

'Gaming under Control'.

No registrations found.

Ethical review	Positive opinion
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON28747

Source

NTR

Health condition

Problematic Game Behavior
Game Addiction

Sponsors and support

Primary sponsor: Mariken Muller

Psychologist
Brijder Addiction Care
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Source(s) of monetary or material Support: fonds = verrichter = sponsor

Intervention

Outcome measures

Primary outcome

Increase of self-insight of gaming behavior, self-control of gaming behavior and psychosocial wellbeing.

Measures: A questionnaire which includes; gaming behavior, game addiction scale, self-

control, self-awareness, quality of life, depression, loneliness, negative outcomes.

Secondary outcome

Developing and evaluating an online guided self-help intervention to prevent and reduce problematic gaming behavior and its negative consequences for adolescents' well being.

Study description

Background summary

Playing videogames is one of the most popular activities among adolescents. Recent studies showed that most Dutch adolescents play videogames every week (Van Rooij, Schoenmakers, Meerkerk, & van de Mheen, 2008). Although several studies show that playing games may have beneficial effects, there is some evidence that playing videogames may have serious negative effects, including the risk for some people to develop addictive patterns of gaming (Griffiths, Davies, & Chappel, 2003; Griffiths, 2008). Lemmens concluded in a recent study (2009) that 2% of Dutch adolescents are addicted to games. Therefore, University of Twente developed in cooperation with the Brijder Addiction Care Group 'Gaming under Control', an online program which is partly based on an existing online intervention for adolescent alcohol and cannabis abuse. This program is developed for adolescents aged 16-20 years who play videogames and would like to investigate their own gaming behavior and are experiencing game related problems. The objectives of this training are: Increasing awareness and readiness to change, and reinforcing self-control of gaming behavior. Ultimately, this intervention aims to contribute to a reduction of psychosocial problems caused by excessive gaming behavior. The three- week program consists of four assignments which are derived from evidence-based methods, like motivational interviewing and self-regulation techniques. In the first assignment participants report their current well-being and game-related problems by completing a 'mood board' of their life. The second assignment involves self-monitoring of their gaming behavior by keeping a 'gaming diary'. In the third assignment they are motivated to make a decisional balance by analyzing positive and negative consequences of gaming. In the last assignment they examine personal 'risk situations' leading to excessive gaming, and exercise with avoiding and altering those situations. During the program, the participants are guided by a coach via online chat. This online training can be used as a indicated preventive and early intervention program.

Study objective

Purpose of the study:

Evaluate the effects of the intervention with post-program and 3-month follow-up measurements.

Hypothesis:

The intervention group shows, in comparison with a 'waitinglist' control group, an increase in self-control en psychosocial wellbeing, and a decrease in score on problematic game behavior.

Study design

Measurements:

1. Before the intervention (t0; baseline);
2. After the intervention (t1; 4 weeks after baseline);
3. 3 months after the intervention (t2; 4 months after baseline);
4. Only for the experimental condition: 6 months after the intervention (t3; 7 months after baseline).

Intervention

'Gaming under Control' is a program aimed at adolescents aged 16 to 20 years who play videogames and would like to investigate their own gaming behavior. The objectives of this training are: Increasing awareness and readiness to change, and reinforcing self-control of game behavior. Ultimately, this intervention aims to contribute to a reduction of psychosocial problems caused by excessive game behavior. The three-week program 'Gaming under Control' consists of four assignments which are derived from evidence-based methods, like motivational interviewing and self-regulation techniques. In the first assignment participants report their current well-being and game-related problems by completing a 'mood board' of their life. The second assignment involves self-monitoring of their gaming behavior by keeping a 'gaming diary'. In the third assignment they are motivated to make a decisional balance by analyzing positive and negative consequences of gaming. In the last assignment they examine personal 'risk situations' leading to excessive gaming, and exercise with avoiding and altering those situations. During the program, the participants are guided by a coach via online chat. This online training can be used as a indicated preventive and early intervention program.

The control-group will be on a waitinglist.

Contacts

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Eligibility criteria

Inclusion criteria

1. Adolescents aged 16-20 years who play videogames who would like to investigate their own gaming behavior;
2. Presence of gamerelated problems en experiencing own gaming behavior as excessive (score of 1.3 > on behavioral items of the GAS).

Exclusion criteria

1. Currently undergoing psychological (self-help) treatment at a mental health institution;
2. Not enough time for following the training;
3. Inadequat control of the Dutch language (reading or learning problems).

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-04-2011
Enrollment:	290
Type:	Anticipated

Ethics review

Positive opinion	
Date:	17-02-2011
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL2638

Register

NTR-old

CCMO

ISRCTN

ID

NTR2766

NL34847.097.10

ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

Haagsma, M, Peters, O., & Pieterse, M. (2010). Computergames: vermaak met serieuze consequenties. *Verslaving*, 6 (2), 3-11.