

# 'Gaming under Control'.

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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-...

<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving nog niet gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON28747

### Bron

NTR

### Aandoening

Problematic Game Behavior  
Game Addiction

### Ondersteuning

**Primaire sponsor:** Mariken Muller

Psychologist

Brijder Addiction Care

Richard Holkade 12

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**Overige ondersteuning:** fonds = verrichter = sponsor

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

Increase of self-insight of gaming behavior, self-control of gaming behavior and

psychosocial wellbeing.<br>

Measures: A questionnaire which includes; gaming behavior, game addiction scale, self-control, self-awareness, quality of life, depression, loneliness, negative outcomes.

## Toelichting onderzoek

### Achtergrond van het onderzoek

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.

### Doel van het onderzoek

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.

## **Onderzoeksopzet**

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).

## **Onderzoeksproduct en/of interventie**

'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.

## **Contactpersonen**

## **Publiek**

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## **Wetenschappelijk**

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## **Deelname eisen**

### **Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)**

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).

### **Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)**

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).

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

### Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-04-2011
Aantal proefpersonen:	290
Type:	Verwachte startdatum

## Ethische beoordeling

Positief advies	
Datum:	17-02-2011
Soort:	Eerste indiening

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

## In overige registers

Register	ID
NTR-new	NL2638
NTR-old	NTR2766
CCMO	NL34847.097.10
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Resultaten

### Samenvatting resultaten

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