



*Optimal Treatment
for Anxiety
& Mental Health*

ESCAPE FROM ESCAPE:
Introduction to Digital Use Disorders

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**Private Practice in
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Specialty: Internet and Video Game Addiction.

**Background: Programming, Game/
Educational Software developer**

**Frequent public speaking, author of multiple articles/
peer reviewed literature**

Media appearances

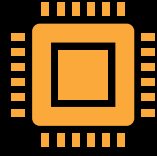
New York Times

ABC News

Time Magazine for Kids

HBO Real Sports with Bryant Gumbel





Describe why digital technology is more stimulating than other activities and why children and teenagers are more vulnerable to this effect.



Explain the effects of prolonged use of digital technology on the brain and behavior.



Describe the assessment of digital use disorders and briefly explore treatment options.

**LEARNING
OBJECTIVES**

DSM 5:

“THE ESSENTIAL FEATURE OF A SUBSTANCE USE DISORDER IS... THAT THE INDIVIDUAL CONTINUES USING THE SUBSTANCE DESPITE SIGNIFICANT SUBSTANCE-RELATED PROBLEMS”



social problems



academic problems



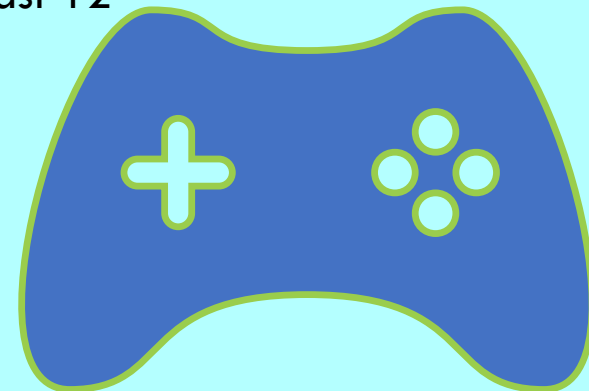
health problems



psychological problems

WORLD HEALTH ORGANIZATION- GAMING DISORDER

- **“What is gaming disorder?”**
- Gaming disorder is defined in the 11th Revision of the International Classification of Diseases (ICD-11) 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.
- For gaming disorder to be diagnosed, the behaviour pattern must be of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning and would normally have been evident for at least 12 months.” –www.who.int



WHY CHOOSE GAMING?



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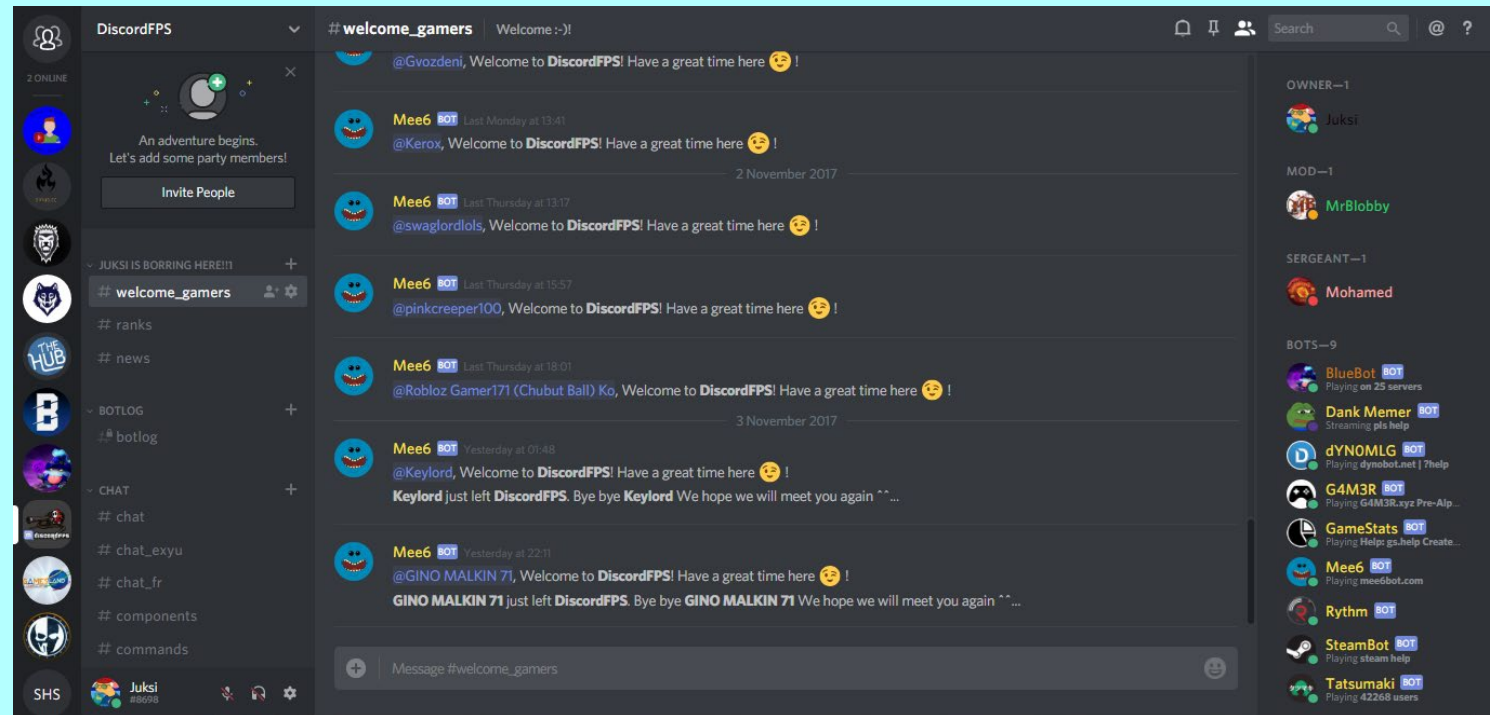


WHY CHOOSE GAMING?

- Massive Multiplayer Online Games (MMO/MMPOG/MMPORG)
 - Fortnite
 - World of Warcraft (WOW)
 - Rocket League
 - Overwatch
 - Many others and more to come...



WHY CHOOSE GAMING?



VARIABLE RATIO REINFORCEMENT



WHY IS GAMING ADDICTIVE?

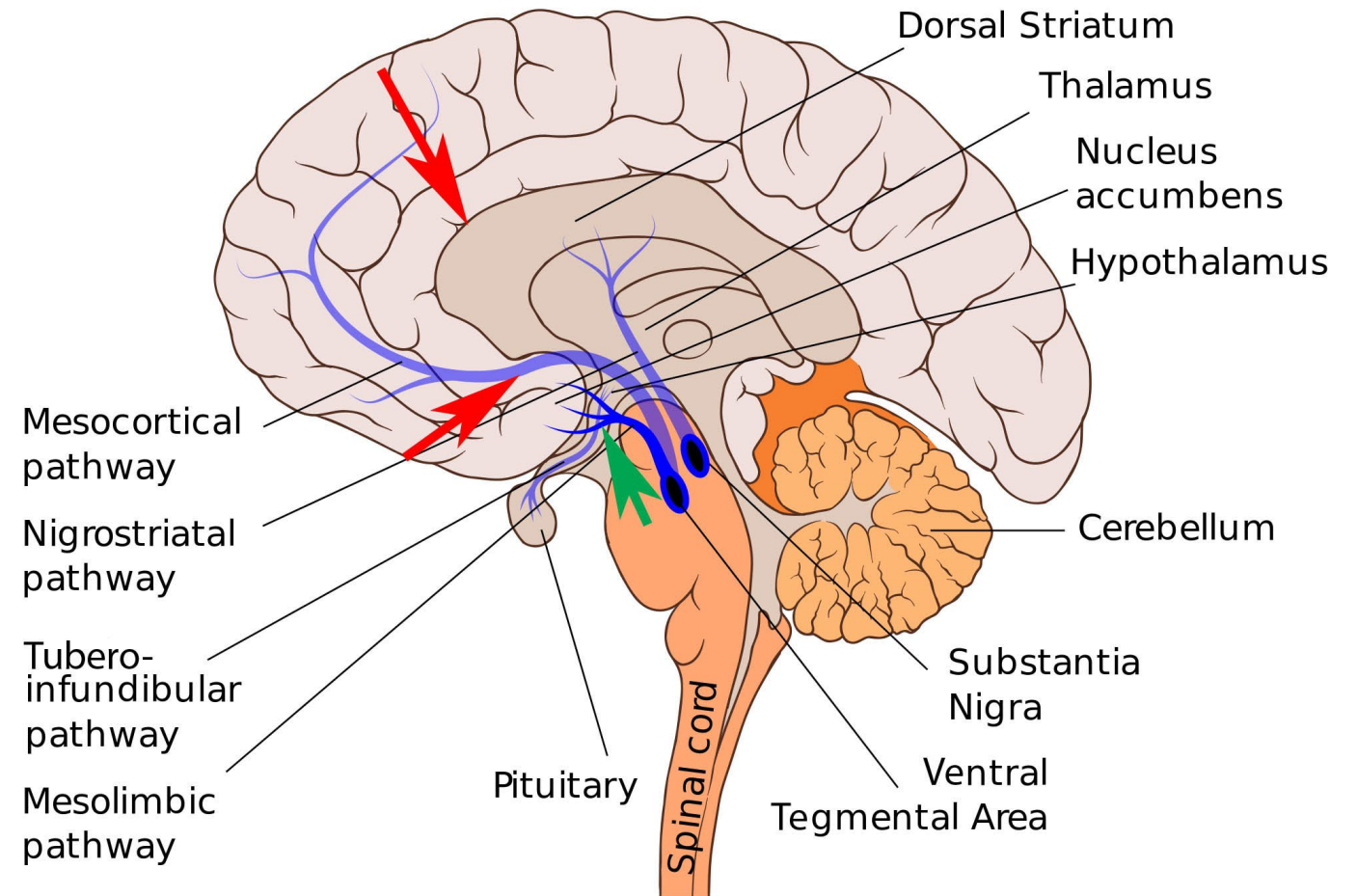
	Cocaine and other Drugs	Gambling	Internet Gaming
Mood Changes	x	x	x
Sense of Mastery, Escape from Reality, Social Aid	x	x	x
Variable Ratio Reinforcement	x	x	x

TREATMENT APPROACH



- Final common pathway in SUD and PUI
- Different Modalities
 - Work with parents and family
 - Motivational Interviewing
 - CBT
 - Medication

Digital Device=Virtual Shortcut Machine



FINALLY TURN OFF
COMPUTER AND GET IN BED



A FEW
MOMENTS LATER



NOT JUST WORK VS PLAY...

High-Dopamine
Activity (HDA)

Low-Dopamine
Activity (LDA)

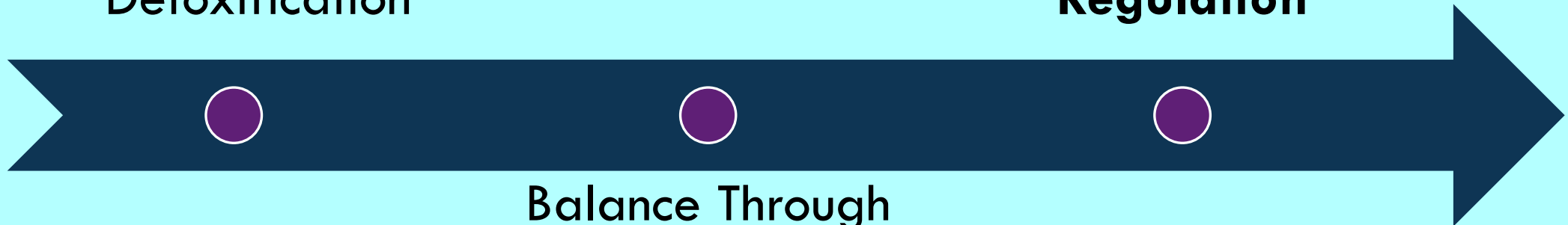
Goal of Treatment
is to Help Patients
Balance the Two

3 PHASES TO A HEALTHY BALANCE

Digital/Dopamine
Detoxification

Balance
Through Self-
Regulation

Balance Through
External
Regulation
(e.g. Residential
Center, Parents,
Coach, etc.)





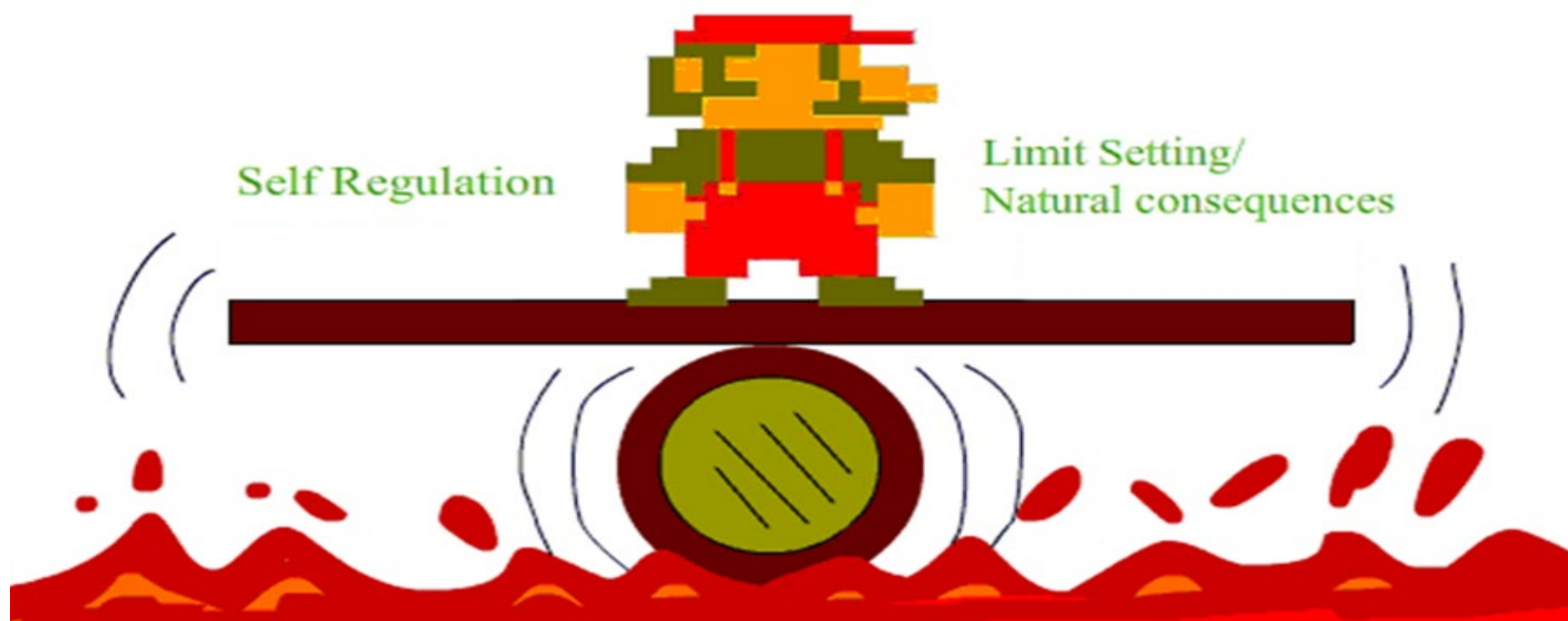
Family Interventions

- Structure
- Delayed gratification: Alternating HDA and LDA
- Logical and immediate consequences
- Managing environmental cues

WHY IS GAMING ADDICTIVE?

- CUES





MOTIVATIONAL INTERVIEWING



- Insight-oriented

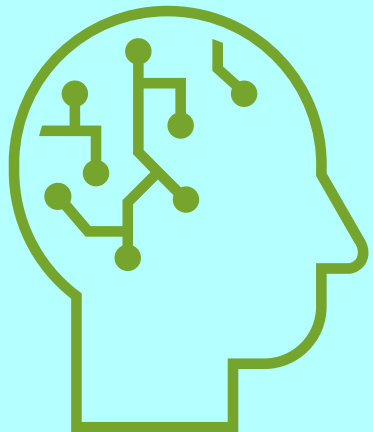


- Maintain neutrality with open-ended questions, reflective listening



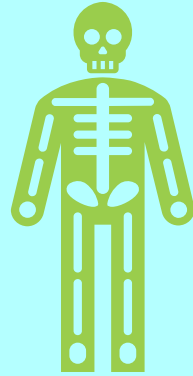
- Explore Ambivalence

CBT

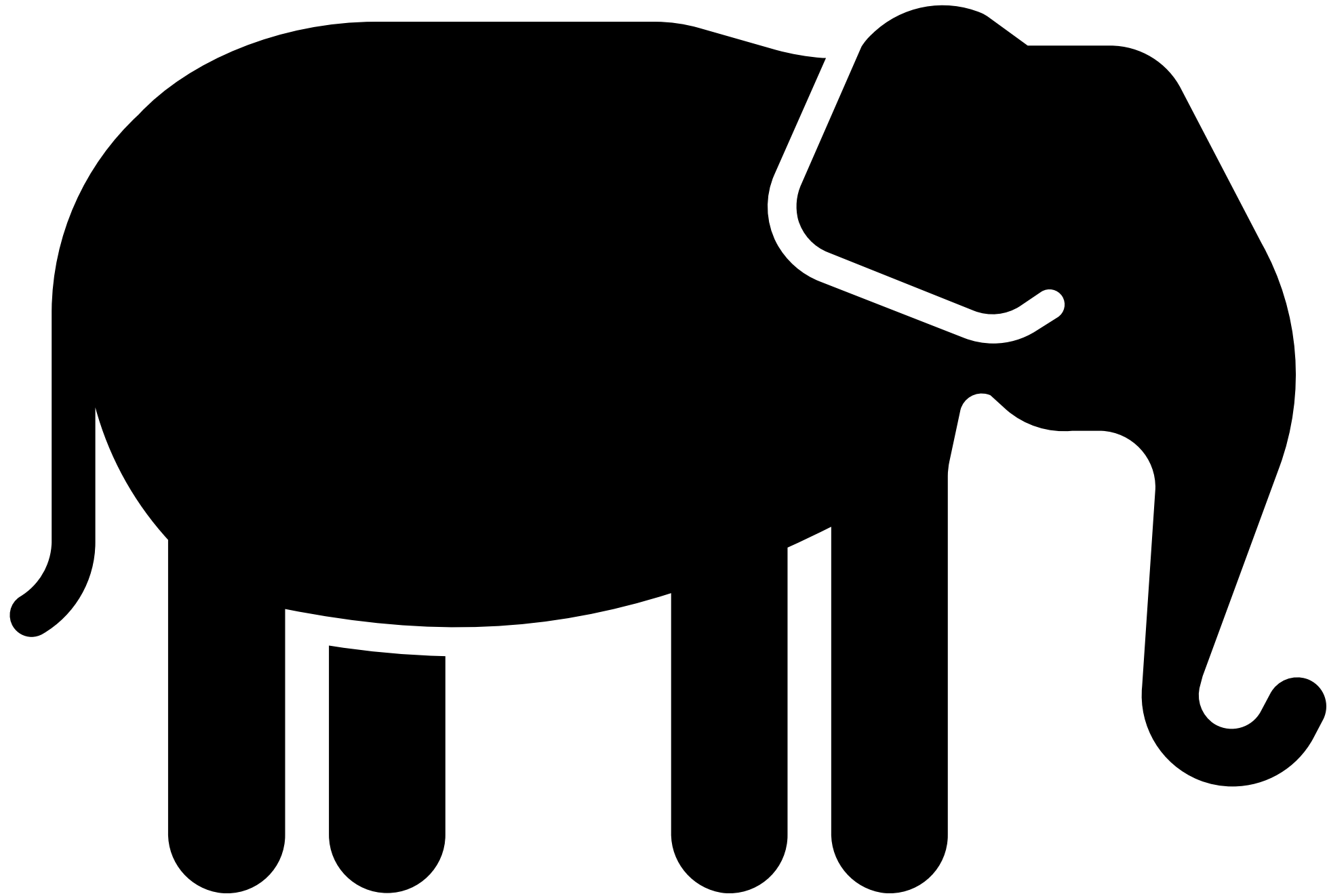


- Cognitive Behavioral Therapy (CBT)
 - Identify cognitive triggers
 - Cognitive distortions:
 - Time distortion
 - Fear of missing out (FOMO)

TREATMENT: BIOLOGICAL



Bupropion
Atomoxetine
Methylphenidate



- ADHD
- Autism
- Anxiety
- Depression
- Other Substances

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