Paulus, F. W., Ohmann, S., von Gontard, A., & Popow, C. (2018). **Internet gaming disorder in children and adolescents: a systematic review**. Developmental Medicine and Child Neurology, 60(7), 645–659. <https://doi.org/10.1111/dmcn.13754>

1、定义/表现精神疾病诊断和统计手册，第五版（DSM-5）9在“进一步研究的条件”（第795页）中章一概述简单描述了“网络游戏障碍”（IGD），表明该提议尚未用于临床使用但鼓励对该主题进行研究。IGD基本的特征是经常参与计算机游戏，通常每天8到10个小时或更长时间，每周至少30个小时，通常在基于互联网的团体游戏中（特别是大型多人在线角色扮演游戏）。

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM‐5) 9 conceptualizes 'Internet gaming disorder' (IGD) in the chapter 'Conditions for further study' (p.795), suggesting that this proposal is not yet intended for clinical use but that research on this topic is encouraged. The essential feature of IGD is persistent and recurrent participation in computer gaming for typically 8 to 10 hours or more per day and at least 30 hours per week, typically in Internet‐based group games (especially massively multiplayer online role‐playing games [MMORPG]).

2、定义/表现DSM-5首次明确定义了IGD的症​​状标准，在12月个内行为满足以下九个诊断标准中的五个或更多个：（1）网络对游戏的关注成为日常生活中的主要活动; （2）移除互联网时的戒断症状（例如烦躁，焦虑或悲伤，没有药物戒断的体征）; （3）花费需要多越来越时间的进行网络游戏（容忍度）; （4）缺乏对网络游戏的控制; （5）对以前的爱好和娱乐失去兴趣; （6）尽管有心理社会问题的知识，仍继续过度使用; （7）欺骗家庭成员，师治疗或其他人关于互联网游戏的数量; （8）逃避或缓解消极情绪（例如感到无助，内疚，焦虑）; （9）丧失生命的重要方面（例如重要的关系，工作或教育/职业机会）

For the first time, DSM‐5 has clearly defined symptom criteria for IGD,9 requiring five or more of the following nine diagnostic criteria during a 12‐month period: (1) preoccupation with Internet games becomes the dominant activity in daily life; (2) withdrawal symptoms when removing the Internet (e.g. irritability, anxiety, or sadness, no physical signs of pharmacological withdrawal); (3) need to spend increasing amounts of time with Internet gaming (tolerance); (4) lacking control of Internet gaming; (5) loss of interest in previous hobbies and entertainment; (6) continued excessive use despite knowledge of psychosocial problems; (7) deception of family members, therapists, or others about the amount of Internet gaming; (8) escape from or relief of negative mood (e.g. feeling helpless, guilty, anxious); (9) loss of important aspects of life (e.g. significant relationships, jobs, or educational/career opportunities).

（DMS-5来源于：American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders. 5th edn . Arlington, VA: American Psychiatric Publishing, 2013）

3、影响IGD患者已经描述了缺乏抑制控制，感觉-运动协调和包括自我控制在内的执行控制。 IGD患者描述了执行控制网络的功能连通性较低以及执行功能受损。与健康个体相比，在IGD患者的决策任务中，前岛叶和背外侧前额叶皮层的激活较少。此外，IGD患者的纹状体体积增加，这与认知控制受损有关。尽管存在严重的负面后果，但对冲动性的抑制减少导致残疾控制强迫性游戏。负责情绪控制的杏仁核功能受损可能与情绪增加和即时奖励的增加有关，导致过度游戏而不关注负面的长期后果。

Deficient inhibitory control, sensory–motor coordination, and executive control including self‐control have been described in patients with IGD. Lower functional connectivity of executive control networks along with impaired executive functions were described in individuals with IGD. Compared with healthy individuals, the anterior insula and the dorsolateral prefrontal cortex are less activated during decision‐making tasks in patients with IGD. In addition, the volume of the striatum is increased in patients with IGD, which relates to impaired cognitive control. Decreased inhibition of impulsivity entails the disability to control compulsive gaming despite serious negative consequences. Impaired functioning of the amygdala, responsible for emotional control, may be associated with increased emphasis of emotions and immediate rewards, leading to excessive gaming without paying attention to negative long‐term consequences.

4、影响过度游戏可能会导致一些负面的心理社会后果和心理健康问题，影响可用的时间，工作，教育，家庭，伙伴关系，朋友，社交生活，社会心理健康，社交能力，休闲活动，自尊和孤独。专业和学术问题可能包括成绩差，学业失败和经济问题。学业成绩与病态博弈之间存在负相关关系，影响自尊和自信心。少数游戏玩家报告称游戏对生活质量产生了整体负面影响。此外，Andreassen等人。强调精神疾病如焦虑和抑郁与游戏成瘾之间的关系。 Messias等人。发现每天屏幕时间超过5小时的重度游戏玩家的悲伤，自杀意念和自杀计划风险较高。病理性媒体使用还可以减少睡眠持续时间并破坏睡眠模式。 IGD还与各种躯体健康和医疗后果有关，例如幻听，遗尿，大便，手腕，颈部和肘部疼痛，腱鞘炎（'nintendinitis'），肥胖，皮肤水疱，老茧，肌腱疼痛，手臂振动综合征和周围神经病变。此外，IGD的心理社会和医学后果在男性和女性中相似。

Problematic gaming may lead to several negative psychosocial consequences and mental health problems affecting available time, work, education, family, partnership, friends, social life, psychosocial well‐being, social competence, leisure activities, self‐esteem, and loneliness. Professional and academic problems may include poor grades, academic failure, and financial problems. There is a negative relationship between academic performance and pathological gaming, affecting self‐esteem and self‐confidence. A minority of gamers reported that gaming resulted in an overall negative effect on quality of life. Furthermore, Andreassen et al. emphasized the relationship between psychiatric disorders such as anxiety and depression and gaming addiction. Messias et al. found a higher risk of sadness, suicide ideation, and suicide planning in heavy gamers involved with screen times of more than 5 hours a day. Pathological media use may also reduce sleep duration and disrupt sleep patterns. IGD is also associated with various somatic health and medical consequences, such as auditory hallucinations, enuresis, encopresis, wrist, neck, and elbow pain, tendosynovitis (‘nintendinitis’), obesity, skin blisters, calluses, sore tendons, hand–arm vibration syndrome, and peripheral neuropathy. In addition, psychosocial and medical consequences of IGD are similar in males and females.

（注：本段来源较多，详见pdf）

Young, K. (2009). **Understanding online gaming addiction and treatment issues for adolescents.** American Journal of Family Therapy, 37(5), 355–372. https://doi.org/10.1080/019261

80902942191

1、影响/表现对在线游戏的沉迷可能会给游戏玩家带来巨大的后果。游戏上瘾者愿意放弃睡眠，食物和真人接触，只是为了在虚拟世界中体验更多时间。游戏成瘾者有时每天在一次游戏中连续玩十，十五或二十小时。由于游戏的复杂性，玩家在不断变化的虚拟环境中不断受到刺激。随着游戏瘾君子搜索下一次征服或挑战，“再过几分钟”就可以变成几小时。

An addiction to online games can cause a tremendous amount of consequences to the gamer. Gaming addicts willingly forgo sleep, food, and real human contact just to experience more time in the virtual world. Gaming addicts sometimes play for ten, fifteen, or twenty hours straight in a single gaming session, every day. Because of the complexity of the game, players are constantly stimulated in an ever-changing virtual environment. “Just a few more minutes” can turn into hours as the gaming addict searches for the next conquest or challenge.

2、影响由于游戏成瘾者彼此形成一个重要的支持团体并形成亲密关系，因此通常会对婚姻和现实生活关系造成损害。

As gaming addicts form an important support group with each other and form intimate bonds, the damage is often done to marriages and real life relationships.

3、表现/影响游戏玩家会在离线时考虑游戏，并且在他们应该专注于其他事情时经常幻想玩游戏。游戏玩家完全专注于玩游戏，而不是考虑需要完成学业，上课或在图书馆学习的论文。游戏玩家开始错过最后期限，忽视工作或社交活动，因为他们在线并且玩游戏成为他们的主要优先事项。

Gamers will think about the game when offline and often fantasize about playing the game when they should be concentrating on other things. Instead of thinking about the paper that needs to be completed for school, or going to class, or studying at the library, the gamer becomes completely focused on playing the game. Gamers start to miss deadlines, neglect work or social activities as being online and playing the game becomes their main priority.

4、影响随着成瘾的发展，青少年游戏成瘾者可能会出现戒断症状，​​包括焦虑，抑郁，烦躁，颤抖的双手，烦躁不安，以及对互联网的痴迷思维或幻想。在线时，他们可能会感到不羁，并且会增加亲密感。当虚拟世界中的关系在重要性上增加时，现实世界中的关系可能被忽略。学业成绩也可能受到影响。

As the addiction develops, adolescent gaming addicts may experience symptoms of withdrawal, which include anxiety, depression, irritability, trembling hands, restlessness, and obsessive thinking or fantasizing about the Internet. While online they may feel uninhibited and experience an increased sense of intimacy. Relationships in the real world may be neglected as those in the virtual world increase in importance. Academic performance is also likely to suffer.

Lemmens, J. S., Valkenburg, P. M., & Peter, J. (2009). **Development and validation of a game addiction scale for adolescents**.Media Psychology, 12(1),77–95.https://doi.org/10.1080/152132

60802669458

1、定义我们将游戏成瘾定义为过度强制使用计算机或电子游戏，导致社交和/或情感问题; 尽管存在这些问题，但游戏玩家无法控制这种过度使用。

we define game addiction as excessive and compulsive use of computer or videogames that results in social and/or emotional problems; despite these problems, the gamer is unable to control this excessive use.

Young KS. **Internet addiction: the emergence of a new clinical disorder.** Cyberpsychol Behav. 1998;1(3):237-44.

1、定义/影响虽然围绕网络成瘾的确切定义仍存在相当大的争议，但对以下症状存在一些共识：a）对互联网的持续关注; b）增加在互联网上花费的时间; c）经常不成功地控制在线时间; d）当减少或中断因特网使用时，用户感到疲倦，不稳或沮丧; e）当用户试图停止使用互联网时易怒; f）与以前计划的相比，互联网上的持久性更长; g）由于使用互联网而危及重要关系甚至专业工作和教育; h）向其他人说谎在互联网上花费的时间;。

Internet addiction

While there is still considerable controversy surrounding the exact definition of Internet addiction, there is some consensus on the following symptoms: a) persistent preoccupation with the Internet; b) increasing frequency of the time spent on the Internet; c) frequent unsuccessful attempts to control the time spent online; d) when cut down or interrupted the Internet use, the user feels tired, shaky, or depressed; e) irritability when the user attempts to stop the use of the Internet; f) longer permanence on the Internet in relation to what was previously planned; g) jeopardizing of important relationships or even professional work and education due to the use of the Internet; h) lying to others about the amount of time spent on the Internet; i) use of the Internet as a form of escapism for everyday problems22.

Khazaal Y, Xirossavidou C. **Cognitive-behavioral treatments for internet addiction.** Open Addict J. 2012;5(1):30-5.

1、影响一项关于网络成瘾的研究发现了这些用户最常见的变化（认知，行为和情绪）。认知：a）流程（用户认为花费的时间少于实际花费的时间）; b）过度关注（“如果我不上网，会发生不好的事情”）; c）反刍（“我何时回到网上？”）; d）否认（“我对互联网没有问题”），以及e）不切实际的期望（“当我上网时，我的生活会好得多”）。行为：a）避免（当遇到压力情况时，互联网成为日常问题的逃避者）; b）冲动（控制不当行为的困难）。情绪：a）渴望（敦促使用互联网）; b）内疚（当用户意识到不当使用的损害时）。

A study on Internet addiction found the most common changes (cognition, behavior and emotion) of these users54. Cognitions: a) flow (the user believes that spent less time than actually spent); b) excessive concern (“If I do not get online, something bad will happen”); c) ruminations (“when I’ll be back online?”); d) denial (“I do not have a problem with the Internet”), and e) unrealistic expectations (“when I go online my life will be much better”). Behaviors: a) avoidance (when confronted with stressful situations, the Internet becomes an escape of everyday problems); b) impulsivity (difficulty in controlling the inappropriate behavior). Emotions: a) craving (urge to use the Internet); b) guilt (when the user realizes the damage of the inappropriate use).