

**“LEVELING
UP”**

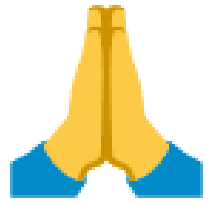


**IN HOW WE
DEFINE & ADDRESS
GAMING & GAMBLING**

**CCGNJ STATEWIDE CONFERENCE ON PROBLEM GAMBLING
9/27/ 2019 | PRINCETON, NJ | JULIE HYNES, MA, CPS | MCCG**

OUR OBJECTIVES:

- Describe at least three recent trends in electronic gaming that relate to problem gambling.
- Define common criteria for gaming disorder (ICD 11) and disordered gambling (DSM -5).
- Identify at least three resources used to address risky gaming behavior in their SUDs and/or problem gambling practice across the continuum of care.



**TRYING DESPERATELY
NOT TO OVERLY REPEAT
THIS MORNING'S
SPEAKERS!**



CAVEATS (i.e., why this talk isn't on your USB)

Material is up to date today...maybe not tomorrow.



CAVEATS

Material relates to
GAMING and
GAMBLING...not overall
online behavior.

Content can be sensitive
to those in recovery.
Please take care of
yourself as you need to.

The New York Times

Facebook Tests Hiding 'Likes' on Social Media Posts



The social network, which has been under fire for extreme content on its site, said it was testing making Likes to posts private in Australia. Jim Wilson/The New York Times

By Kate Conger

Sept. 26, 2019



4G 

MESSAGE

1:38 PM

SLIDE DECK

The slide deck
presented here, with
clickable links, can be
found at:

www.maccg.org/newjersey



1. TRENDS.

THE OBVIOUS.



Of 100 most popular Facebook games, more than half (54%) include gambling content (22% are slot-based)

GRAND THEFT AUTO (GTA) 5



<https://www.youtube.com/watch?v=hpXTSQRdwMA>

\$500,000 in GTA currency for \$10 USD

BTW ... GTA5 ESRB RATING



THE KIND OF OBVIOUS.



Source: Hynes. Lottery machine at Sea-Tac Airport.

www.maccg.org/newjersey

GAMIFICATION.

We don't think of these things as gambling.

Therefore, we don't think **our**
young people are gambling.



Lottery machine at Sea-Tac Airport , 2018

DEFINITION: GAMBLING

Risking something of value
in the hopes of obtaining
something of greater value.

SUSSING OUT THE BLURRING LINES

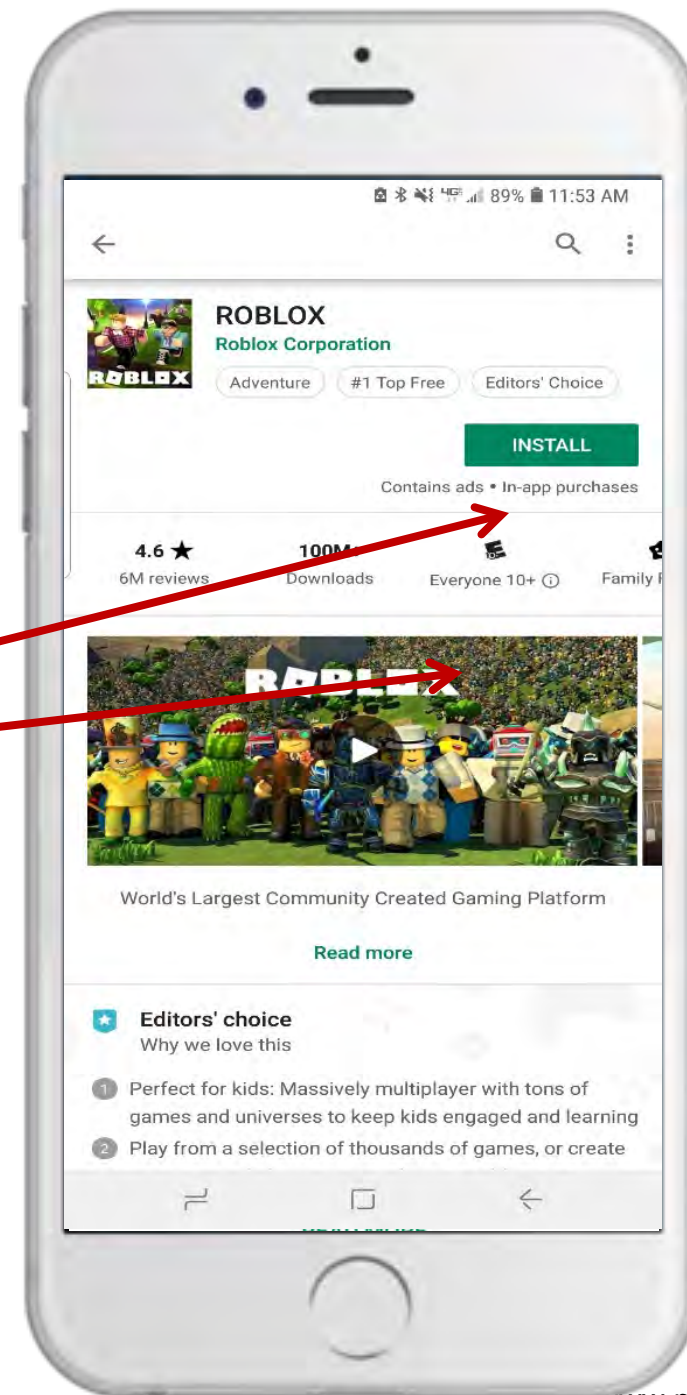
- 1. PRIZE:** Anything of value the sponsor awards in a promotion.
- 2. CHANCE:** A process beyond the participant's direct control determines the outcome.
- 3. CONSIDERATION:** Requires money or significant effort.

NOW, LET'S LOOK AT THE LESS OBVIOUS.

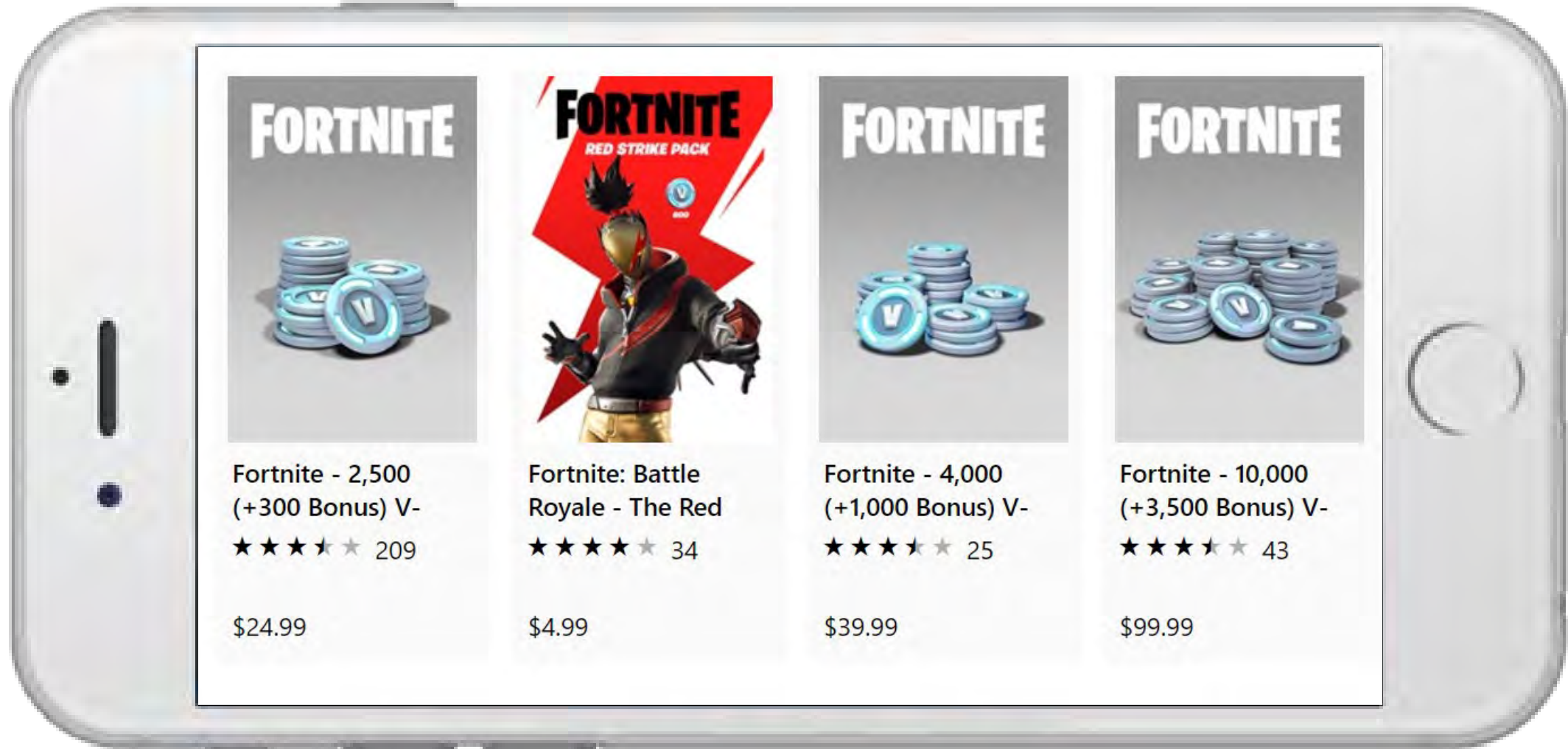
“FREEMIUM”

FREE* APPS...

* (WITH “IN-APP PURCHASES.”)



REAL MONEY FOR VIRTUAL MONEY / PRIZES



TYPICAL FREEMIUM SCENARIO:

WOOHOO! COOL
FREE GAME!

&@*\$#!
IT'S GETTING
HARDER.

OOH!

WAYS TO LEVEL UP
FASTER!



As the game progresses, it gets harder and harder
to “level up” (without \$\$)...

LET'S PLAY "GUESS THE SPORT!"

The [redacted] smashed the [redacted]'s hopes of winning the [redacted] Playoffs, securing a 3-0 victory during Week 2 of the [redacted] League semifinals at the [redacted] Arena in [redacted], California, Friday night, and will advance to the inaugural finals in New York next week.

Seconds into the game, it was clear that the [redacted] was playing with a different level of focus.

[redacted] was coordinated, with [redacted]

EDITOR'S PICKS

How to watch [redacted] League on ESPN and Disney XD this week

The [redacted] League has come to the ESPN, Disney



ANSWER: OVERWATCH (VIDEO GAME)

The London Spitfire smashed the Los Angeles Valiant's hopes of winning the inaugural Overwatch League Playoffs, securing a 3-0 victory during Week 2 of the Overwatch League semifinals at the Blizzard Arena in Burbank, California, Friday night, and will advance to the inaugural finals in New York next week.

Seconds into the game, it was clear that the Spitfire was playing with a different level of focus. London's tank line was coordinated, with Choi "Bdosin"

EDITOR'S PICKS

How to watch Overwatch League on ESPN and Disney XD this week

The Overwatch League has come to the ESPN, Disney



Source: http://www.espn.com/esports/story/_/id/24153101/overwatch-league-playoffs-london-spitfire-becomes-first-overwatch-league-playoffs-finalist (July 30, 2018)

All We Want to Do Is Watch Each Other Play Video Games

Gamers are the new stars. Esports arenas are the new movie theaters.



ESPORTS: COMPETITIVE VIDEO GAMING

Bring your own controllers: at the new Esports Arena in Oakland, Calif. Jason Henry for The New York Times

By Nellie Bowles

May 2, 2018

May 2, 2018: <https://www.nytimes.com/2018/05/02/style/fortnite.html>

Video games are beginning their takeover of the real world.

www.maccg.org/newjersey

A NEW EXPLOSION OF SPORTS.

TRADITIONAL SPORTS



Etc...

ESPORTS



Etc...And new games keep coming...

STREAMING

Discover

Following

Browse

...

Search

17

Followed Channels

FwiTV

5 new videos

Offline

Featured Channels

TwitchRivals

PLAYERUNKNOWN'...

16,889

ELEAGUE TV

Mortal Kombat 11

5,624

Tatted

Tower Unite

83

itsTina

MLB The Show 19

46

Day9tv

Dota 2

1,825

LiBrizzi

Mordhau

245

Categories recommended for you

Fortnite

146K viewers

Shooter

Just Chatting

60.6K viewers

IRL

Apex Legends

26.1K viewers

FPS

Shooter

League of Legends

154K viewers

MOBA

Grand Theft Auto V

165K viewers

Action

Overwatch

23.3K viewers

FPS

Shooter

Fortnite streamers recommended for you

LIVE

LIVE

LIVE

Not interested?

Search to Add Friends

43


44


45


46


LIFE IMITATES ART... STREAMS LIFE


RECOMMENDED CHANNELS


 **shroud**
Escape From Tarkov 29.5K

 **NICKMERC'S**
Sports & Fitness 8.8K



 **TimTheTatman**
Sports & Fitness 20.8K



 **summit1g**
Escape From Tarkov 14.5K

 **CriticalRole**
Dungeons & Dragons 50K

 **btssmash**
Super Smash Bros. Ult... 172

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A HECK OF A PLAY BY JOSH SWEAT


33 RB **Az** COMING IN Rush 21 Yards 1 TD


EAGLES 1-2 27 PACKERS 3-0 20 3rd 8:38 12 2nd & 12

THURSDAY NIGHT FOOTBALL end chill #sponsored

[Stream Chat](#)

 **TheLawbtw**
592,111


 **evelcneerg** 65,000


 **p0ggers123** 62,900

Welcome to the chat room!


Ex_Wink: @Druzo your good dog

redbeard_swaggyb: you drinkin vodka?

 **Pub_XBL:** Are you going to do music stream my guy

 **jbernzz:** LATA BIHH

aquapqlse: LMAOO

Send a message 

CNN, March 2019:

Video games are now a legitimate high school sport

By Omar Jimenez, CNN

Updated 9:00 PM ET, Mon March 18, 2019



MORE FROM CNN BUSINESS




JPMorgan Chase CEO on the future of the Democratic party




Apple launches game subscription service


Recommended by Outbrain

 Health IQ

Income over \$100K/year?

Get \$2MM life





Source: <https://www.cnn.com/2019/03/18/tech/esports-varsity-arena/index.html>

SCHOLARSHIPS & MORE.

[HOME](#)[HIGH SCHOOL PARTNERSHIP](#)[HSEL MAJORS](#)[ABOUT](#)[LOGIN](#)[SIGN UP](#)

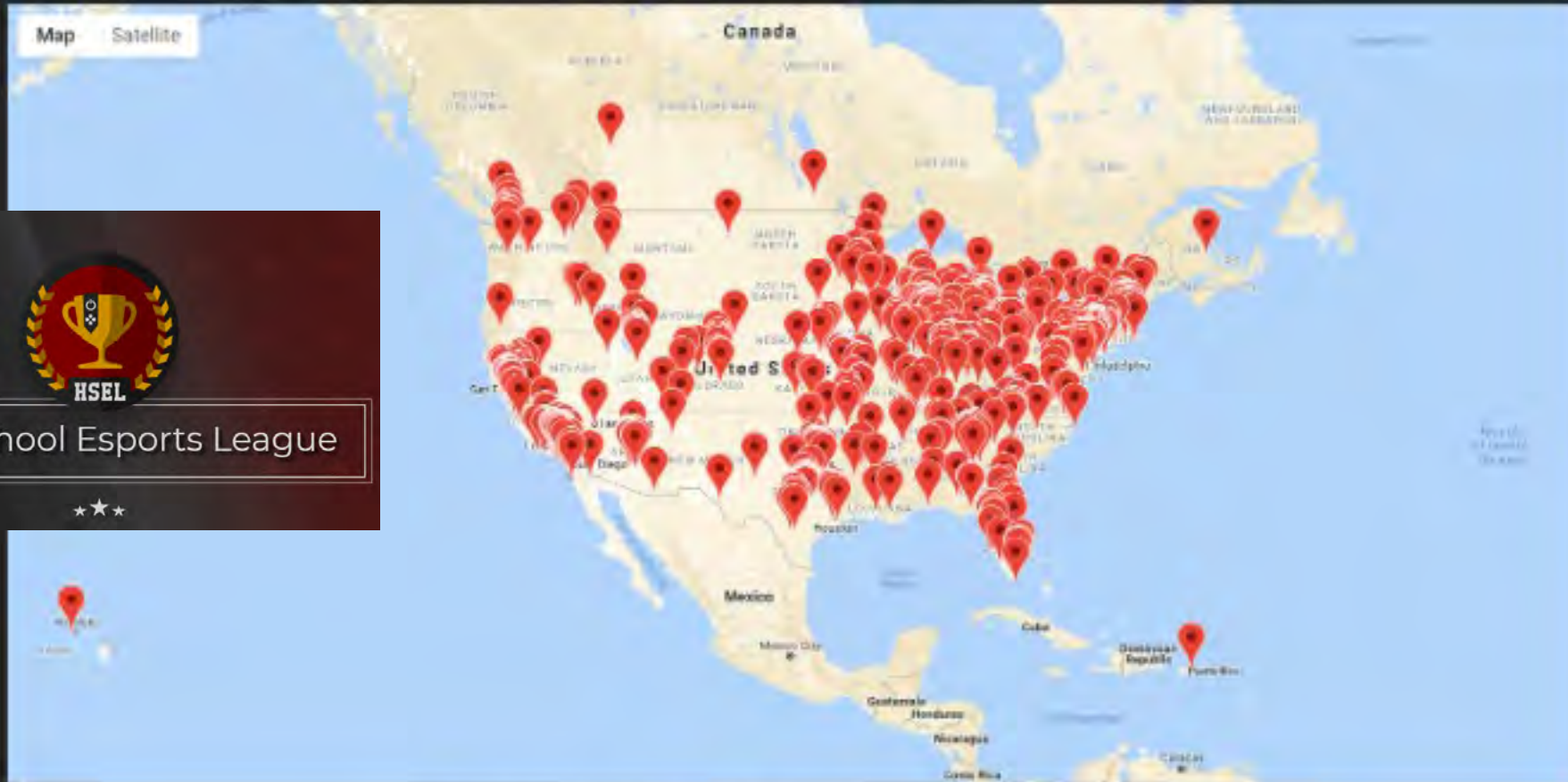
WE BRING ESPORTS TO HIGH SCHOOLS

Partner your high school to compete with the best in North America

Earn scholarships, rewards and more!

[SIGN UP](#)

The Largest League



Students: 21,700 - Schools: 1,107

Source: <https://www.highschoolesportsleague.com/starter-package>



RUTGERS UNIVERSITY

Esports

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OUR BRANCHES



Community

Rutgers Esports is one of the largest organizations on the East Coast, and boasts a thriving community both in-person and online.

[Check Out Our Community Section](#)

Competitive

Rutgers has a number of competitive teams for CS:GO, Overwatch, and more. Students are welcome to try out and join the best of the best.

[Check Out Our Competitive Section](#)

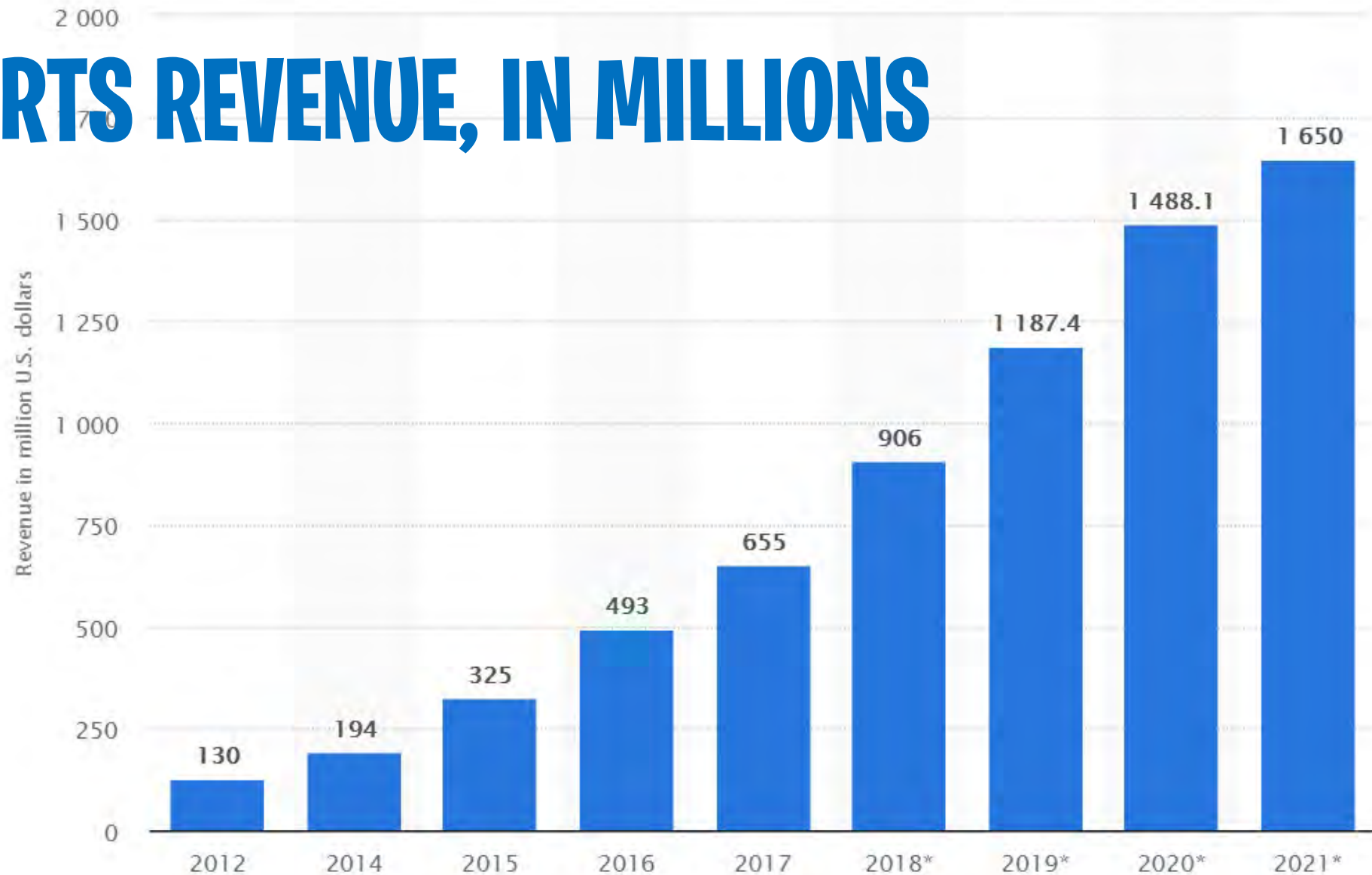
NATIONAL ASSOCIATION OF COLLEGIATE ESPORTS (NACE)



- 30+ member schools
- 3,000+ student-athletes
- \$15 million in esports scholarships and aid
- Annual national convention
- Private discord server (voice-over software) for athletic directors, coaches, and more

www.nacesports.com

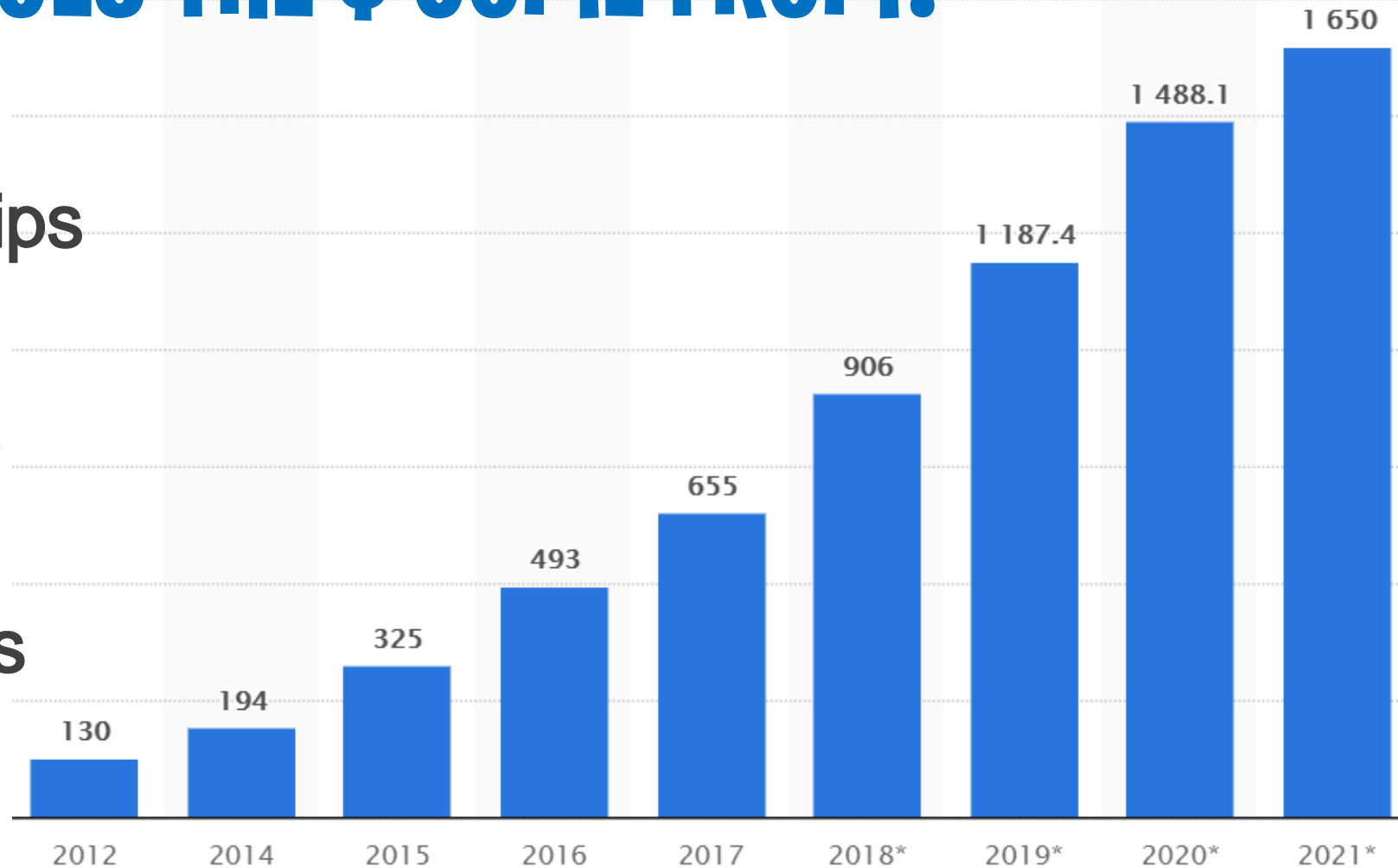
ESPORTS REVENUE, IN MILLIONS



<https://www.statista.com/statistics/490522/global-esports-market-revenue/>

WHERE DOES THE \$ COME FROM?

- Sponsorships
- Betting
- Prize pools
- Merch
- Ticket sales



Esports Wagering a Growing Hit with Gamers

By **Jean Carter** – September 17, 2018



Share on Facebook



Tweet on Twitter



Esports is rapidly becoming the place to go for people who want to catch the future wave of gambling. Nowhere is that more apparent than in the numbers currently being wagered. Five years ago, the esports market was not even a thought with regard to gaming. Now, with companies such as [Unikrn](#) –which is an esports company with its roots in gaming, this market is taking in money by the billions. A recent research survey indicated that approximately \$6.7

How esports, gambling, and sports betting are converging

DEAN TAKAHASHI @DEANTAK NOVEMBER 3, 2018 12:10 PM



NOW PLAYING

< 2 of 27 > || 🔊 HD

Don't Miss! - 03/24

NEXT Pygmy Goats Journey Though Danger for Play...

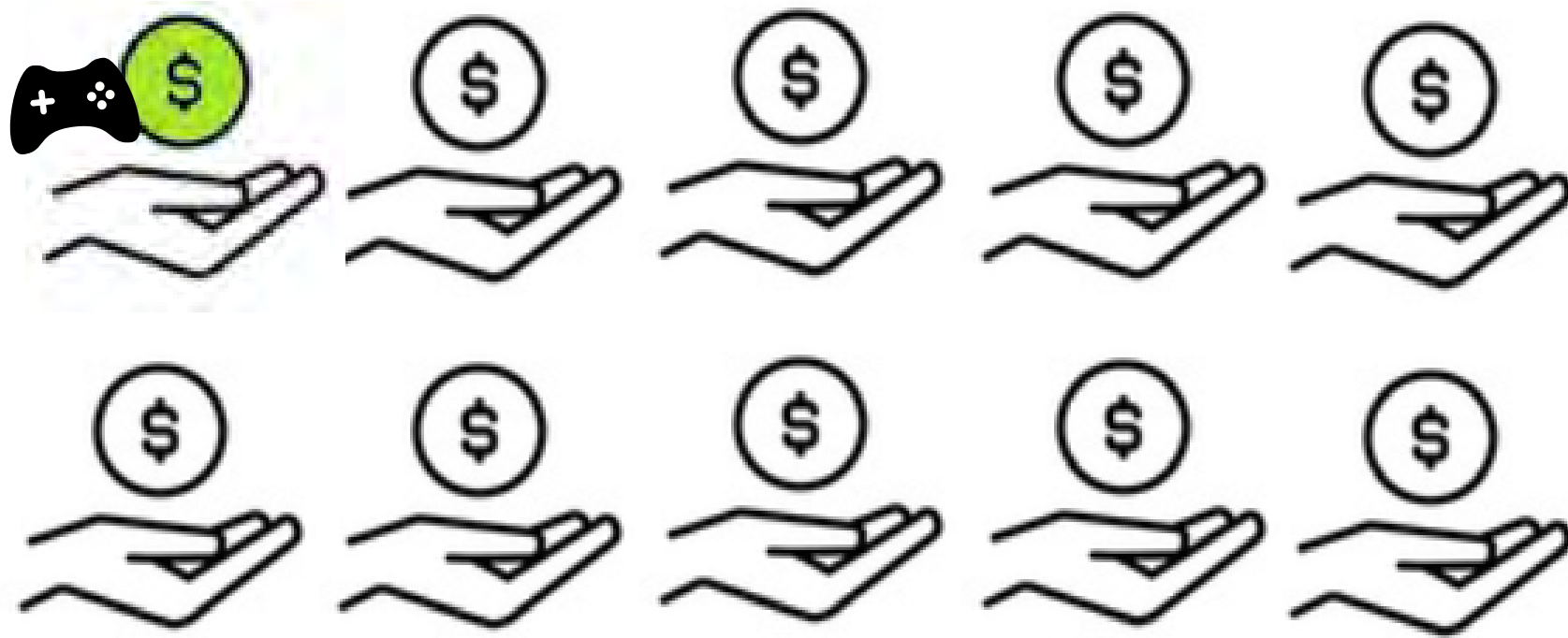
MOST READ



Source: <https://venturebeat.com/2018/11/03/how-esports-gambling-and-sports-betting-are-converging/>

NEW WAVE OF SPORTS BETTING

11% of sports bettors nationwide have bet on esports



HOW GAMBLING WORKS IN ESPORTS.

1. Betting on professional gaming teams



2. Fantasy esports



3. Betting in-game decorations (skins") & "pay to win"...









SKINS. Entertainment. Street Cred. Possible \$.

M4A4 Neo-Noir Covert Rifle StatTrak Available 	MP7 Bloodsport Covert SMG StatTrak Available 	AWP Mortis Classified Sniper Rifle StatTrak Available 
Prediction: total spend on loot boxes and skin gambling will reach US \$50 billion by 2022		
<p>\$28.21 - \$251.31 \$82.69 - \$980.56</p> <p> Clutch Case</p> <p>Inspect in-game (FN) Search Steam Market</p> <p> M4A4 Neo-Noir Skin & Price Details</p>	<p>\$5.61 - \$19.34 \$14.14 - \$101.81</p> <p> Clutch Case</p> <p>Inspect in-game (FN) Search Steam Market</p> <p> MP7 Bloodsport Skin & Price Details</p>	<p>\$18.03 - \$35.35 \$42.93 - \$101.82</p> <p> Clutch Case</p> <p>Inspect in-game (FN) Search Steam Market</p> <p> AWP Mortis Skin & Price Details</p>

Source: <https://sociable.co/web/underage-skin-gambling-on-the-rise/>

SKINS. Entertainment. Street Cred. Possible \$.

<div><div>M4A4 Neo-Noir</div><div>Covert Rifle</div><div>StatTrak Available</div><div></div><div><div>\$28.21 - \$251.31</div><div>\$82.69 - \$980.56</div><div> Clutch Case</div><div><div>Inspect in-game (FN)</div><div>Search Steam Market</div></div><div>M4A4 Neo-Noir Skin & Price Details</div></div></div>	<div><div>MP7 Bloodsport</div><div>Covert SMG</div><div>StatTrak Available</div><div></div><div><div>\$5.61 - \$19.34</div><div>\$14.14 - \$101.81</div><div> Clutch Case</div><div><div>Inspect in-game (FN)</div><div>Search Steam Market</div></div><div>MP7 Bloodsport Skin & Price Details</div></div></div>	<div><div>AWP Mortis</div><div>Classified Sniper Rifle</div><div>StatTrak Available</div><div></div><div><div>\$18.03 - \$35.35</div><div>\$42.93 - \$101.82</div><div> Clutch Case</div><div><div>Inspect in-game (FN)</div><div>Search Steam Market</div></div><div>AWP Mortis Skin & Price Details</div></div></div>
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PRIZE. CHANCE. CONSIDERATION.



“MICROTRANSACTIONS.”

**(For those not in the
morning workshop)**

(BTW, this game earns \$2 Billion annually.)



THE LOOT BOX.

Form of microtransaction.

Could get something really cool... but probably not.



LOOT BOX IN ACTION.



Animation source: <https://gfycat.com/gifs/detail/zealousglossygazelle>

11% of 11-16 year-olds have placed bets using in-game items.

- Click to watch:

https://www.youtube.com/watch?v=iLYNM_PmMm0



Data source: U.K. Gambling Commission, <https://www.gamblingcommission.gov.uk/news-action-and-statistics/news/2018/Gambling-Commission-publishes-new-report-on-children-and-gambling-trends.aspx> Video source: YouTube “Pretty Good Gaming,” Full video: https://www.youtube.com/watch?v=iLYNM_PmMm0

HAWLEY BILL (5/8/19)

- ✓ Would prohibit “manipulative design” (loot boxes and microtransactions)
- ✓ Would protect those under 18
- ✓ Would be enforced by Federal Trade Commission

https://www.hawley.senate.gov/sites/default/files/2019-05/2019-05-08_Protecting-Children-Abusive-Games-Act_One-Pager.pdf;

<https://www.hawley.senate.gov/sites/default/files/2019-05/Loot-Box-Bill-Text.pdf>

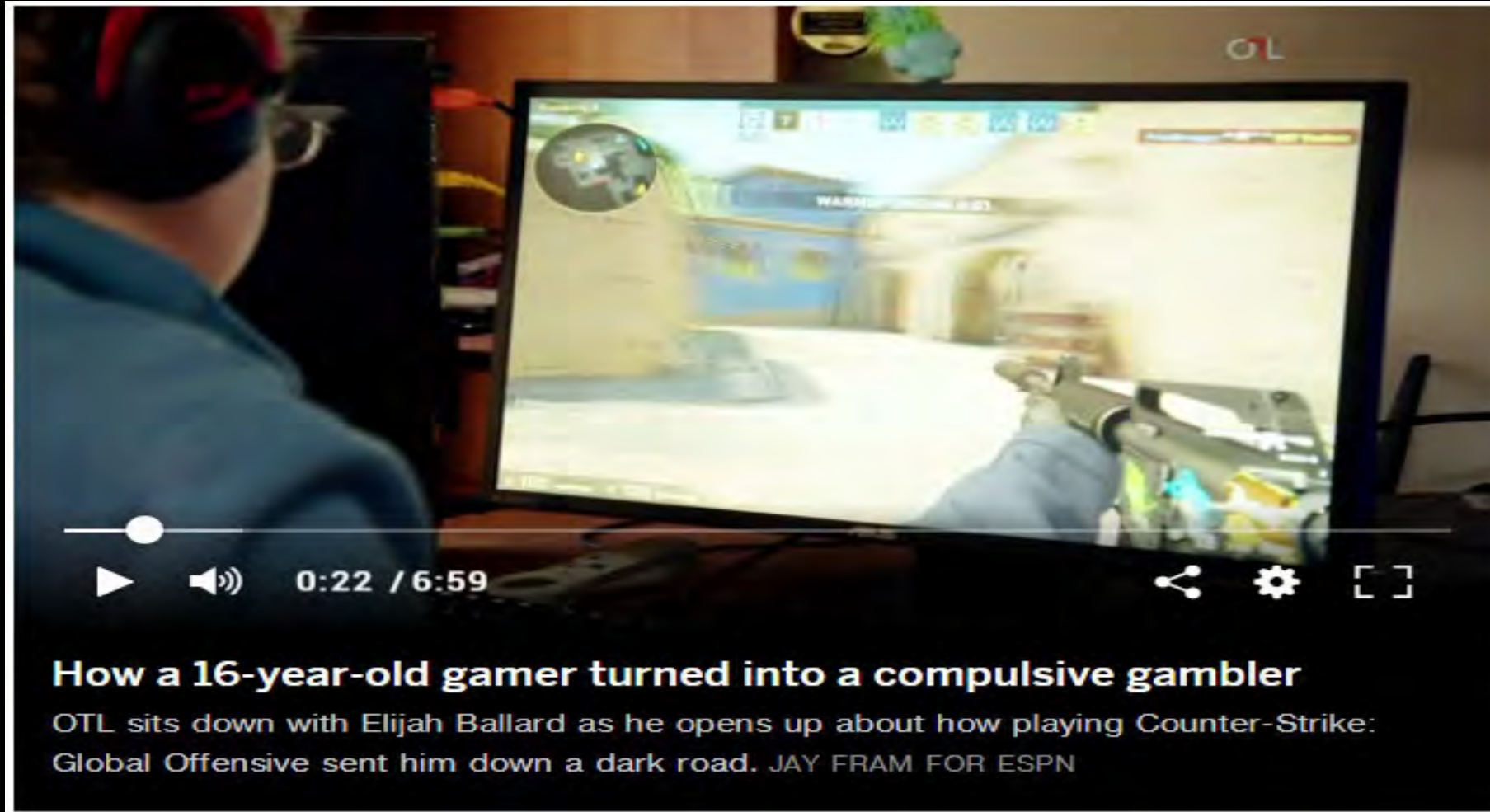
WWW.UNLV.EDU/IGI/ESPORTS

“Esports is the hottest topic in every board room on the strip, particularly with respect to Millennials...What better place to begin the journey to understand its relevance and application to the casino and hospitality industry than right here at UNLV?”

- Robert Rippee, Director of UNLV Hospitality Lab and Esports Lab



2. THE ISSUES



WATCH: "Skin in the Game: Counter-Strike has spawned a wild multibillion-dollar world of online casino gambling; it's barely regulated and open to any kid who wants in."
[ESPN.com, 1/20/17](https://www.espn.com/story/gaming/skin-in-the-game-counter-strike-has-spawned-a-wild-multibillion-dollar-world-of-online-casino-gambling-it-s-barely-regulated-and-open-to-any-kid-who-wants-in/2017/01/20/17711111)



SO MANY CONNECTIONS...

How video game companies are using gambling tactics to make customers addicted



JOSHUA KROOK, UNIVERSITY OF ADELAIDE

SEP 18, 2017, 9:35 AM



FACEBOOK



TWITTER



REDDIT



LINKEDIN



EMAIL



Source: <https://www.businessinsider.com.au/how-video-game-companies-are-using-gambling-tactics-to-make-customers-addicted-2017-9>

www.maccg.org/newjersey

GAMING ADDICTION THE DSM...

Not yet.



“INTERNET GAMING DISORDER” (IGD)
is...

“A condition warranting more clinical research and experience before it might be considered for inclusion in the main book as a formal disorder.”


2018 World Health Organization

ICD-11: Gaming Disorder

6C51 Gaming disorder

Parent

Disorders due to addictive behaviours

Show all ancestors 

Description

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; and 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.

Exclusions

- Hazardous gaming (QE22)
- Bipolar type I disorder (6A60)
- Bipolar type II disorder (6A61)



WHO has officially recognized gaming addiction as a modern disease

Source: Park, Alice. (2019, May 29). 'Gaming disorder' is now an official medical condition, according to the WHO. *Time*. Available at: <https://time.com/5597258/gaming-disorder-icd-11-who/>

TIME
HEALTH
TIME

BUT...
DOUBTS...

**HAVE WE HEARD THIS
STORY BEFORE?**

<https://www.nytimes.com/2018/07/02/health/internet-gaming-addiction.html>

Endless Gaming May Be a Bad Habit. That Doesn't Make It a Mental Illness.

The World Health Organization has made “internet gaming” a diagnosable disorder. But many experts aren't even sure it exists.



By Benedict Carey

July 2, 2018



88



WHAT DOES THE INDUSTRY SAY?

DEAN TAKAHASHI @DEANTAK FEBRUARY 20, 2019 8:15 AM



Entertainment Software Association's Pierre-Louis thinks the WHO's new classification is a "bad idea because it isn't supported by a preponderance of medical evidence."

EA: “SURPRISE MECHANICS”

Click to watch:

<https://www.youtube.com/watch?v=0Nztszc0clE>



Full hearing: <https://parliamentlive.tv/event/index/0bf5f000-036e-4cee-be8e-c43c4a0879d4>

Above video: <https://www.youtube.com/watch?v=0Nztszc0clE>

Image source: https://www.cbp.gov/sites/default/files/assets/hires/04052012_0405_hires1.jpg



Table 1 Representation of internet gaming disorder criteria in existing assessment instruments and suggestions for phrasing.

Criteria	Substance use disorder	Gambling disorder	Instruments								Suggested wording for intended meaning of criteria
			GAS	PVGU	VGAS	POGQ	CIUS	CIAI	YIAS	CSAS	
Pre-occupation	—	X	X	X	X	X	X	X	X	X	Do you spend a lot of time thinking about games even when you are not playing, or planning when you can play next?
Withdrawal	X	X	X	X	X	X	X	X	X	X	Do you feel restless, irritable, moody, angry, anxious or sad when attempting to cut down or stop gaming, or when you are unable to play?
Tolerance	X	X	X	X	X	X	—	—	X	X	Do you feel the need to play for increasing amounts of time, play more exciting games, or use more powerful equipment to get the same amount of excitement you used to get?
Reduce/stop	X	X	X	X	—	X	X	X	X	X	Do you feel that you should play less, but are unable to cut back on the amount of time you spend playing games?
Give up other activities	X	—	X	X	—	X	X	X	—	X	Do you lose interest in or reduce participation in other recreational activities because of gaming?
Continue despite problems	X	X	X	X	X	X	X	X	—	X	Do you continue to play even when you are aware of negative consequences, such as not getting enough sleep, being late to school/work, spending too much money, having arguments with others, or neglecting important duties?
Deceive/cover up	—	—	X	X	X	X	—	X	X	—	Do you lie to family, friends or others about how much you game, or try to keep your family or friends from knowing how much you game?
Escape adverse moods	—	X	X	X	X	—	X	?	X	—	Do you game to escape from or forget about personal problems, or to relieve uncomfortable feelings such as guilt, anxiety, helplessness or depression?
Risk/lose relationships/ opportunities	—	X	—	—	—	—	—	?	X	—	Do you risk or lose significant relationships, or job, educational or career opportunities because of gaming?

GAS = Game Addiction Scale [17]; PVGU = Pathological Video Game Use [36]; VGAS = Video Game Addiction Scale [20]; POGQ = Problematic Online Gaming Questionnaire [37]; CIUS = Compulsive Internet Use Scale [38]; CIAI = Chinese Internet Addiction Inventory [39]; YIAS = Young Internet Addiction Scale [31]; CSAS = Video Game Addiction Scale-II [19].

DSM-5 (2013)

Diagnostic Criteria

Gambling Disorder

312.31 (F63.0)

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

✓ = Internet Gaming Disorder criteria checklist
(Petry, et al., 2014)

- ✓ 1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
- ✓ 2. Is restless or irritable when attempting to cut down or stop gambling.
- ✓ 3. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
- ✓ 4. 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).
- ✓ 5. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
- ✓ 6. After losing money gambling, often returns another day to get even ("chasing" one's losses).
- ✓ 7. Lies to conceal the extent of involvement with gambling.
- ✓ 8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
9. Relies on others to provide money to relieve desperate financial situations caused by gambling.

CRITERIA: DRIVING IT HOME

- Tolerance
- Preoccupation
- Use to escape
- Inability to cut back/quit
- Irritability when cutting back/quitting
- “Chasing” losses
- Lying or concealing
- Risk/lose relationships

DIFFERENCES:

- Continue despite neg. consequences (gaming)
- Bailouts (gambling)
- Give up other activities (gambling)

Source: Petry, et al. (2014). An international consensus for assessing internet gaming disorder using the new DSM-5 approach <http://dx.doi.org/10.1111/add.12457>

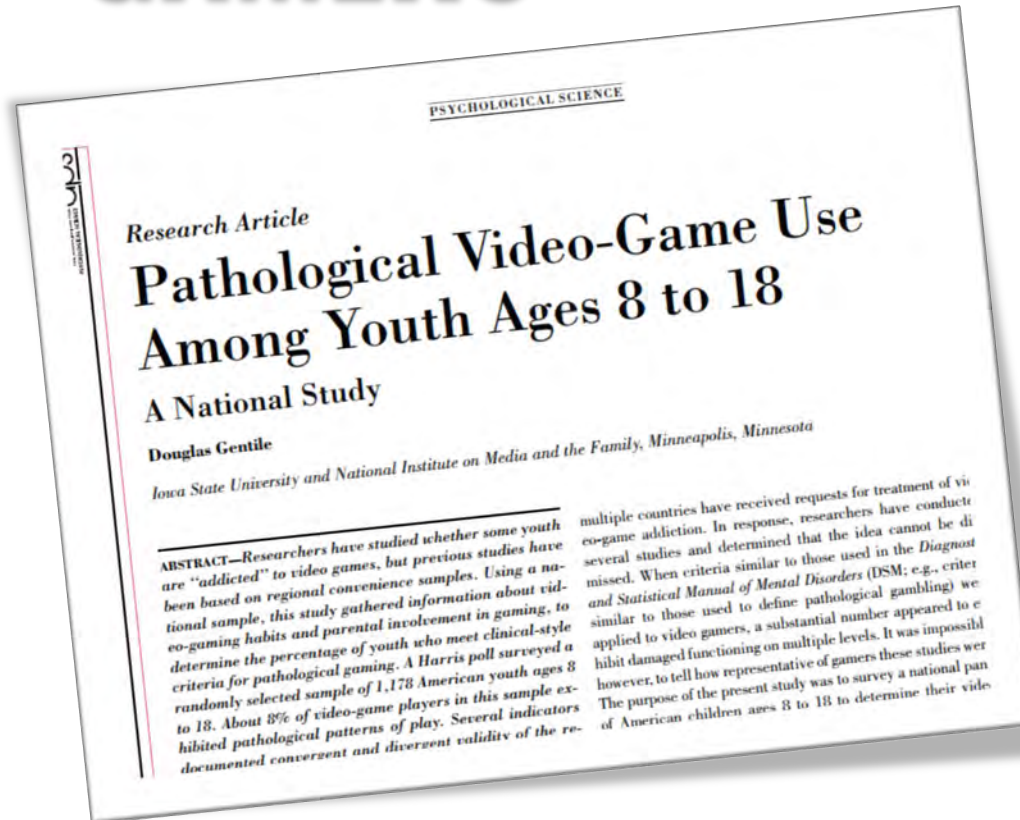
MOTIVATIONS: FROM FREE TO PAYING

- Ads
- Inflated payout rates



- Peer influence
- Incentives

YOUTH “PATHOLOGICAL” VIDEO GAMERS



- Sample of 1,178 youth in the U.S.: 8.5% of youth gamers were classified as “pathological gamers”
- >80% play video games at least occasionally
- “Pathological” gaming: (using 5 of 10 of DSM-IV; this was prior to DSM-5)

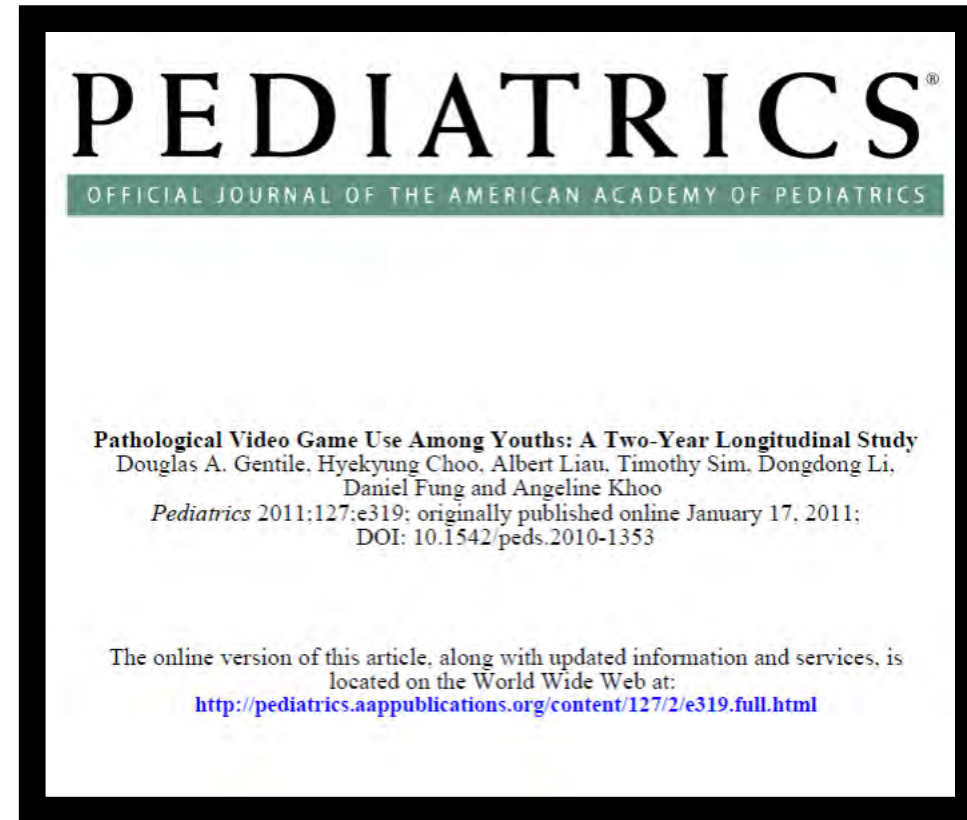
Gentile, D. (2009). Pathological video-game use among youth ages 8-18: A national study. *Psychological Science*, 20, 594-602.

YOUTH “PATHOLOGICAL” VIDEO GAMERS

n=3,034 – grades 3, 4, 7 & 8

9% pathological gaming

- Less empathy
- More impulsivity



Source: Gentile, Choo, Liau, et al. (2011). [Pathological video game use among youth: A two year longitudinal study](http://pediatrics.aappublications.org/content/127/2/e319.full.html)

POPULATIONS AT GREATER RISK: WHAT THE RESEARCH SHOWS NOW

ONLINE GAMBLING & ESPORTS BETTING

Study of sports betters (n=501) showed that esports bettors are more likely to:

- have greater breadth of play (more types of gambling)
- Have greater severity of gambling problems

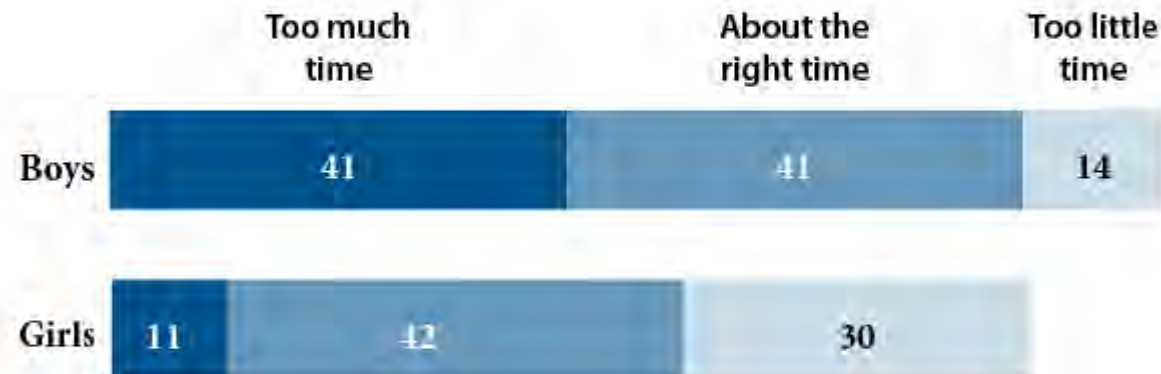
VIDEO GAMING ADDICTION & MENTAL HEALTH (n=23,533 adults)

- Addictive use of video games higher in males, younger ages
- Concept of internet use disorder as a unified addiction is “not warranted”

TEEN MALES

41% of teenage boys say they spend too much time playing video games

% of U.S. teens who say they spend ____ playing video games



Note: Respondents who do not play video games are not shown.

Source: Survey conducted March 7 - April 10, 2018.

PEW RESEARCH CENTER

IGD & “PATHOLOGICAL GAMBLING”

Similarities between those with internet gaming disorder (IGD) & pathological gamblers:

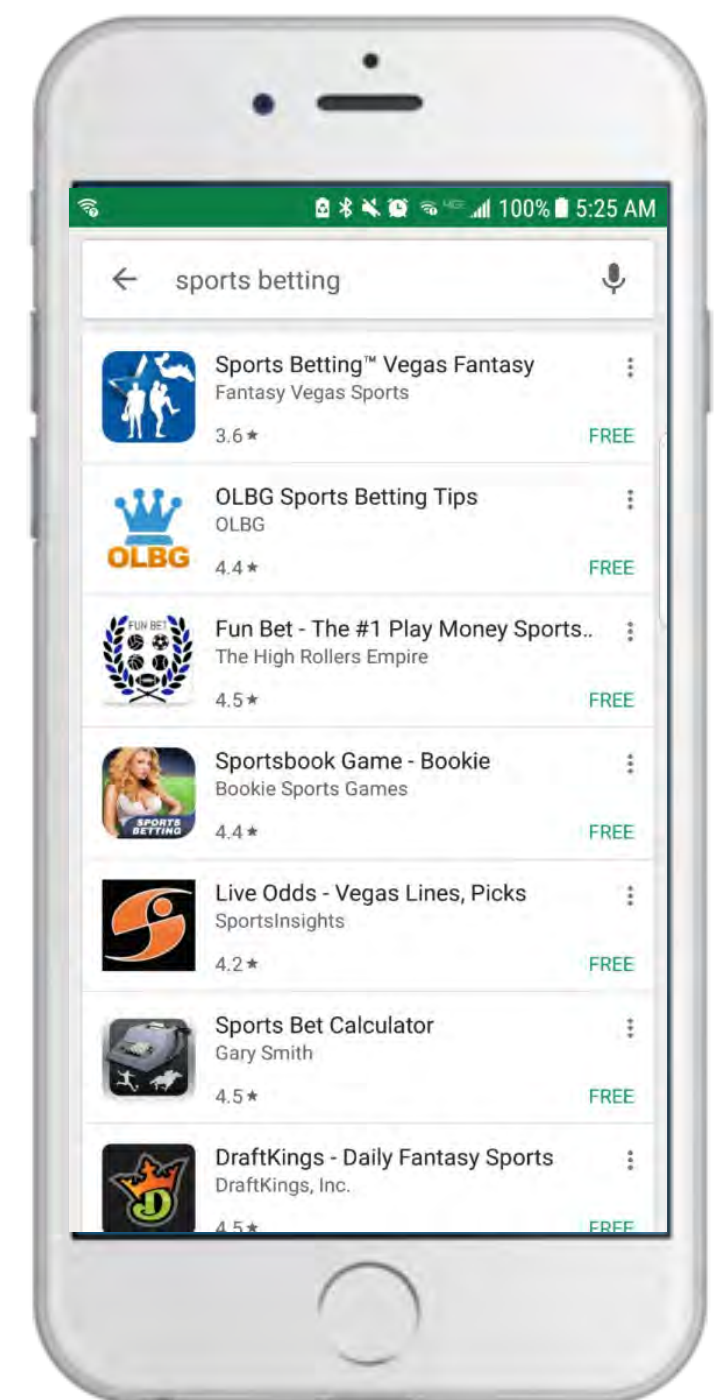
- Less sensitive to loss
- More reactive to gaming and gambling cues
- More impulsive choices

ADOLESCENTS & SOCIAL CASINO GAMES

Adolescents playing simulated gambling games more likely to later move to real gambling...



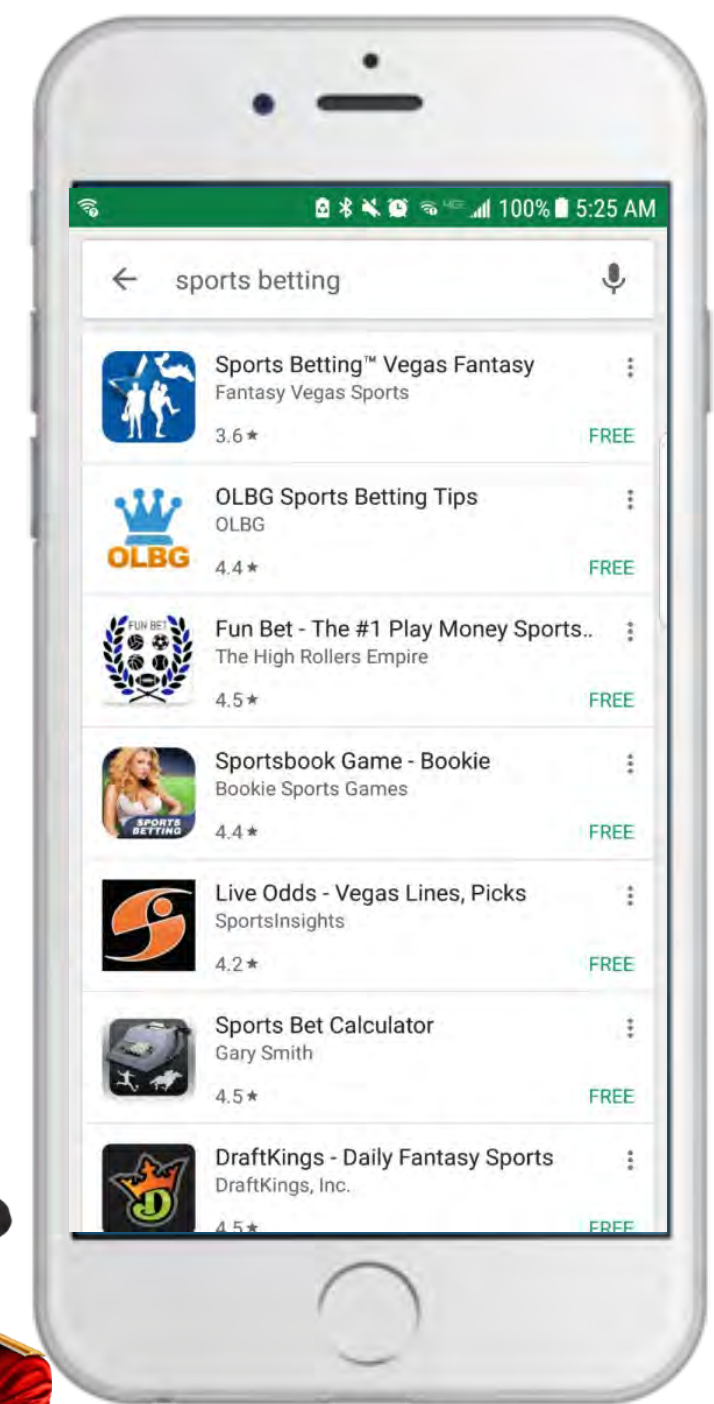
...and are also more likely to have later gambling problems



SOCIAL CASINO GAMES

In one study of social casino gamers (n=521):

- 19% were more likely to gamble for \$ as a direct result of playing the games
- 9.6% reported gambling overall had increased



LOOT BOX RESEARCH

- Older adolescents paying for loot boxes linked to >2x higher rates problem gambling (Zendle & Cairns, 2019)
- Over 90% of gamers had opened a loot box (Brooks & Clark, 2019 –*adult gamers*)
- Loot box purchasing related to higher problem gaming/gambling (Li, Miller & Nower, 2019)

NEWS RELEASE 1-MAY-2019

Lure of the 'loot box' looks a lot like gambling

UNIVERSITY OF BRITISH COLUMBIA



PRINT E-MAIL

An increasingly popular feature of modern video games is attracting gamers who share the beliefs and behaviours of problem gamblers, new UBC research has found.

Gamers who are drawn to "loot boxes"--randomly generated prizes of undisclosed value that can be attained or purchased within a game--bear a closer resemblance to problem gamblers than they do to problem gamers, according to the study published April 16 in *Addictive Behaviors*.

"Our study is among the first to investigate the links between loot boxes and gambling," said Gabriel Brooks, a PhD student from UBC's Centre for Gambling Research and

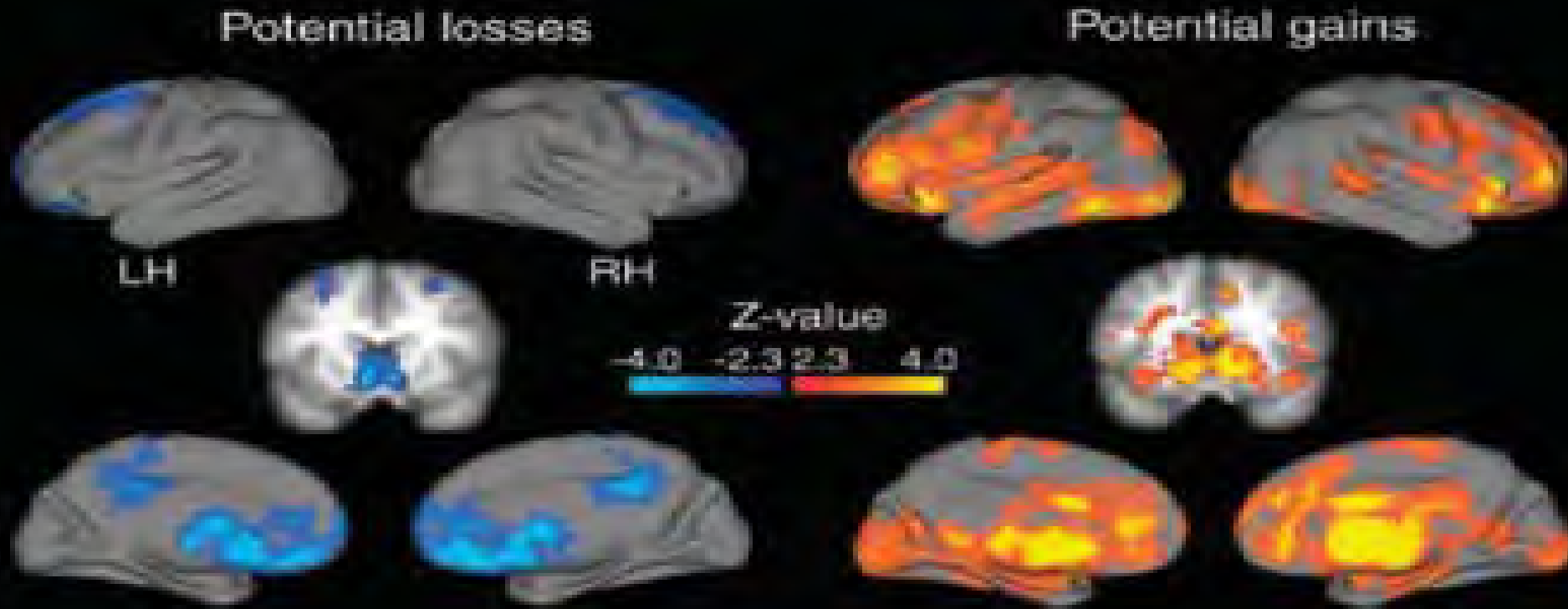


IMAGE: GABRIEL BROOKS IS A PHD STUDENT IN CLINICAL PSYCHOLOGY AT THE UNIVERSITY OF BRITISH COLUMBIA. [view more >](#)

CREDIT: UBC MEDIA RELATIONS

GAMING/GAMBLING & DOPAMINE

It's NOT about the money!



Dopamine **not released** when expecting a loss.

Flooded with dopamine when expecting a **win!**

Source: Brain Briefings (2007, October), Society for Neuroscience, Washington, DC

SUMMARIZING THE RESEARCH BASE THUS FAR- GREATEST AT-RISK POPULATIONS:

- Youth
- Young adults
- Gamers
- Sports bettors
- Those who engage in social casino games & microtransactions
- People in recovery

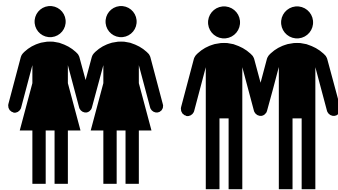
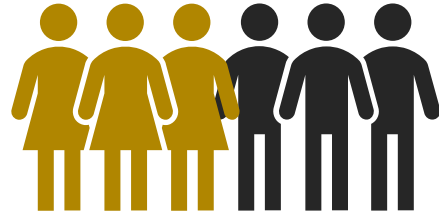
A COMBINED DEMOGRAPHIC...

- Gambling/gaming to cope with increased boredom, anxiety
- Gambling/gaming as a result of injury

Student athlete comment in University of Oregon problem gambling course

I wouldn't say that the NCAA is wrong in the policies it sets for student athletes from Section 2 slides (Hynes, 2017). One aspect that I have experienced as an athlete isn't the temptation to bet on my own games or even other teams in [REDACTED], but when I had [REDACTED] surgery last year I got very depressed. As athletes we are used to being very busy and the best at what we do. We are used to spending all kinds of time together. When I was rehabbing my [REDACTED], I got more and more into Overwatch, Madden and 2K and would say I was pretty hooked. If I think about the signs of problem gambling as noted in Section 2, I could tick off a lot of those signs on myself. I was lonely and stopped really even doing some of the work I was supposed to do for my [REDACTED], I would chase my losses with more time playing, I was preoccupied with getting better and thinking of ways to improve my play. I would bet on my play. Honestly I also had some cognitive distortions about playing (Hynes, Section 4), like selective memory, biased evaluation and cognitive dissonance. At one point I was even thinking I could be a professional gamer and still sometimes think I could if I put my mind to it like I do with [REDACTED].

WHAT ABOUT OTHER GROUPS NOT MENTIONED??





3. NOW WHAT?

**THESE ARE THE SAME
DISORDERS
IN EVERYTHING BUT THE
MONEY.**

**WE ARE THE MOST
EQUIPPED PROFESSION TO
DEAL WITH
GAMING DISORDERS.**

IF NOT US, WHO?

Tobacco



**THE BARRIERS OUR PROFESSION
ARE REAL.**

Substance
Abuse



Problem Gambling



SUBSTANCE USE DISORDERS

U.S. Pop. With Past Year Problem ¹

20.8 Million
7.8% aged 12+

2016 Public Funds Invested into SUD Treatment³

\$24.4 Billion
*\$14.7 B Federal
\$9.7 B State*

GAMBLING DISORDERS

U.S. Pop. With Past Year Problem ²

2.2%
aged 18+
5.45 Million
(3.8 times smaller)

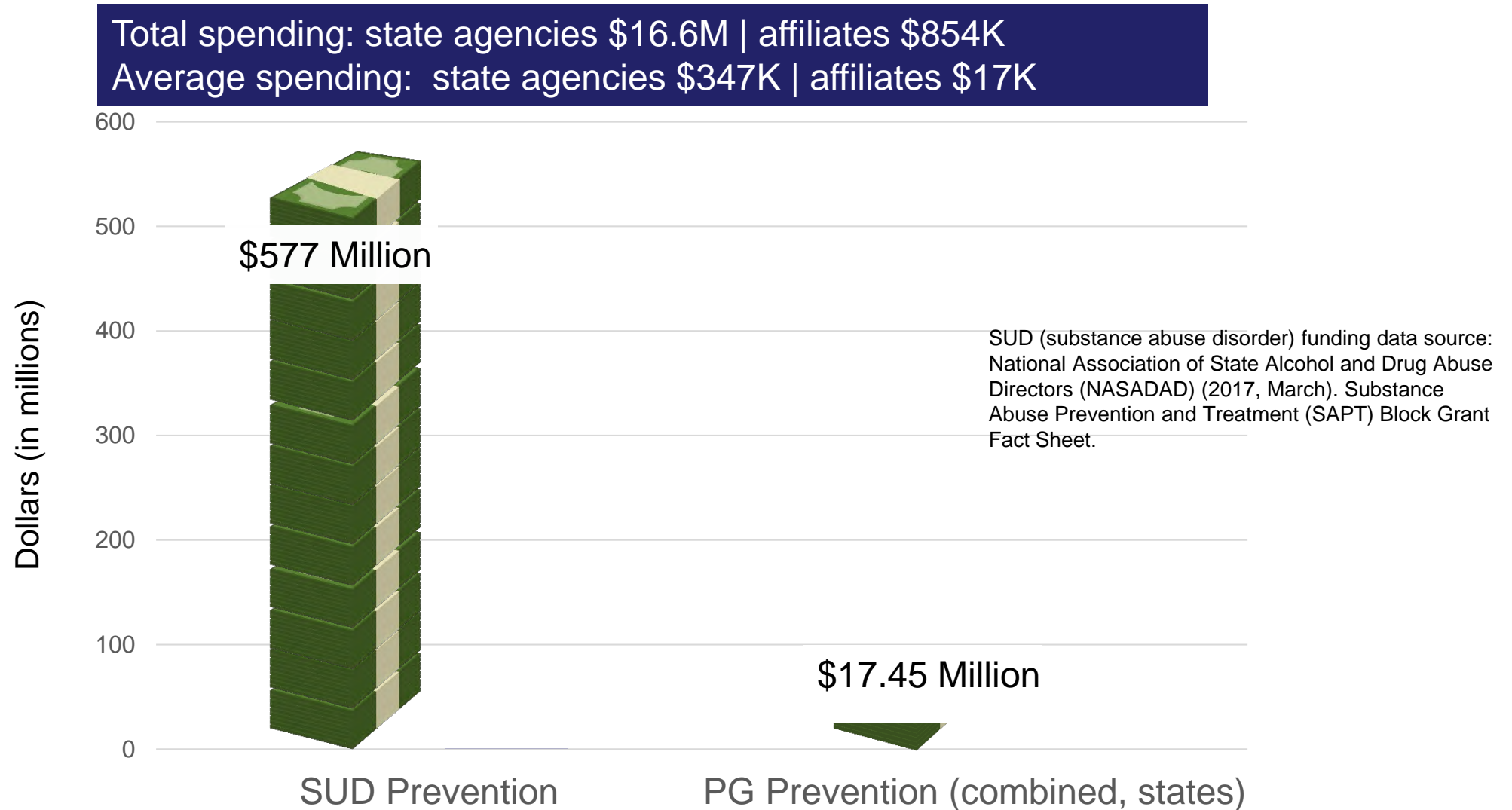
2016 Public Funds Invested into Problem Gambling Services⁴



\$71.6 Million
(341 times smaller)

¹ 2015 National Survey on Drug Use and Health² Williams, R.J., Volberg, R.A. & Stevens, R.M.G. (2012) SAMSHA Spending Estimates– Projections for 2010-2020 ⁴ APGSA & NCPG National Survey (2016) Marotta, Hynes, Whyte, Rugle, & Scanlan, 2017

SPENDING ON PROBLEM GAMBLING PREVENTION



ADDRESSING GAMING?

Fear:

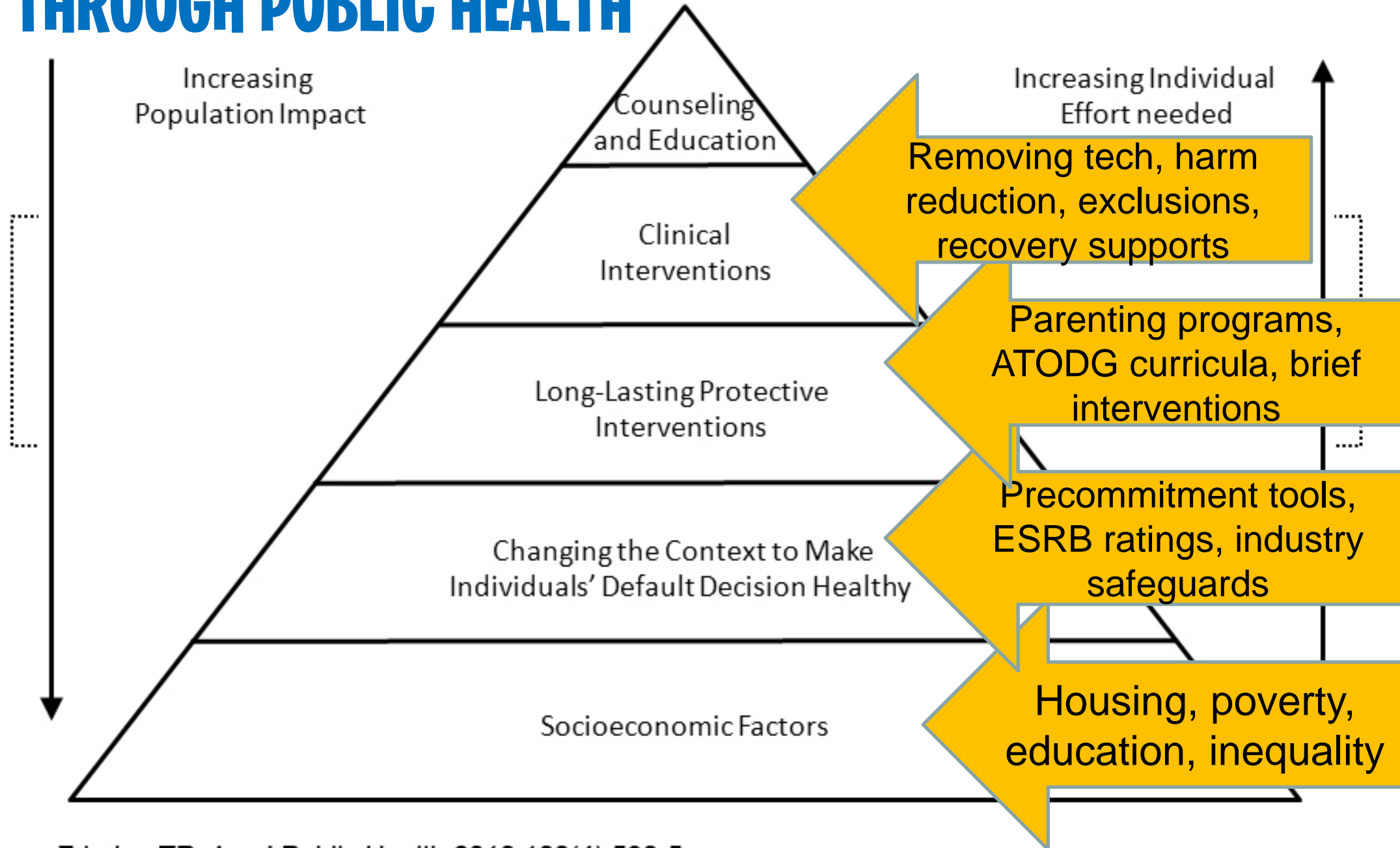
**We need to be
experts in all
of the games.**



PROVIDING SERVICES

Using same strategies
effective already in your
work (i.e., you don't have to
know all of the details of
the new tech!)

IMPACTS THROUGH PUBLIC HEALTH



IMPACTS THROUGH PUBLIC HEALTH



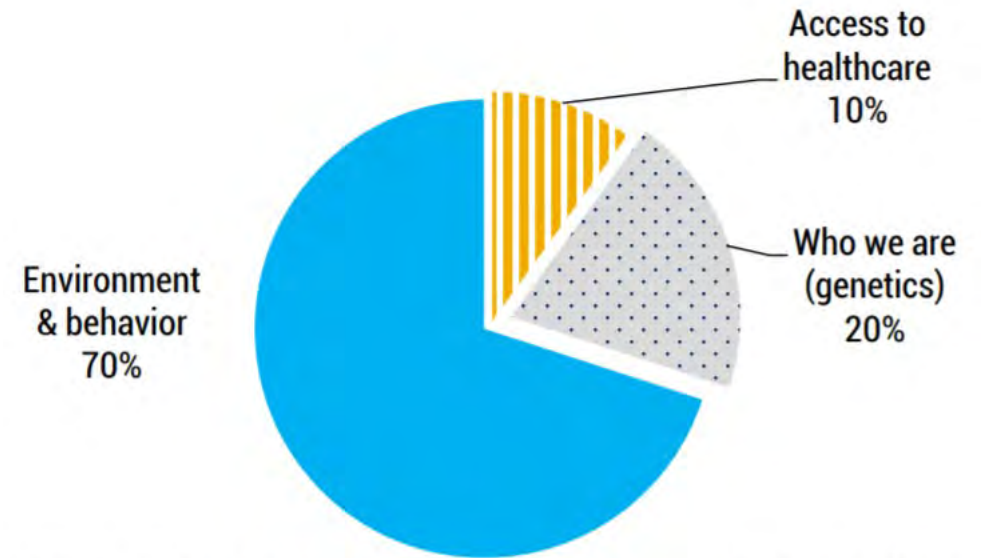
RESEARCHERS RECOMMEND OVERALL PREVENTION INITIATIVES AS MOST EFFECTIVE.

i.e.,

- Prevention efforts that address **RISK FACTORS** common to other problem behaviors;
- Prevention efforts that address **PROTECTIVE FACTORS** (e.g., prosocial behaviors)

Examples: Alcohol & drug curricula, Life Skills programs, parenting programs, etc.

What affects our health?



Schroeder, S.A. (2007). *We can do better—Improving the health of the American people*. New England Journal of Medicine, 357, 1221-1228.

ADDRESS RISK FACTORS BY DOMAIN

FAMILY

- Family conflict
- Family history antisocial behavior
- Parental gambling

COMMUNITY

- Exposure to gambling
- Availability & accessibility
- Media portrayal

SCHOOL

- Academic failure & poor school performance
- Low school commitment

INDIVIDUAL/PEER

- Male
- Early initiation
- **Early big wins**
- Rebelliousness
- Delinquency
- Impulsivity
- **Competitiveness**
- Interaction w/ antisocial peers
- ATOD use
- Psychological distress, mental health issues

Barnes et al., 1999; Hayatbakhsh et al., 2006; Johansson et al., 2009; King & Delfabbro, 2016; Raylu & Oei, 2002; Scholes-Balog et al., 2014; Shead et al., 2010; Volberg, 2008; Winters et al., 2002

PROTECTIVE FACTORS BY DOMAIN

FAMILY

- + Encouragement of prosocial behavior

COMMUNITY

- + Connection

SCHOOL

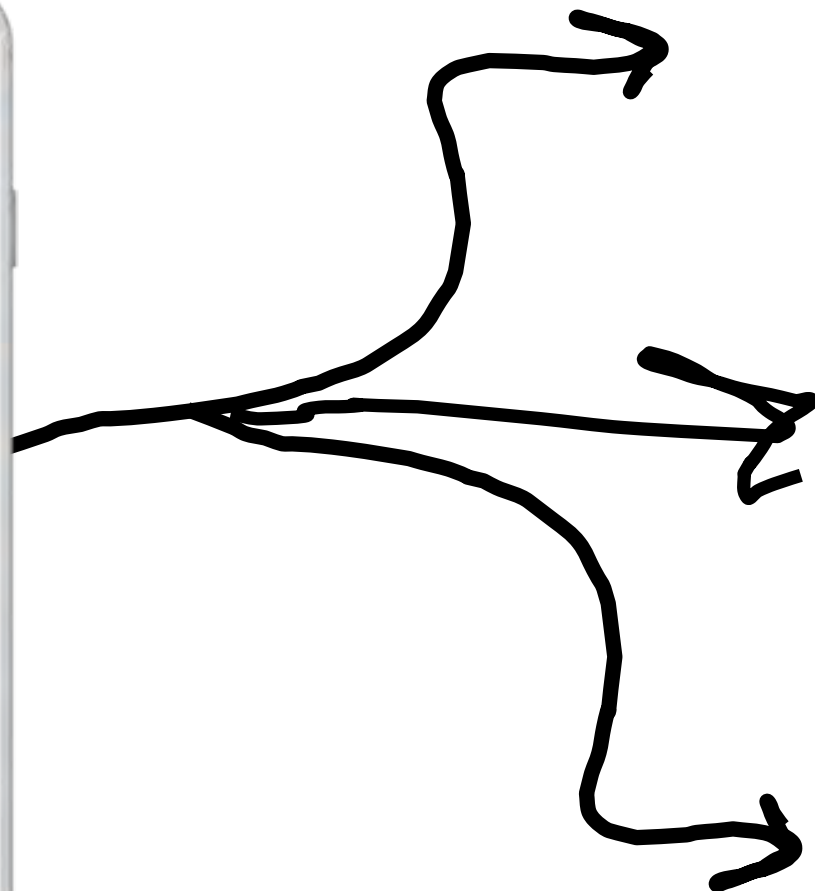
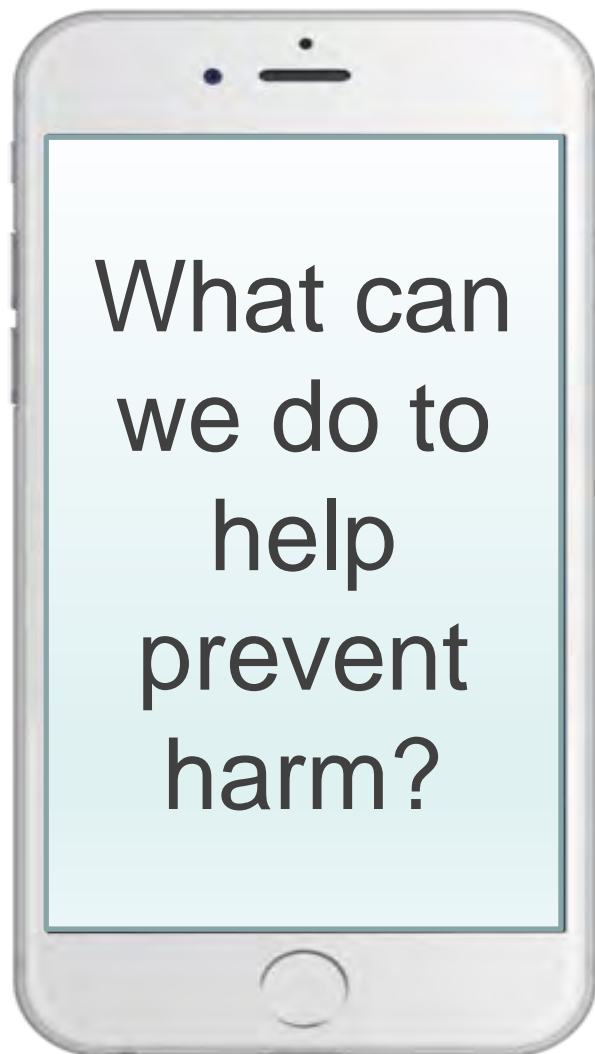
- + Connection
- + Commitment to school

INDIVIDUAL/PEER

- + Female
- + Prosocial involvement
- + **Early losses**
- + **Boredom**
- + **Awareness of risk**

Barnes et al., 1999; Hayatbakhsh et al., 2006;
Johansson et al., 2009; King & Delfabbro, 2016;
Raylu & Oei, 2002; Scholes-Balog et al., 2014;
Shead et al., 2010; Volberg, 2008; Winters et al.,
2002

PREVENTION



Px education
& awareness

Policy &
industry
safeguards

ID & referral
to treatment

AWARENESS/EDUCATION

Include gambling
in conversations
about alcohol &
other drugs, AND
technology.



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GAMBLING PROBLEM? 1-800-589-9966 LIVE CHAT

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HOME

OUR MISSION

THE ISSUE

**CHANGE
THE
GAME**

UNLOCK THE REALITY
OF YOUTH GAMBLING

EDUCATION

GET INVOLVED

CONTACT

**Have you heard of Loot
Boxes? Your students
have.**

It's just one more way that today's digital
games simulate gambling.



Take a chance for a
loot box now!

EDUCATION FOR EDUCATORS

CH-CH-CH-CHANGES TAKE TIME

- **POLICY example:** Nintendo, Microsoft and Sony will require videogame publishers to disclose “drop rates” (odds) in order to be released
- **EDUCATION example:** CCGNJ’s Dan Trolaro – chairs emerging trends work group in NCPG Prevention Committee (www.ncpgprevention.org for materials)



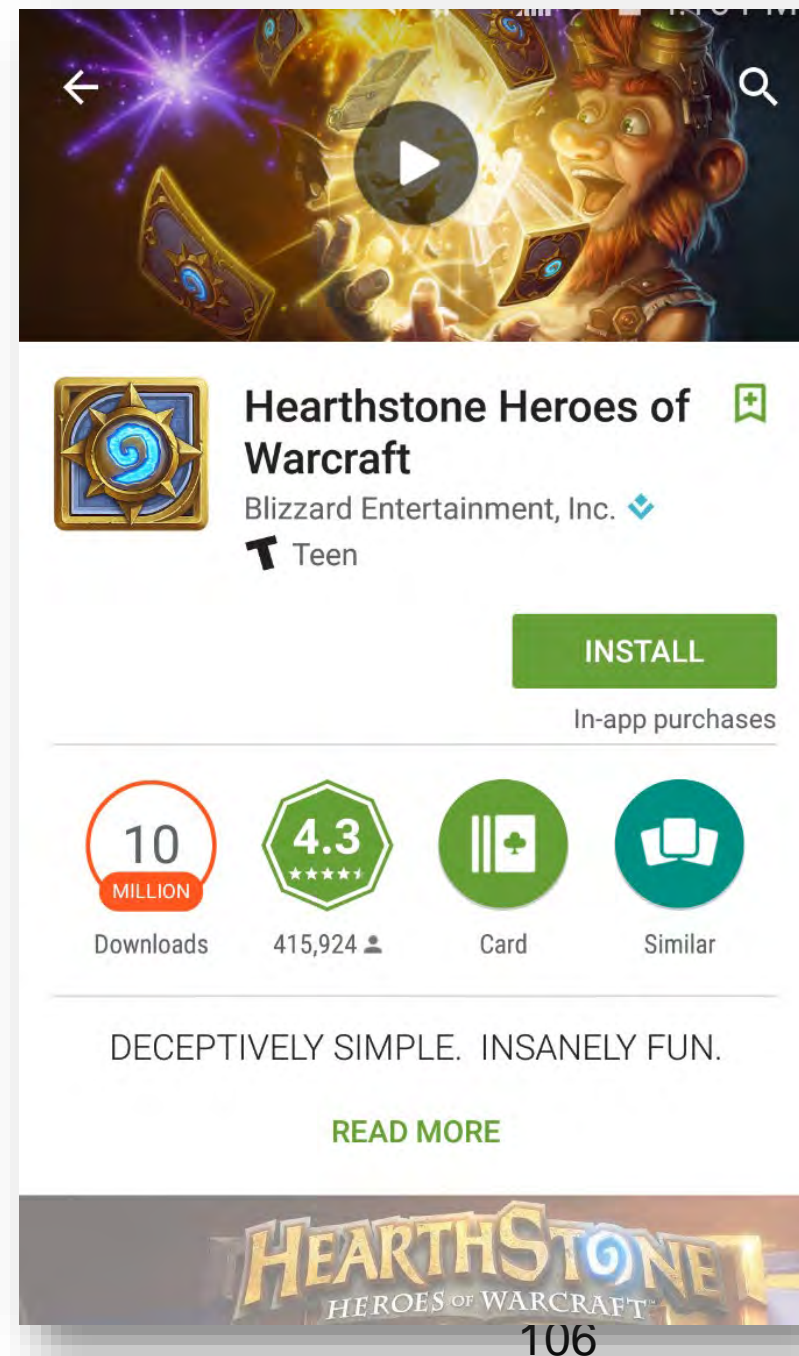
COMMUNICATE
expectations .

USE TECH
to your advantage.



MONITORING

- Ratings
- In-app purchases
- Loot boxes
- Watching games
- Playing with them



RECOVERY.

“I quit drinking over 19 years ago, and for many of the early years I did not enter bars, keep booze in my house...But the poor soul who gets hooked on betting through the phone probably cannot give up the phone.”

- Richard Schuetz, 4/20/19, https://ggbnews.com/article/phoning_it-in/

HELP & RECOVERY

Replace
Skill -based
activity

Mindfulness

Social
replacements



Addition,
not
subtraction.

EARLY EVIDENCE FOR CBT

- Subjects: 143 men over 5 years
- Short term efficacy shown for cognitive behavioral therapy for internet addiction & gaming disorder (15 weeks)
- 69% achieved remission vs 23% of control
 - Fewer symptoms
 - Less time spent online
 - Improved psychosocial functioning



SUPER HELPFUL RESOURCE FOR PEOPLE WITH GAMING PROBLEMS:

www.gamequitters.com
[@Camerondare](#)



**“We are hardwired to connect with others;
it’s what gives purpose and meaning to our lives,
and without it there is suffering.” – *Brené Brown***

**THE HEART
OF IT ALL.**





@MassCouncilCG
@julhynes



facebook.com/MACouncil

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