



**Addicted to
games?**

Fact or Fiction

There are two sides for the argument of whether the case of video game addiction is fact or fiction. Those that think of it as fiction claim that gamers do not have a chemical dependency on video games. On the other hand, those that believe the case to be a fact compare it to a gambling addiction, in which they both have psychological and other consequences.

Some signs to spot an addict

There are a few notable forms of behavior that help you notice an addiction, such as:

- Restlessness / irritation when unable to play
- Preoccupied thoughts of previous gaming activities or anticipation for next session
- Lying about time spent playing
- Isolation from others in order to spend more time gaming



Unlike drugs, video games do not involve intoxication but it is more similar to gambling because of the compulsive and excessive activity.



Food for thought

Where is the harm?

Compared to the dangers of drug overdose, gaming may seem like child's play. However, video game addiction can still ruin lives because some addicts may lack nutrition, sleep, or a proper social life.

Similar to gambling.

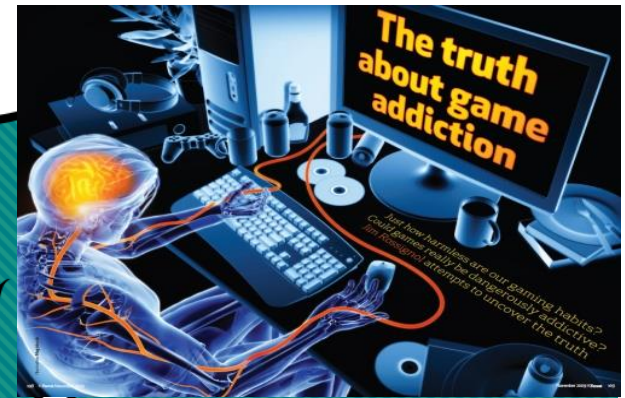
Some video games can be addictive by design. They may be created with the intention of making profits, while searching for ways to get the gamers hooked. App games are a great example of the gambling addiction similarities.

Other effects

Some other effects caused by video game addictions can have financial, academic, or even occupational consequences. Video games and the consoles needed to play them can be expensive, and some games are very time-consuming which gives less time to focus on education or career.

Our solution

Like other addictions, it is difficult to simply offer an immediate solution. However, video game addiction does not consist of a chemical problem. Meaning that it is more easily preventable or saved than other addictions, such as drugs. The best long term solution would be to play in moderation. If more help is needed then there are a few forms of therapy to help with video game addicts. If you need a treatment program, you can call 866-869-4530



Phone Apps

909 million of mobile gamers worldwide in the 2013

The Top grossing IOS gaming apps

Clash of clans

- \$1.2 million

Candy Crush Saga

- \$966,265

- Candy crush users that are daily active are 93 million

Why do people love playing? You have to wait, it never ends, we love positive reinforcement, it is social and it's technically free, but paying of add-ons is easy"(Online psychology degrees,n.d)

Addiction and the brain

Test had shown that when we play, we feel happy because "addiction targets the brains reward system and flood it with dopamine"(Online psychology degrees,n.d)

- When we play we get rewards ,and " our brains remember this action as something necessary to repeat in the future"(Online psychology degrees,n.d)

After a period of time, a person produces less dopamine , therefore the brain desires to spend more time with the addiction.