

## Gaming Disorder: A Mini Review

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**Abstract:** Gaming disorder is defined in the draft 11<sup>th</sup> Revision of the International Classification of Diseases (ICD-11) as a pattern of gaming behavior (“digital-gaming” or “video-gaming”) characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities. For gaming disorder to be diagnosed, the behavior pattern must be of sufficient severity to result in significant impairment in personal, family, social, educational, occupational, or other important areas of functioning and would normally have been evident for at least 12 months.

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### 0 Introduction

Gaming disorder is a pattern of persistent or recurrent gaming, which can manifest through impaired control over the urge to play video games, increased priority given to video games to such an extent that it takes precedence over other life interests and daily activities<sup>[1]</sup>.

### 1 Definition

“Gaming disorder is defined in the draft 11<sup>th</sup> Revision of the International Classification of Diseases (ICD-11) as a pattern of gaming behavior (“digital-gaming” or “video-gaming”) characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences.”

### 2 ICD

The WHO is working on updating of the ICD. The 11<sup>th</sup> Revision of the ICD-11 will be published in mid-2018<sup>[2]</sup>.

### 3 Why is Gaming Disorder being Included in ICD-11?

The inclusion of gaming disorder in ICD-11 follows the development of treatment programs for people with health conditions identical to those characteristic of gaming disorder in many parts of the world, to find out relevant prevention and treatment measures.

The studies suggest that gaming disorder affects only a little part of population who engage in digital/video gaming activities.

### 4 Conclusion

The gaming disorder is more serious like disease, and it could be one of the life-threatening conditions if not diagnosed and treated early. The individual should be observed constantly and keenly for the disease. Recently, the W.H.O announced gaming is a disorder and classified under ICD-11 is scheduled for publication



Diagram 1. Playing video game

in mid-2018. Relevant prevention and treatment measures are required at the earliest.

## **5 Acknowledgment**

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## **References**

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