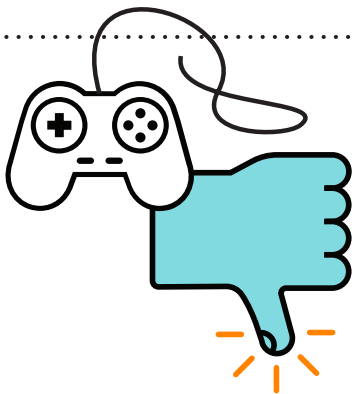


Video Games Facts & Stats

Video Game Addiction Checklist

Research indicates that video games increase the release of dopamine in our brain comparable to that of drugs like stimulants. If you exhibit 1-2 of the following symptoms, you may want to reduce screen time. For 3-6 symptoms, consider contacting a qualified clinician to assist in developing a tech intervention plan. For 6 or more symptoms, you may need to seek immediate care.

- Preoccupation with games
- Withdrawal symptoms when game is taken away
- Need to spend increasing amounts of time playing
- Unsuccessful attempts to control or cut down on playing
- Loss of interest in previous hobbies and entertainment
- Continued excessive use despite problems
- Lying about how much time on video games
- Playing to escape or relieve negative moods
- Jeopardized or lost relationship, job, school performance, or career opportunity due to excessive play



Nintenditis:

One of many video game health-related problems caused by repetitive strain on muscles or tendons due to excessive use of game pads or joysticks; sometimes called 'Playstation Thumb'.

4.6%

of youth develop
Internet Gaming
Disorder.

16-21

Youth ages 16-21 are
the most vulnerable to
problematic game use.

Gaming Dangers

Ludic Loops: A negative or decreased emotional reaction caused by repeated exposure to scenes of violence, as well as witnessing or causing pain and suffering to others in video game play.

Ludic Loops: Game code that creates tight, pleasurable feedback loops that stimulate repetitive or compulsive game play.

Gamblification: Combining the mechanics of gambling with social media or video games to entice use, such as with free-to-play online games or apps that include play options that cost money.

Predatory Monetization Schemes: Digital purchasing systems within video games or apps that disguise or hold back the long-term cost of playing the game until players are already emotionally or financially committed; encourages spending; gamer information such as preferences, available funds, and playing habits are used to determine when to solicit gamers for money.

Loot Boxes: A specific type of monetization scheme located within games containing a random selection of game content that may or may not have the player's desired item; purchased with real money. The low probability that the loot box will have the desired item requires the player to purchase many loot boxes until they get the item they want; would be considered gambling and illegal if loot boxes contained real money.

Cheats: A keyboard password or game pad button code sequence that gives players an advantage of and may contain virus or spyware.

Griefers: A player in an online gaming community who deliberately irritates or harasses other players in bad faith while using aspects of the game in unintended ways.