



MINDSET



Co-funded by
the European Union

MINDSET.
Supporting youth
organisations and youth
workers for the
Identification and
Prevention of Youth
Gaming Disorder
(gaMINg DiSordEr
youTh)

Self-evaluation Questionnaire for Young People

Table of Contents

1. Gaming Addiction	3
1.1. Definition and relevance	3
1.2. Symptoms	4
2. Self-assessment Questionnaire	5
3. List of references	6

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



1. Gaming Addiction

1.1. Definition and relevance

The term “gaming addiction” here refers to the feelings of compulsion or obsession towards gaming and having a hard time limiting or giving up gaming despite the evident and recognized negative effects it has on several aspects of our lives. This occurrence can take on several different forms and levels of severity.

In the 11th revision of the International Classification of Diseases (ICD-11) from mid-2018, the World Health Organization included gaming disorder. The ICD forms the foundation for identification of health trends and statistics on a global level globally and establishes the international standard for reporting diseases and health conditions. Doctors and other medical practitioners globally rely on the ICD to make diagnoses and to categorize various conditions.

The decision to include a disorder into the ICD is not an arbitrary one, but is founded on extensive reviews of available evidence and mirrors a consensus reached by numerous experts from various disciplines with a global reach. The inclusion of a disorder into the ICD also leads to greater attention to the risks of development of the disorder in question by health professionals and to increased efforts aimed at prevention and treatment measures.

The WHO’s ICD-11 defines gaming addiction in the following way:

“Gaming disorder is defined as a pattern of gaming behavior (“digital-gaming” or “video-gaming”) characterized by 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 or escalation of gaming despite the occurrence of negative consequences” (WHO: 2020).

According to WHO data, a relatively small number of gamers can be qualified as suffering from a gaming disorder, but “people who partake in gaming should be alert to the amount of time they spend on gaming activities, particularly when it is to the exclusion of other daily activities, as well as to any changes in their physical or psychological health and social functioning that could be attributed to their pattern of gaming behavior” ([WHO: 2020](#)).

In order to diagnose a gaming disorder, a pattern of sufficient severity which results in substantial harm to personal, family, social, educational, occupation or other important areas of life has to be observed and evident for at least 12 consecutive months.



1.2. Symptoms

According to the American Psychiatric Association, there are nine telling signs to pay attention to when identifying a gaming disorder. While the list, as well as the Self-assessment Questionnaire at hand, offer some preliminary orientation and can be used to assess the severity of one's situation, it is highly recommended to always seek professional help nonetheless. The nine telling signs or symptoms to keep in mind are the following:

- **Significant captivation by video games:** one is consumed with thoughts about previous gaming activities or captivated by the anticipation of playing again, gaming becomes the prevalent activity in one's daily life
- **Withdrawal symptoms in the absence of gaming:** one is experiencing symptoms such as irritability, anxiety, inattentiveness, various cravings or sadness when gaming is taken away
- **Heightened tolerance:** the ongoing need to spend more and more time gaming, experiencing a need to complete growingly "intricate, time-consuming, or difficult goals" to get a feeling of satisfaction and/or "reduce fears of missing out"
- **Failed attempts to take control:** one tries to set a time limit to gaming but surpasses it or does not respect one's own limits
- **Loss of interest for other activities:** one becomes disinterested in activities or hobbies that one previously engaged in and enjoyed, only engaging in gaming in substitute of other activities
- **Continuous exaggerated engagement:** one is continuously engaging in excessive amounts of gaming activities despite being aware of its negative consequences
- **Deception of close people:** one lies and falsely presents the truth about their gaming and time spent gaming
- **Reliance on gaming as an "escape":** one excessively relies on gaming to relieve negative emotions such as anxiety, depression, helplessness, guilt etc.
- **Endangering or losing other aspects of life:** one's relationships, education, occupation and/or other aspects of life are jeopardized, diminished or lost as a result of one's gaming



([Adair, n.d.](#))

2. Self-assessment Questionnaire

	YES	NO
Do you often find yourself thinking about gaming (previous and future games) for long periods of time even while not doing it?		
Do you notice yourself being moody, irritable, annoyed, angry, anxious or sad when you are not able to play?		
Does it happen that you require more time spent, more exciting tasks or quests or more gaming equipment in order to reach the same satisfaction as before?		
Do you find yourself in situations where you know you should play less but find it difficult to stop or reduce the time spent gaming?		
Do you notice that you spend less time engaging in activities and hobbies other than gaming?		
Does it happen to you that you keep gaming even when you know there would be negative consequences (not getting enough sleep, being late to work/school, neglecting duties, having arguments about gaming or spending too much money) as a result?		
Do you find yourself lying to people, purposefully not disclosing to them, or distorting information about the amount of time you spend on gaming?		
Do you rely on gaming in order to escape feelings of anxiety, depression, sadness, guilt or others?		
Were other aspects of your life (work, school, health, relationships) negatively impacted or endangered by your gaming?		

If you answered “yes” to only 1 of the questions, you can be characterized as “safe”. If you answered “yes” to 2-4 of the questions, referring to a minimum period of 12 months, you can be considered to be moderately impacted by gaming. If you answered “yes” to 5 or more questions, referring to a minimum period of 12 months, you may be suffering from gaming addiction and should seek professional help as soon as possible (Game Quitters; Adair, n.d.).



3. List of references

- Adair, C. (n.d.). Video Game Addiction – Treatment, Symptoms, and Causes, Game Quitters. Available at: <https://gamequitters.com/video-game-addiction/>. Accessed in January 2024.
- Game Quitters (n.d.) Video Game Addiction Test for Gamers. Available at: <https://gamequitters.com/video-game-addiction-test-for-gamers/>. Accessed in January 2024.
- World Health Organization (October 2020). *Home/Newsroom/Questions and answers/Addictive behaviors: Gaming disorder*. Available at: <https://www.who.int/news-room/questions-and-answers/item/addictive-behaviours-gaming-disorder> . Accessed in January 2024.

