# Addiction

## Source001

Online Gaming (especially MMOs) is very popular.

Contributors to Addiction:

* Family Dysfunction
* Low Family Monitoring

Personality Risk Factors:

* High Exploratory Excitability
* Low Reward Dependance
* Sensation-Seeking
* Hostility
* Low Self-Esteem
* Loneliness

**Prevention 🡨 Important**

* Encourage non-Gaming Activities (eg: Team Sports, After-School Clubs).
  + Can promote healthy face-to-face peer interactions.
* Establish fixed limits on Gaming Hours.
* Talk to Addict regarding their stressors in life (ask if they’re experiencing life problems).
  + Maybe seek professional help if concerns are major.
* Cognitive Behavioral Therapy (CBT)
  + Log/Journal Keeping
  + Learning Time-Management Skills
  + Goal Setting
  + Distress Tolerance / Frustration Intolerance (avoid getting stressed out too much)

## Source002

Why Addicts Game?

* Take on Alternate Personas & Social Identities
  + Feel good about themselves.
  + Immersion

**Possible Questionnaire to check for Addicts: <- Important**

Can be scored as [0 - 3].

0: Not at all

1: Somewhat

2: Very much

3: Extremely

1. Salience: Do you frequently play most days?
2. Tolerance: Do you frequently play for longer periods of time?
3. Euphoria: Do you play for excitement or a ‘buzz’?
4. Chasing: Do you play to beat your personal best (eg: High Score)?
5. Relapse: Do you make repeated efforts to stop or decrease playing?
6. Withdrawal: Do you become restless if you cannot play?
7. Conflict: Do you play instead of attending to school-related activities?
8. Conflict: Do you sacrifice social activities (eg: Meeting with Friends, Spending time with Family) to play?

Results of above in a Study:

Addicts Gamed because:

* To impress friends.
* Nothing else to do.
* For a challenge.
* To meet friends.

# Support Groups

## Source001

Peer-Driven Support Groups exist.

Benefits of Support Groups:

* Realizing you are not alone
* Expressing your feelings
* Learning helpful information
* Improved social skills
* Gaining hope
* Reducing distress
* Increased self-understanding
* Helping others
* Affordability

## Source002

Addicts are more willing to listen to fellow Addicts than non-Addicts.

* Mutual Understanding
* Belief that they their own experience helps them recognize & confront denial, dishonest behaviors, and tendencies toward relapse.

Spiritualistic-based Recovery/Rehab is not for everyone.

* Some Addicts (non-religious) do not feel comfortable with the idea.

Risks with Peer-Driven Support Groups:

* May not be Professional
* May give misguided info
* Expressions of intense feelings/emotions may overwhelm new members.
* Potential peer pressure into cultlike beliefs and stigmatized identities.

Risks avoided by Strict Guidelines within the Support Group

## Source003

3 Dimensions of Social Support:

1. Structural Network Characteristics
2. Function Receipt of Support
3. Perceived Support

Taxonomies of Functional Support

* Emotional
  + Love, Empathy, Caring, Trust
  + Sense of Belonging
* Informational
  + Advice, Suggestions, Knowledge, Guidance
* Instrumental
  + Tangible Goods/Services

Social Support Models

* Direct Effects Model (Avoid Stress / Prevent Stress from Events)
  + Participation in Social Interactions subjects Addicts to Social Controls & Peer Pressures that influence their behavior positively.
    - Sense of Predictability & Stability
    - Feelings of Belonging & Security
    - Recognition of Self-Worth
* Stress-Buffering Effects Model (Reduce Stress Effects when they occur)
  + Emotional Support
    - Feel Valued & Loved
    - Greater Attention to & Improvement of Interpersonal Relationships

Mutual Aid Support Groups

* Universality: Knowledge that others are suffering similar problems.
* Group Cohesiveness: Perception of the Group understanding & accepting each other.
* Encourages honest & open communication.
* Provides opportunities to freely disclose problems & concerns.
* Self-Persuasion Effect

**Writing Down Feelings & Emotions <- Important**

* Discloses experiences.
* Prevents stress from inhibition (‘bottling up’ emotions).
* Organizes thoughts & feelings on the experiences.
* Create more coherent/meaningful narratives about life events.

**Computer-Mediated Communication (CMC) & Social Support Exchanges <- Important**

Bad:

* Reduces/Filters Out important Physical/Contextual Cues that convey socioemotional info.

Good:

* Users put more thought into composing online messages.
  + Messages can be edited before sending.
  + Users can concentrate on positive Social/Relational aspects of communication.
  + Makes senders more comfortable disclosing personal information than in face-to-face settings.
* Anonymous Communication
  + Free of Expectations
  + Immunity (potentially) from social risks.
  + Allows Users to comfortability discuss embarrassing/taboo topics.
  + Promotes honesty & intimacy.
* Asynchronous Communication
  + Can effectively manage How/What Users contribute in discussions.
* Is a Weak-Tie Network (‘at arms’ length’)
  + Less emotional attachment
  + Less interpersonal risk
  + Less stringent obligation

**How Online Support Groups are Used <- Important**

* Providing Emotional Support & Suggestions
* Expressing Gratitude for Support Received
* Introduce Self
* Progress Reports
* Discuss Abstinence Goals & Addiction Triggers
* As a Peer Social Network
* Receiving/Contacting Professional Support

**Risks of Online Support Groups <- Important**

* May have to reveal stigmatizing/undesirable info before support can be provided.
* May induce fears/worries:
  + Relying on others (burden)
  + Misunderstood, Judged, Ignored
  + Reservations, Hesitations on Quality & Effectiveness of Support

# Sources

## Addiction

001

Internet Addiction and

Other Behavioral

Addictions

Alicia Grattan Jorgenson, MDa, Ray Chih-Jui Hsiao, MDa,

Cheng-Fang Yen, MD, PhDb,\*

## 002

Chapter 4

Videogame Addiction:

Fact or Fiction?

*Mark D. Griffiths*

## Support Groups

## 001

**9 Benefits of Support Groups**

by [David Susman](http://davidsusman.com/author/davidsusman/)

## 002

# Communicating Social Support in Smartphone-Based Addiction Support Groups: Seeking,

# Giving, and Receiving Emotional Support and their Effects on Alcoholism Treatment

**By**

**Woohyun Yoo**