

Adolescents and Parents' Perspectives:

A Gaming Disorder Intervention in Singapore

Timothy Sim The Hong Kong Polytechnic University

Hyekyung Choo National University of Singapore

Anita Low-Lim TOUCH Community Services

Jocelyn Lau The Keswick Foundation

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Timothy Sim¹, HyeKyung Choo², Anita Low-Lim³ & Jocelyn Lau⁴

¹ The Hong Kong Polytechnic University, Hong Kong

² National University of Singapore, Singapore

³ TOUCH Community Services, Singapore

⁴ The Keswick Foundation, Hong Kong

Abstract

Objective: This study aimed to understand useful components and mechanisms in treating adolescent gaming disorder. **Background:** Although video gaming has become a pervasive part of adolescents' daily life that can lead to educational, physical, psychological, and social problems, there is ongoing debate as to whether this is an addiction, and there is little evidence about treatment effectiveness. **Method:** This process research used a case study design and conducted individual semi-structured interviews with 10 male adolescents and 11 parents after they had completed a treatment program. **Results:** Four treatment components (individual counselling, family counselling, group mentoring and social support, and alternative activities) were generally found to be useful. Counsellors were able to engage the adolescents and serve as role models in gaming through creative use of technology. **Conclusion:** Practitioners working with adolescents with gaming disorder should attend to their developmental needs pertaining to gaming, health, psychosocial, and educational aspects relevant to the Asian context. **Implications:** Practitioners should go beyond counseling rooms and adopt different strategies to reach out and work with adolescents who are struggling with excessive gaming in different therapeutic settings via engaging and working with them in individual, family, and group contexts using technology, particularly video games. (PsycInfo Database Record (c) 2023 APA, all rights reserved)

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