Internet Gaming Addiction Course Syllabus *

November 19-20, 2009, Singapore

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Psychology of technology
- Introduction to the Psychology of Technology
  - Utility and impact of computer technology
  - Positive & alluring aspects of computers, Internet and online gaming
- Stressful aspects of technology
  - Overwhelmed due to informational overload
  - Undesirable features of the Internet
  - Consequences of techno-stress
- Technology, sense of time and pace of life
  - Co-evolution of speed, technology, community, humanity
  - Technological myths: "Time is money!"
  - Types of time
- Generational digital divide
  - Styles, types, modalities, length, Synchronistic vs. A-synchronistic
  - Multitasking and the generational digital divide
  - Differences in social networking, media consumption, values, relationships to technology, work, authority,
- Solutions: Dealing with techno-stress, digital divide, information overload etc.
  - Application to Singapore

Consequences of watching violence on videos, movies and online gaming
Nature of addiction
- Introduction to addictions
  - Types
  - Diagnosis
  - Addiction as a process

Internet and Gaming Addiction: An Introduction
- Internet addiction:
  - Is it a mental disorder?
  - What is "healthy" or "normal"?
- Internet gaming: Scope of problem across the globe
- Computer games
  - Types & Genre
  - The dynamic of Player-Parent-$$
  - Progression and traps

* Schedule, sequence and timing of presentations may change as needed

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Warning Signs of Playing Internet Gaming
- Online Gaming Addiction main warning signs
- Behaviors to look for in assessing excessive usage

Assessment and Causes of Internet Gaming
- Assessment of Internet Gaming Addiction
    - Signs of gaming addiction in children
    - Signs of gaming addiction in adults
    - Internet gaming addiction – Self assessment
    - Beard and Wolf's Criteria for Maladaptive Internet Use
    - Self assessment of gambling addiction
    - Internet Addiction Test
    - reSTART Internet Addiction Recovery Program –Assessment
    - Survey for youth
    - Diagnosis of Internet or Gaming Addiction: Diagnostic Criteria for Internet Addiction for College (DC-IA-C)
- Causes of gaming addiction
    - Cultural
    - Familial
    - Psychodynamic
    - Socio-cultural
    - Behavioral
    - Bio-medical

Typology-Subtypes
- Cyber-sex Addiction
- Cyber-Relations Addiction
- Net Compulsions
- Information Overload
- Computer Addiction

Risks and Negative Effects of Internet Gaming
- Co-Morbidity
- The special risk at colleges and university campuses
- Negative effects of Internet gaming addition:
    - Physical, Emotional, Work, School, Stalking, Bullying, Porn, Desensitization to violence, Predatory behavior
- Internet Addiction: History and Debate
    - Terminology
    - Alternative view: Phases in use of Internet
    - Gambling and Internet addiction-Are they comparable?
- Treatment options for Internet Gaming Addiction
- What makes the Internet so addictive?

Parents and Children: Most important arena
- Parents' Attitudes
- Observing and watching the children play online
- Understanding the child's experience and the allure of the games
- Cycles in parents in-effective behavior
- Self reflection
- What to avoid
- Literacy program for parents
- Children's developmental needs
- Ways for parents to approach their children

Treatments and Interventions
- Behavioral Modification
  - General principles
  - Application to Internet gaming addiction
- Cognitive Behavioral Therapy (CBT)
  - General principles
  - Application to Internet gaming addiction
- 12 Step (AA) Model
  - General principles
  - Application to Internet gaming addiction
- Harm Reduction Model
  - General principles
  - Application to Internet gaming addiction
- Treatment Centers
  - General principles
  - Application to Internet gaming addiction
- Outward Bound
  - General principles
  - Application to Internet gaming addiction
- Online Gamers Support group
  - General principles
  - Application to Internet gaming addiction

Cyber Wellness – Singapore's Approach
- Overview and Definition
- General Principles and program goals
- Interventions: CRuSH, etc

Additional Treatment Options
- Self-Help
- Telehealth
- Focus on potential positive use of games & Educational games

Balance: Online-Offline; Fast-Slow-Stillness; Internet-Innernet

Application of the workshop to the Academy of Human Development
- Working with youth & working with parents
- Working with parents and children
- Working with the community and the schools