

Mental Health 2020: Internet gaming disorder and gambling disorder: Clinical and neurobiological correlates, general comorbid mental disorders and negative social consequences - International Association for the Study of Game Addictions, Switzerland

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Introduction:

Immunization is the procedure whereby an individual is made insusceptible or impervious to an irresistible infection, ordinarily by the organization of an antibody. Vaccines stimulate the body's own insusceptible framework to ensure the individual against resulting contamination or ailment.

Gaming disorder has become a significant issue in mental healthcare. While gaming is an important form of entertainment, excessive gaming may cause serious consequences for players. At present, there are still controversies in the academic community concerning the public health problems related to gaming disorder. This article attempts to expound the definition, epidemiology, aetiology, diagnosis, treatment and prevention of gaming disorder, in order to contribute to future conceptualization of gaming disorder.

Immunization is a proven tool for controlling and disposing of perilous irresistible infections and is assessed to turn away somewhere in the range of 2 and 3 million passings every year. It is one of the most financially savvy wellbeing speculations, with demonstrated systems that make it open to even the most difficult to-reach and helpless populaces. It has plainly characterized target gatherings; it very well may be conveyed adequately through effort exercises; and inoculation doesn't require any significant way of life change. Immunity is the body's method of forestalling sickness. At the point when your child is conceived, his/her invulnerable framework isn't completely evolved, which can put him/her at more serious hazard for diseases. Immunizations diminish your youngster's danger of contamination by working with his/her body's regular guards to help securely create invulnerability to sickness.

Background: In our country immunization rates have shown regress in recent years from 94% in 2008-2009 to 75% in 2017-2018 according to Albania Demographic and Health Survey 2017-2018. This decline in immunization rates has led to Measles epidemics we have seen in the last decade. The "Vaccine hesitancy" phenomenon is becoming a concern in our country and is highly contributing to the decrease in the immunization rates.

Objectives: In the presented work the acutance and relevance of the growth in behavioral addictions problem associated with gaming activities, such as gambling disorder (GD) and Internet gaming disorder (IGD) is demonstrated on the materials of numerous studies. These studies address both the prevalence

and negative clinical and social consequences of these addictions. The gaming industry is developing at a tremendous pace and today is a multi-billion dollar business with billions of active players of all ages, starting with preschool children. Information technologies of involvement and retention in the game are constantly being improved. Which leads to an increase in problem and pathological players. The characteristic clinical and neurobiological features of these addictions, personality changes and negative social consequences are highlighted. The emphasis is not on the common clinical manifestations to all addictions, but on the specific to them disorders. Such as: the rapid formation and development of addiction to the stage where the game becomes the dominant need in human life with the replacement of even basic needs; episodes of altered state of consciousness (game trance) with impaired perception of time, events in the game, memory of them, affective narrowing of consciousness and changes in self-identification; the predominance of the cognitive component in the impulsive-compulsive syndrome, thoughts quickly become obsessive and develops a very intense and generalized attraction to the game (craving), with almost no struggle of motives; high suicidality: ideas in 50-80%, attempts in 15-31% of players. At IGD this question is not investigated. The rapid increasing of the personality changes, depression, anxiety disorders and social maladjustment. Behavioral dependencies associated with IGD and GD gaming activities require deep and comprehensive study. The materials of this report can be useful in clinical practice to develop effective treatments for these disorders.

Results: Gaming disorder is defined as a negative gaming behaviour pattern characterised by the loss of control over the game and total time spent playing the game, resulting in other interests and daily activities being given away to the game. Even if there are negative consequences, game behaviour continues or continues to escalate. For the diagnosis of gaming disorder, the game behaviour pattern must be serious enough for at least 12 months to cause significant damage in an individual's personal life, family, social, educational, professional, or other important areas of functioning.

Conclusions: IGD presents some characteristics that are not extensive to online GD. These specificities have potential clinical implications and they need to be further studied.