

GAMING CONTINUUM

Casual
gaming

Highly Engaged
gaming

Problematic
gaming

Gaming
Addiction

- Enjoy gaming, and may spend a lot of time doing so.
- Experience a state of 'flow' while gaming, i.e. May lose track of time or become wholly absorbed while gaming.
- Be able to stop gaming without distress, and can maintain other aspects of their life: relationships, work, routine etc.

- Gaming meets many psychological and social needs.
- Gaming becomes the only outlet for meeting a psychological need, other aspects of the person's life may suffer.
- Problematic gamers may:
 - Begin to think obsessively about gaming even when not playing.
 - Lose track of time while gaming to the detriment of other aspects of their life.
 - Become agitated or depressed when their gaming is interrupted.
 - Develop tolerance – needing to play for longer to feel satisfied.
 - Use gaming as a coping strategy.



Acknowledgement to James Driver, Net Addiction NZ.