

Criteria & Classifications

Internet Gaming Disorder IDG-11 Diagnostic Criteria

Gaming disorder is characterized by a pattern of persistent or recurrent gaming behaviour ('digital gaming' or 'video-gaming'), which may be online (i.e., over the internet) or offline, manifested by:

1. Impaired control over gaming (e.g., onset, frequency, intensity, duration, termination, context).
2. Increasing priority given to gaming to the extent that gaming takes precedence over other life interests and daily activities.
3. Continuation or escalation of gaming despite the occurrence of negative consequences. The behaviour pattern is of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning.

The pattern of gaming behaviour may be continuous or episodic and recurrent. The gaming behaviour and other features are normally evident over a period of at least 12 months in order for a diagnosis to be assigned, although the required duration may be shortened if all diagnostic requirements are met and symptoms are severe.

Source

<https://icd.who.int/browse11/l-m/en#/http://id.who.int/icd/entity/1448597234>
<https://www.who.int/news-room/q-a-detail/addictive-behaviours-gaming-disorder>

Internet Gaming Disorder DSM-V Criteria and Classification

The *DSM-5* notes that gaming must cause "significant impairment or distress" in several aspects of a person's life. This proposed condition is limited to gaming and does not include problems with general use of the internet, online gambling, or use of social media or smartphones. The proposed symptoms of internet gaming disorder include:

- Preoccupation with gaming
- Withdrawal symptoms when gaming is taken away or not possible (sadness, anxiety, irritability)
- Tolerance, the need to spend more time gaming to satisfy the urge
- Inability to reduce playing, unsuccessful attempts to quit gaming
- Giving up other activities, loss of interest in previously enjoyed activities due to gaming
- Continuing to game despite problems
- Deceiving family members or others about the amount of time spent on gaming
- The use of gaming to relieve negative moods, such as guilt or hopelessness
- Risk, having jeopardized or lost a job or relationship due to gaming

Under the proposed criteria, a diagnosis of internet gaming disorder would require experiencing five or more of these symptoms within a year. The condition can include gaming on the internet, or on any electronic device, although most people who develop clinically significant gaming problems play primarily on the internet.

Source: American Psychiatric Association <https://www.psychiatry.org/patients-families/internet-gaming>

Gambling Disorder DSM-5 Criteria and Classification

* For informational purposes only *

A. Persistent and recurrent problematic gambling behaviour leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12-month period:

- a. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
- b. Is restless or irritable when attempting to cut down or stop gambling.
- c. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
- d. Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
- e. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
- f. After losing money gambling, often returns another day to get even ("chasing" one's losses).
- g. Lies to conceal the extent of involvement with gambling.
- h. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
- i. Relies on others to provide money to relieve desperate financial situations caused by gambling.

B. The gambling behaviour is not better explained by a manic episode.

Specify if:

Episodic: Meeting diagnostic criteria at more than one time point, with symptoms subsiding between periods of gambling disorder for at least several months.

Persistent: Experiencing continuous symptoms, to meet diagnostic criteria for multiple years.

Specify if:

In early remission: After full criteria for gambling disorder were previously met, none of the criteria for gambling disorder have been met for at least 3 months but for less than 12 months.

In sustained remission: After full criteria for gambling disorder were previously met, none of the criteria for gambling disorder have been met during a period of 12 months or longer.

Specify current severity:

Mild: 4–5 criteria met.

Moderate: 6–7 criteria met.

Severe: 8–9 criteria met.

Source: From the *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (section 312.31)*.

<https://www.ncpgambling.org/wp-content/uploads/2014/08/DSM-5-Diagnostic-Criteria-Gambling-Disorder.pdf>

Screening Tools - Gambling

Problem Gambling Scale Index (PGSI)

This self-assessment is based on the Canadian Problem Gambling Index.

Thinking about the last 12 months... **0** Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

Questions	Response
1. Have you bet more than you could really afford to lose?	
2. Still thinking about the last 12 months, have you needed to gamble with larger amounts of money to get the same feeling of excitement?	
3. When you gambled, did you go back another day to try to win back the money you lost?	
4. Have you borrowed money or sold anything to get money to gamble?	
5. Have you felt that you might have a problem with gambling?	
6. Has gambling caused you any health problems, including stress or anxiety?	
7. Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?	
8. Has your gambling caused any financial problems for you or your household?	
9. Have you felt guilty about the way you gamble or what happens when you gamble?	
TOTAL SCORE	

Instructions

Total your score.

The higher the score, the greater the risk that the gambling is a problem.

Score of 0 = Non-problem gambling.

Score of 1 or 2 = Low level of problems with few or no identified negative consequences.

Score of 3 to 7 = Moderate level of problems leading to some negative consequences.

Score of 8 or more = Problem gambling with negative consequences and a possible loss of control.

References: Ferris, J., & Wynne, H. (2001). The Canadian problem gambling index: Final report. Submitted for the Canadian Centre on Substance Abuse.

Gambling Related Cognition Scale

Please indicate the extent to which you agree with the value expressed in each statement

Scale: 1 = strongly disagree; 2 = moderately disagree; 3 = mildly disagree; 4=neither agree or disagree; 5=mildly agree; 6 = moderately agree; 7 = strongly agree)

Question	Response
1 Gambling makes me happier.	
2 I can't function without gambling.	
3 Praying helps me win.	
4 Losses when gambling, are bound to be followed by a series of wins.	
5 Relating my winnings to my skill and ability makes me continue gambling.	
6 Gambling makes things seem better.	
7 It is difficult to stop gambling as I am so out of control.	
8 Specific numbers and colours can help increase my chances of winning.	
9 A series of losses will provide me with a learning experience that will help me win later.	
10 Relating my losses to bad luck and bad circumstances makes me continue gambling.	
11 Gambling makes the future brighter.	
12 My desire to gamble is so overpowering.	
13 I collect specific objects that help increase my chances of winning.	
14 When I have a win once, I will definitely win again.	
15 Relating my losses to probability makes me continue gambling.	
16 Having a gamble helps reduce tension and stress.	
17 I'm not strong enough to stop gambling.	
18 I have specific rituals and behaviours that increase my chances of winning.	
19 There are times that I feel lucky and thus, gamble those times only.	
20 Remembering how much money I won last time makes me continue gambling.	
21 I will never be able to stop gambling.	
22 I have some control over predicting my gambling wins.	
23 If I keep changing my numbers, I have less chances of winning than if I keep the same numbers every time.	

Scoring

The items that belong to each subscale are as follows:

- Gambling expectancies: 1, 6, 11, 16
- Illusion of control: 3, 8, 13, 18
- Predictive control: 4, 9, 14, 19, 22, 23
- Inability to stop gambling: 2, 7, 12, 17, 21
- Interpretive bias: 5, 10, 15, 20

To obtain the raw subscale scores add values of items for each subscale.

To obtain total raw GRCS score, add the five raw subscale scores.

To obtain mean subscale scores divide each of the raw subscale scores by the number of items in each subscale.

To obtain a total mean GRCS score, add the five means subscale scores.

References: Raylu, N., & Oei, T. P. (2004). The Gambling Related Cognitions Scale (GRCS): Development, confirmatory factor validation and psychometric properties. *Addiction*, 99(6), 757-769.

Screening Tools - Gaming

Gaming Disorder Test

Instructions: The questions below are about your gaming activity during the past year (i.e., last 12 months). Here, gaming activity means any gaming-related activity that has been played either from a computer/laptop or from a gaming console or any other kind of device (e.g., mobile phone, tablet, etc.) both online and/or offline.

Please indicate how often the following issues occurred on average over the past twelve months until today.

Scale: Never / Rarely / Sometimes / Often / Very Often

Question	Response
1. I have had difficulties controlling my gaming activity.	
2. I have given increasing priority to gaming over other life interests and daily activities.	
3. I have continued gaming despite the occurrence of negative consequences.	
4. I have experienced significant problems in life (e.g., personal, family, social, education, occupational) due to the severity of my gaming behaviour.	

Scoring:

Total scores can be obtained by summing up all responses given to all four items of the GDT and can range from a minimum of 4 to a maximum of 20 points, with higher scores being indicative of a higher degree of gaming disorder.

In order to differentiate disordered gamers from non-disordered gamers, researchers should check if participants have endorsed all four diagnostic criteria as assessed by each GDT items by taking into account answers as '4: Often' or '5: Very often', which translates as endorsement of the criterion.

References: Pontes, H. M., Schivinski, B., Sindermann, C., Li, M., Becker, B., Zhou, M., & Montag, C. (2019). Measurement and conceptualization of Gaming Disorder according to the World Health Organization framework: The development of the Gaming Disorder Test. *International Journal of Mental Health and Addiction*. doi:10.1007/s11469-019-00088-z

Internet Gaming Disorder (IGD 20) and Classification

Instructions: These questions relate to your gaming activity during the past year (i.e., 12 months). By gaming activity we mean any gaming-related activity that was played on either a computer/laptop, gaming console and/or any other kind of device online and/or offline.

Scale: Strongly disagree, Disagree, Neither agree or disagree, Agree, Strongly agree

Question	Response
1. I often lose sleep because of long gaming sessions.	
2. I never play games in order to feel better.	
3. I have significantly increased the amount of time I play games over last year.	
4. When I am not gaming I feel more irritable.	
5. I have lost interest in other hobbies because of my gaming.	
6. I would like to cut down my gaming time but it's difficult to do.	
7. I usually think about my next gaming session when I am not playing.	
8. I play games to help me cope with any bad feelings I might have.	
9. I need to spend increasing amounts of time engaged in playing games.	
10. I feel sad if I am not able to play games.	
11. I have lied to my family members because of the amount of gaming I do.	
12. I do not think I could stop gaming.	
13. I think gaming has become the most time consuming activity in my life.	
14. I play games to forget about whatever's bothering me.	
15. I often think that a whole day is not enough to do everything I need to do in-game.	
16. I tend to get anxious if I can't play games for any reason.	
17. I think my gaming has jeopardized the relationship with my partner.	
18. I often try to play games less but find I cannot.	
19R. I know my main daily activity (i.e., occupation, education, homemaker, etc.) has not been negatively affected by my gaming.	
20. I believe my gaming is negatively impacting on important areas of my life.	

Scoring:

In order to obtain participants' total scores, all 20 items must be summed up. However, to compute factor-specific scores, the items representing each factor must be averaged due to the imbalanced number of indicators of the factors. The following items are reversely scored: 2R and 19R.

As reported by Pontes et al., (2014), the suggested cut-off point for the IGD-20 Test is 71 points.

- Salience (Factor 1): items: 1, 7, and 13.
- Mood Modification (Factor 2): items: 2R, 8, and 14.
- Tolerance (Factor 3): items: 3, 9, and 15.
- Withdrawal Symptoms (Factor 4): items: 4, 10, and 16.
- Conflict (Factor 5): items: 11, 17, 19R, and 20.
- Relapse (Factor 6): items: 6, 12, and 18.

References:

- Pontes, H. M., & Griffiths, M. D. (2017). The development and psychometric evaluation of the Internet Disorder Scale (IDS-15). *Addictive Behaviors, 64*, 261-268. DOI: 10.1016/j.addbeh.2015.09.003
- Fuster, H., Carbonell, X., Pontes, H. M., & Griffiths, M. D. (2016). Spanish validation of the Internet Gaming Disorder-20 (IGD-20) Test. *Computers in Human Behavior, 56*, 215-224. DOI:10.1016/j.chb.2015.11.050
- Hawi, N. S., & Samaha, M. (2017). Validation of the Arabic Version of the Internet Gaming Disorder-20 Test. *Cyberpsychology, Behavior, and Social Networking, 20*(4), 268-272. DOI: :10.1089/cyber.2016.0493

Gaming Disorder Scale for Adolescents (GADIS-A)

Instructions

Thinking of the last 12 months, How Strongly Do You Agree with the Following Statements?

Scale: 5-point scale Strongly Disagree – Strongly Agree

Question	Response
1. I often play games more frequently and longer than I planned to or agreed upon with my parents.	
2. I often cannot stop gaming even though it would be sensible to do so or for example my parents have told me to stop.	
3. I often do not pursue interests outside the digital world (e.g., meeting friends or partner in real life, attending sports clubs/societies, reading books, making music) because I prefer gaming.	
4. I neglect daily duties (e.g., grocery shopping, cleaning, tidying up after myself, tidying my room, obligations for school/apprenticeship/job) because I prefer gaming	
5. I often continue gaming even though it causes me stress with others (e.g., my parents, siblings, friends, partner, teachers).	
6. I continue gaming although it harms my performance at school/apprenticeship/job (e.g. by being late, not participating in class, neglecting homework, worse grades).	
7. Due to gaming, I neglect my appearance, my personal hygiene, and/or my health (e.g., sleep, nutrition, exercise).	
8. Due to gaming, I risk losing important relationships (friends, family, partner) or have lost them already	
9. Due to gaming I have disadvantages at school/apprenticeship/job (e.g., bad [final]grades, inability to continue to the next grade/no graduation, no apprenticeship or university spot, poor reference, warning/dismissal).	
10. How often did you experience such problems, conflicts, or difficulties due to gaming during the past year? Did this only occur on single days, during longer periods of several days to weeks, or was it almost daily?	

References: Paschke, K., Austermann, M. I., & Thomasius, R.(2020). Assessing ICD-11 Gaming Disorder in Adolescent Gamers: Development and Validation of the Gaming Disorder Scale for Adolescents (GADIS-A). *Journal of Clinical Medicine*, 9(4), 993. <https://doi.org/10.3390/jcm9040993>