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# Evaluating disordered Internet gaming severity among Chinese adolescents: Using the Chinese Internet Gaming Disorder Checklist

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( Disclosure of Conflict of Interest: The authors declare no COI about the presentation )

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## ■ Introduction

- Disordered Internet gaming has become a public health problem worldwide
- The prevalence of this disorder is relatively high in Chinese adolescents
- The research on the severity of this disorder among Chinese adolescents is not enough

## ■ Purpose

- This study aims to use a DSM-5 based, multidimensional Internet gaming disorder (IGD) screening tool, which was developed for Chinese gamers to assess their IGD symptoms
- Find the relationships between these symptoms and their functioning impairment (i.e., physical or mental problems; relations, study, and/or work impairments; mental distress).

## ■ Methods

- *Sample* : A total of 1253 Chinese past-year adolescent gamers (43.8% female; Mage = 14.49 years, SD age = 1.60 years) from 12 public secondary schools in Macao, China were recruited through a two-stage sampling method.
- *Measurement*:
  - C-IGDC The 27-item, 9-subfactor C-IGDC assessed how frequently the participants experienced each of the featured problematic gaming conditions in the past year.
  - Gameplay-Induced Functioning Impairments Three gameplay-induced functioning impairments, (a) physical or mental problems, (b) relations, study, and/or work impairments, and (c) mental distress that were shown due to one's gameplay.
  - Basic information sex, age, grade level, and socioeconomic status.

## ■ Major Findings and Discussion

### □ IGD symptoms and the functioning impairment

IGD symptom	M (SD)	High group N*	physical or mental problems	relations, study, work impairments	mental distress
1. Preoccupation	0.709 (0.496)	176	20.45%	29.14%	17.71%
2. Withdrawal	0.265 (0.401)	270	21.85%	34.07%	18.22%
3. Tolerance	0.544 (0.492)	158	20.25%	32.28%	18.99%
4. Unsuccessful to control	0.535 (0.532)	171	21.05%	40.94%	18.13%
5. Loss of interests	0.338 (0.439)	167	22.75%	40.72%	20.96%
6. Continued gaming despite psychosocial problems	0.758 (0.528)	254	19.69%	35.83%	13.44%
7. Deception	0.292 (0.410)	143	21.68%	37.76%	17.61%
8. Escape/ Relief	0.694 (0.523)	233	20.60%	31.76%	18.88%
9. Problems	0.522 (0.444)	294	22.45%	50.68%	21.84%

- All the IGD symptoms were positively correlated with functioning impairments
- The associations between IGD symptom and functioning impairment
  - Physical or mental problems ( symptom 5,8,9)
  - Relations/study/work impairments (symptom 1,4,5,8,9)
  - Mental distress (symptom 5,6,8,9)
- The findings indicated that some of the IGD symptoms (e.g., problems, escape/relief, loss of interest) are more risks to damage the functioning of Chinese adolescents, which should be paid much attention to in further intervention projects

■ **Original paper:** Chen, J. H., Su, X., Dang, L., & Wu, A. (2021). Evaluation of the Psychometric Properties of the Chinese Internet Gaming Disorder Checklist (C-IGDC) among Chinese Adolescents. *Frontiers in Psychiatry*, (1579).

■ **Key References:** Chen, J. H., Zhang, M. X., Ko, C. H., Tong, K. K., Yu, S. M., Sou, E. K. L., & Wu, A. (2020). The Development of a Screening Tool for Chinese Disordered Gamers: The Chinese Internet Gaming Disorder Checklist (C-IGDC). *International Journal of Environmental Research and Public Health*, 17(10), 3412.