1 in 11 children who play video games exhibit dysfunction in multiple areas of their lives.


ABOUT OLGA OUTREACH

OLGA Outreach is the public service division of On-Line Gamers Anonymous (www.olganon.org)

On-Line Gamers Anonymous is a fellowship of people sharing their experience, strength and hope to help each other recover and heal from the problems caused by excessive game playing.

Our goal is to educate people on the dangers of excessive game playing, to help people play responsibly, and to establish face-to-face recovery groups around the world.

MAILING ADDRESS:
On-Line Gamers Anonymous World Services PO Box 67 Osceola, WI 54020 United States
OLGA / OLG-Anon Hotline: (612) 245-1115

Recommended Reading:
Doan, Andrew. “Hooked on Games: The Lure and Cost of Video Game and Internet Addiction”, ISBN 193557602X.

SPONSORS

reSTART Internet Addiction Recovery Program, LLC.
www.NetAddictionRecovery.com

On-Line Gamers Anonymous (OLGA/OLG-Anon)
www.olganon.org

The Real Battle
www.realbattle.org

Internet and Technology Addicts Anonymous (IT-AA)
www.NetAddictionAnon.org

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KIDS HOOKED ON DIGITAL MEDIA AND GAMES ARE AT RISK FOR THESE PROBLEMS

- Health problems such as obesity, diabetes, heart disease, and mental illness
- Developmental delay
- Rage
- Poor impulse control
- Individuals with ADHD or Autism are especially vulnerable
- Depression
- Sexual promiscuity
- Failure in life
- Unemployment
- Drugs, Alcohol, and Substance abuse
- Depression
- Sleep disorders
- Social anxiety

ADDICTED TO VIDEO GAMES?

The following survey was published by a research study at the Iowa State University conducted by Douglas Gentile, PhD [1].

IF YOU ANSWERED “YES” TO SIX OR MORE OF THESE QUESTIONS, THEN YOU MOST LIKELY HAVE AN ADDICTION TO VIDEO GAMES.

1. Over time, have you been spending much more time playing video games, learning about video game playing, or planning the next opportunity to play?
2. Do you need to spend more time and money on video games in order to feel the same amount of excitement as other activities in your life?
3. Have you tried to play video games for shorter durations of times but have been unsuccessful?
4. Do you become restless or irritable when you attempt to cut down or stop playing video games?
5. Have you played video games as a way to escape problems or negative feelings?
6. Have you lied to family or friends about how much you play video games?
7. Have you ever stolen a video game from a store or a friend, or stolen money to buy a video game?
8. Do you sometimes skip household chores in order to play more video games?
9. Do you sometimes skip homework or work in order to play more video games?
10. Have you ever done poorly on a school assignment, test, or work assignment because you have spent so much time playing video games?
11. Have you ever needed friends or family to give you extra money because you’ve spent too much of your own money on video games, software, or game Internet fees?

References: