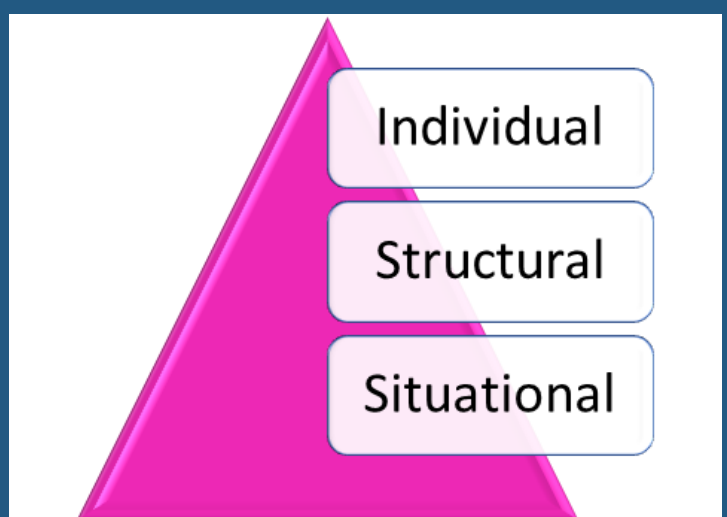# GAME OFF

Game-based approach towards moderating screen time

There is debate about behavioural addictions.

- Two behavioural disorders related to Internet use have been recognised as mental disorders: Gambling Disorder and Gaming Disorder.
- The prevalence estimates and risk indicators of developing problems associated with excessive technology use differ considerably across countries.

TECHNOLOGY USE FACTORS

Individual

Structural

Situational

Researchers

Industry

Clinicians

Community organisations

Governments

Regulators

MULTISTAKEHOLDER APPROACH RECOMMENDED TO TACKLE THE PROBLEM

Everyday behaviours should not be pathologised.

Risk behaviours should be identified and prevented from developing into problematic behaviours.

Reference: Kuss, D. J. & Gainsbury, S. (2021). Debate: Behavioural addictions and technology use - Risk and policy recommendations for problematic online gambling and gaming. Child and Adolesecnt Mental Health, Vol. 26(1), 76-77.