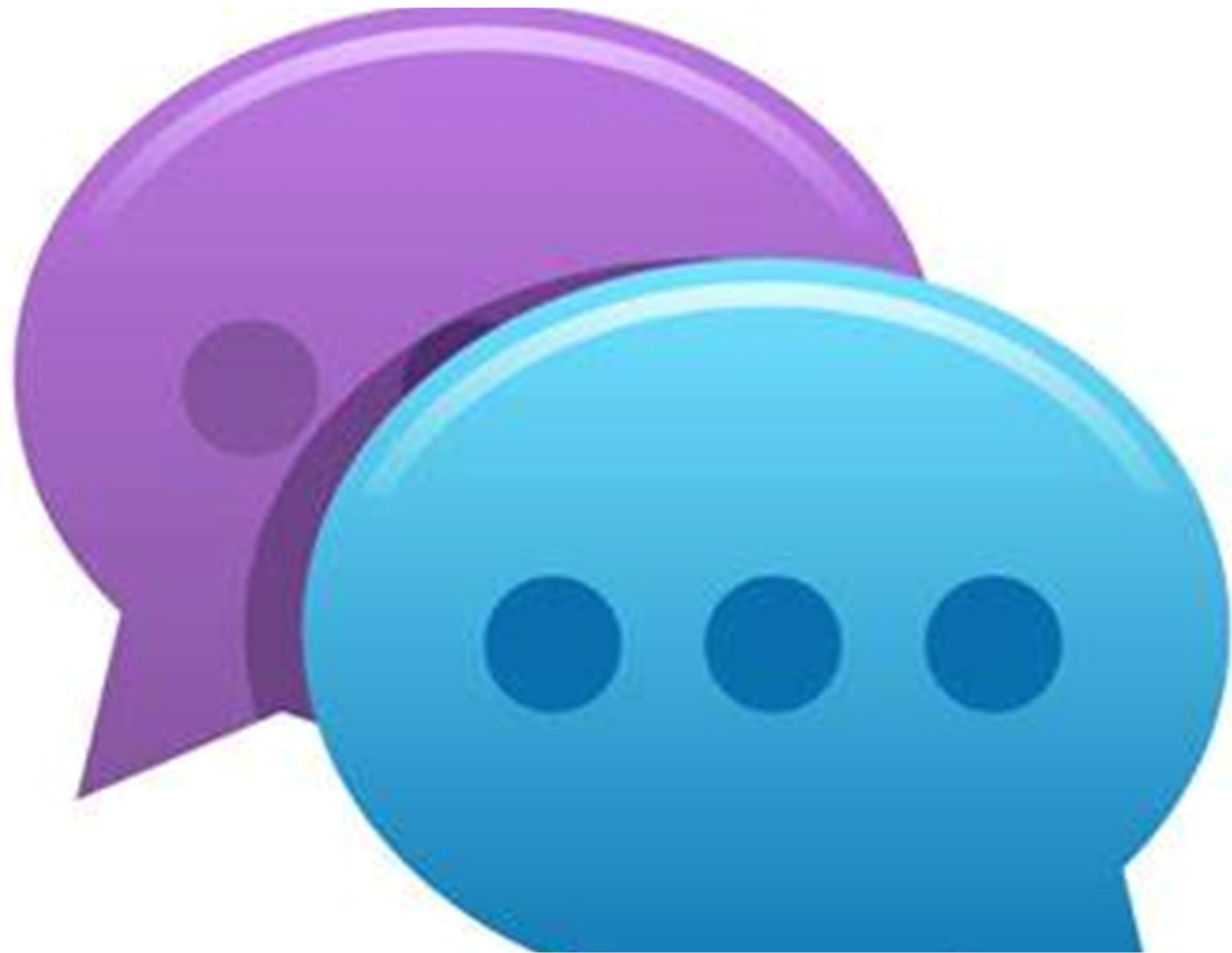
Practice good nutrition & physical activity



Understand the individual's risk/protective factors



Aspiring pro football players don't practice till 2am!





GAMING

FORTNITE.
BATTLE ROYALE
CHAPTER 4

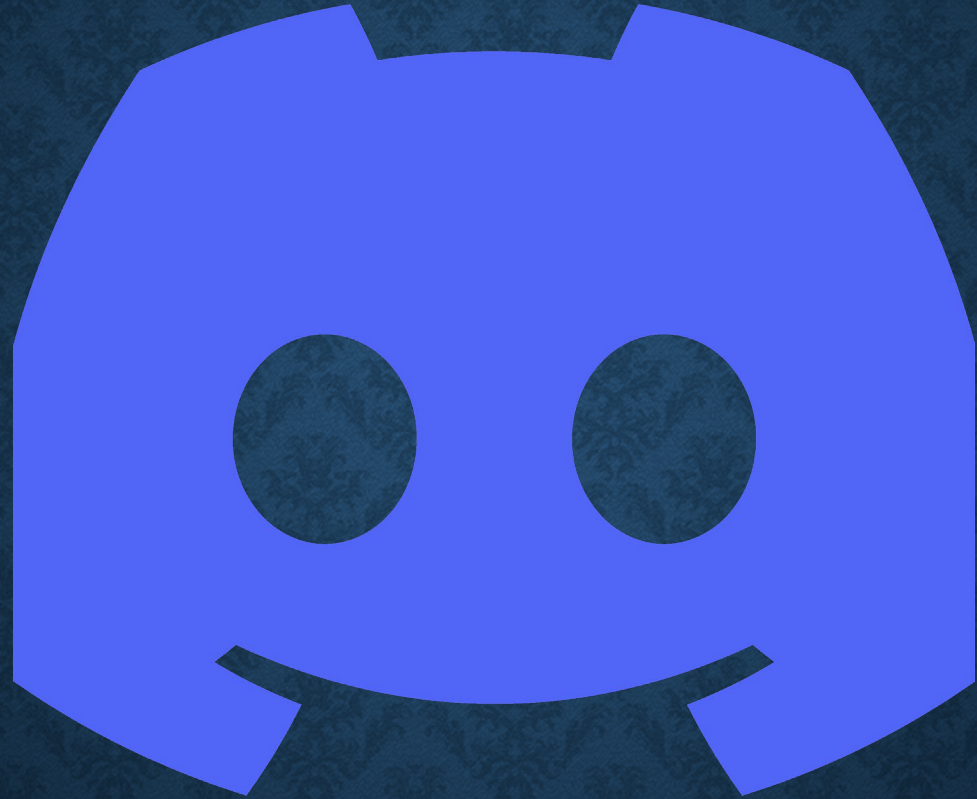
BATTLE PASS

AVAILABLE NOW



**WHAT IS FORTNITE?
(BATTLE ROYALE)**





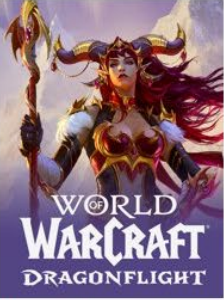
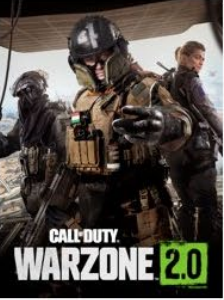






WHAT IS DISCORD?



- Call of Duty: Mode... 3.7K
- EsfandTV** FIFA 23 34.5K
- tarik** VALORANT 19.7K
- summit1g** SCUM 16K
- Symfunny** Call of Duty: Warzo... 30K
- TSM_ImperialHal** Apex Legends 3K
- Towelliee** World of Warcraft

Games IRL Music Esports Creative

Recommended Games

							
World of Warcraft 113K viewers	Call of Duty: Warzone 95.8K viewers	VALORANT 128K viewers	Pokémon Scarlet/Violet 55.6K viewers	Overwatch 2 23K viewers	League of Legends 129K viewers	Grand Theft Auto V 166K viewers	Apex Legends 116K viewers

WHAT IS TWITCH?

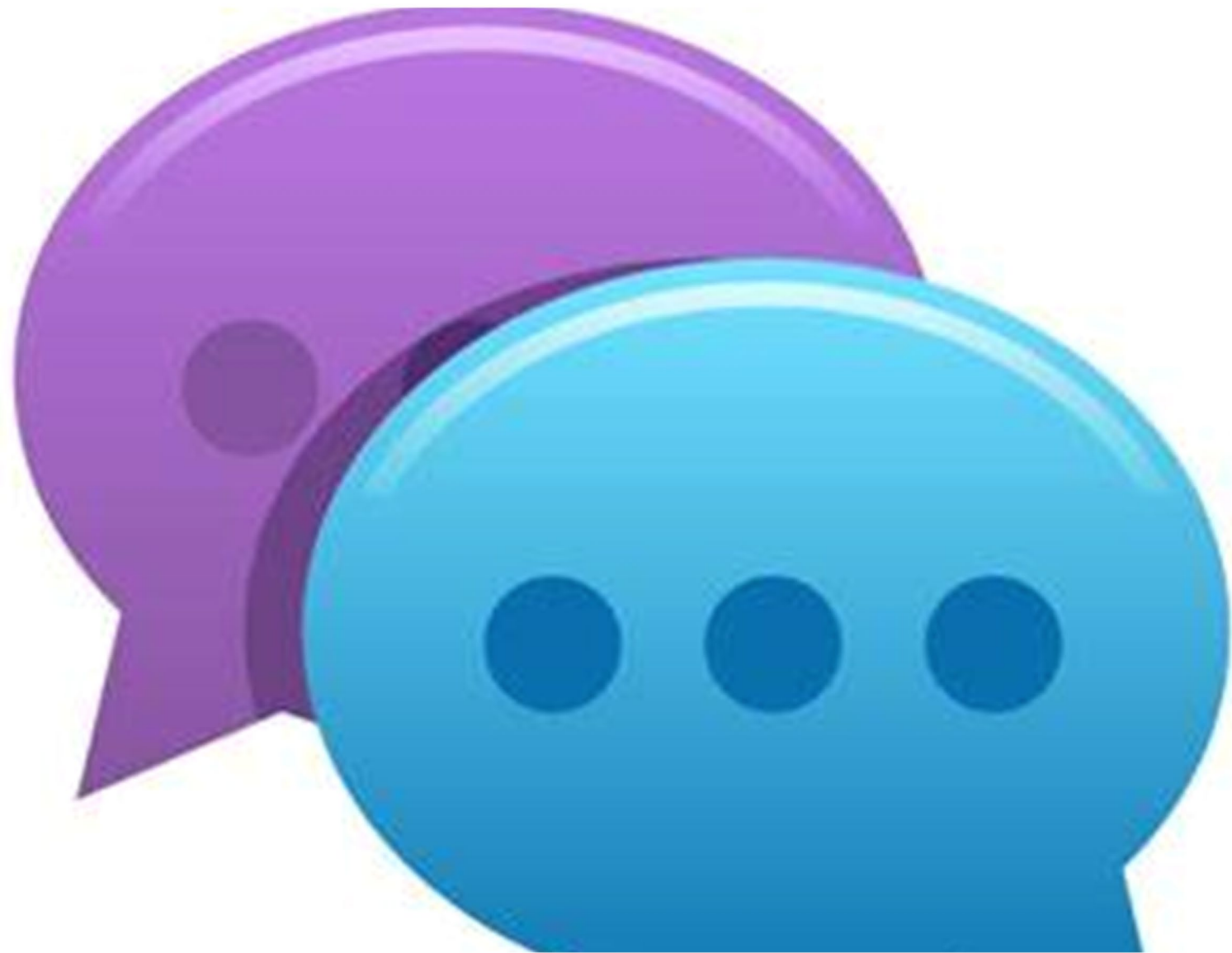




WHAT IS STEAM?



FARCRY



HAPPY NATIONAL



Video Game Day

SUMMARY

- Thousands of Games
- Multi billion-dollar industry
- Multiple Genres & Platforms
- Gamers span across all demographics
- Brain Connection – auto-response
- Vulnerabilities: MH&A
- Risk & Protective Factors
- Normalized: Need Balance

WHY GAME: THE 5 E'S



**1) ENTERTAINMENT –
EXCITEMENT**



**2) ENGAGING (FUN &
SOCIAL)**



**3) ESCAPE (PROBLEMS,
PAIN)**



**4) ECONOMICS
(BUY\$/SELL\$/STREAM\$)**



**5) EGO (IDENTITY,
RECOGNITION, FAME,
LEADERBOARD)**



s c r e e n
STRONG
rethinking screens . reclaiming kids . reconnecting families



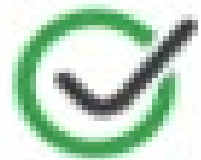
**GAME
QUITTERS**



CANADA'S CENTRE
FOR DIGITAL AND
MEDIA LITERACY



SAFER
SCHOOLS
TOGETHER



common sense media®

RESOURCES

<https://www.common sense media.org>

<https://gamequitters.com/>

<https://zonein.ca/>

<https://www.esrb.org/ratings/>

<https://saferschoolstogether.com/>

<https://cliffordsusmanmd.com/>

<https://www.netaddictionrecovery.com/>

<https://mediasmarts.ca/>

<https://screenstrong.org/>

<https://www.spectorththerapy.com/wp/>

<https://drdunckley.com/>

<https://thewhitehatter.ca/>



RAISING DIGITALLY RESPONSIBLE YOUTH A PARENT'S GUIDE

<https://resources.saferschoolstogether.com/link/352883/>

That's all Folks!



kalilak



THANK YOU

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