Study Examines Personality and Motivation in Relation to Internet Gaming Disorder

Release Date:
Thursday, September 5, 2019 12:01 am EDT

Terms:
Journal of Addictions & Offender Counseling  Wiley Research Headlines  All Journals and Research  Social Sciences

Dateline City:
Hoboken, NJ

Contacts:
Penny Smith +44 (0) 1243 770448 (UK) newsroom@wiley.com

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A new study examining the relationships among personality, motivation, and internet gaming disorder (IGD) found that predictors of IGD include male gender, neurotic and introverted personality traits, and motivation related to achievement. The Journal of Addictions & Offender Counseling study included 1,881 adults from various countries.

IGD is defined as “persistent and recurrent use of the Internet to engage in games, often with other players, leading to clinically significant impairment or distress” by the American Psychiatric Association.

The study’s authors noted that gamers’ social tendencies, as determined by personality traits, may play a role in developing problematic gaming habits and addiction. When counselors understand the potential social context of clients’ situations, they have more information to develop prevention and treatment strategies that treat the whole person and not just a diagnosis. More research is needed to understand the full interplay among personality, motivation, and IGD, along with demographic risk factors.

“I am excited to be publishing on the topic of IGD along with an elite group of researchers from a variety of fields, including psychology and information technology, to meet the need for research established by the American Psychiatric Association,” said lead author Kristy L. Carlisle, PhD, of Old Dominion University. “One of my goals is to produce culturally responsive research that highlights the need for context in the diagnostic criteria proposed for IGD, including the social nature of the games and the level of simulation possible in them because of technology.”

Additional Information

Link to Study: https://onlinelibrary.wiley.com/doi/10.1002/jaoc.12069

About Journal

Journal of Addictions & Offender Counseling (JAOC) focuses on prevention and treatment programs, the attitudes and behaviors of substance abuse professionals, tested techniques, treatment of adolescents and adults, and qualitative and quantitative studies. It is also open to literature focusing on the attitudes and behaviors of addictions and offender counselors.

Articles are of interest to professionals in the field of addictions and offender counseling.

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Language:
English