

# Screen Time and Health Outcomes

*PreventionFIRST! Coalition Capacity Webinars  
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Lifetime Prevention | Lifetime Wellness



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# Learning Objectives



THIS PRESENTATION DOES CONTAIN  
IMAGES OF GAMBLING ACTIVITIES AND  
GAMBLING DEVICES

Know the types of online gaming, gambling, and risk-taking activities available right now

Identify warning signs of youth problem gambling behaviors and the appropriate resources available in the State of Ohio

Understand the applicable diagnoses from the ICD and DSM



# Defining Screen Time

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**Passive** consumption is when a child passively absorbs information from the screen, app, or game.

Examples include:

- Social Media
- YouTube
- Gaming
- Binge Watching



# Defining Screen Time

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**Active** consumption involves cognitive and/or physical engagement in the process of device usage.

Examples include:

- Creating Content
- Educational Games
- Coding
- Interactive Media





# Defining Screen Time

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1.Passive (e.g., TV)

2.Educational (e.g., computer for homework)

3.Interactive (e.g., video games)

4.Social (e.g., social media)

5.Edutainment

- Non-passive, educational and interactive





# Age-Appropriate Consumption

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- Children <2 more likely to learn and remember from a live presentation than a video
- By age 2 children can benefit from some types of screen time such as programming with music, movement, and stories – avoid solo usage
- 2-5 years of age limit to one hour a day





# What can we do?

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- Pre-screen media
- Prioritize unplugged activities
- Set limits
- Teach media literacy
- Model good behavior



# Diagnoses and Differences

## **Not Diagnosable:**

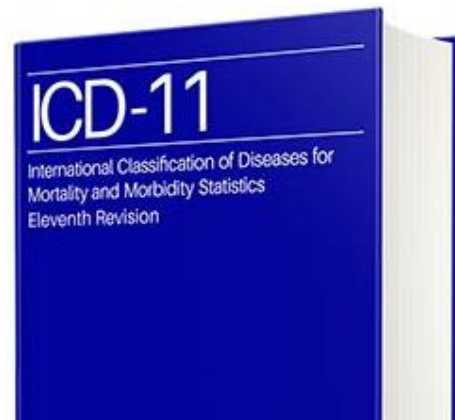
- Internet Addiction Disorder

## **Currently Diagnosable by the ICD:**

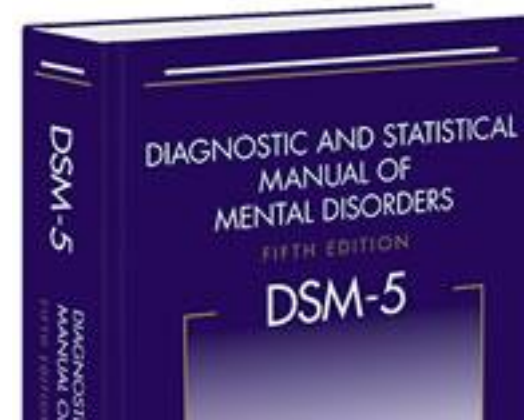
- Gaming Disorder
- Gambling Disorder (formerly pathological gambling)
- Hazardous Gaming
- Hazardous Gambling

## **Currently Diagnosable by the DSM:**

- Gambling disorder (formerly pathological gambling)

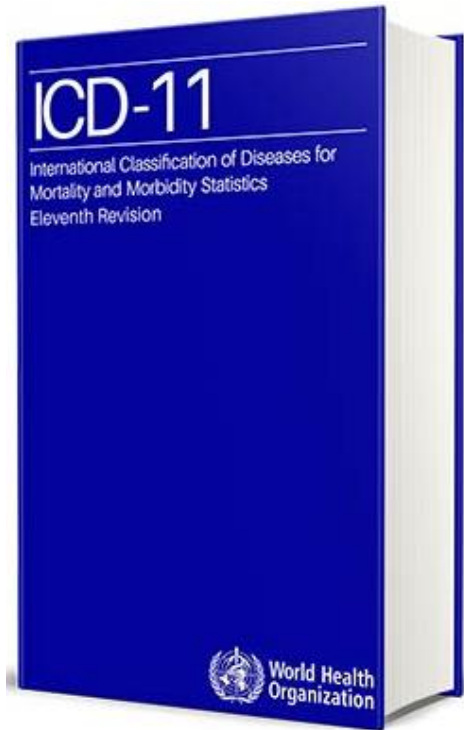


VS





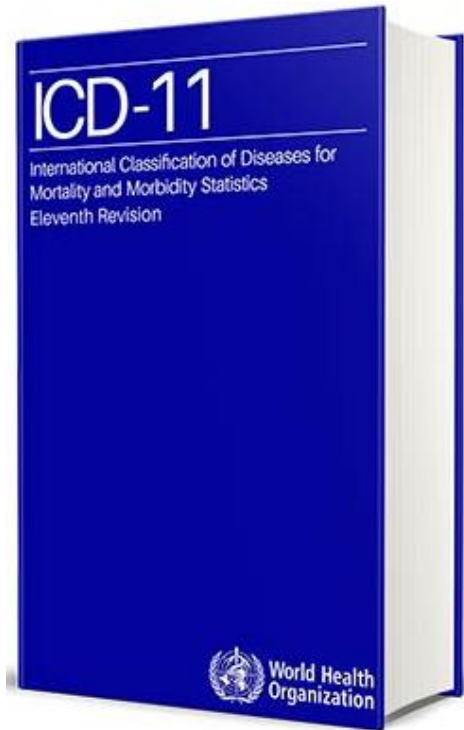
# Gaming Disorder



## International Classification of Diseases

- Disorders due to substance use or addictive behavior
  - 6C51 – Gaming Disorder (also 6C51.0 and 6C51.1)
    - Gaming disorder is characterised by a pattern of persistent or recurrent gaming behaviour ('digital gaming' or 'video-gaming'), which may be online (i.e., over the internet) or offline, manifested by:
      1. impaired control over gaming (e.g., onset, frequency, intensity, duration, termination, context);
      2. increasing priority given to gaming to the extent that gaming takes precedence over other life interests and daily activities; and
      3. continuation or escalation of gaming despite the occurrence of negative consequences.
    - The pattern of gaming behaviour may be continuous or episodic and recurrent. The pattern of gaming behaviour results in marked distress or significant impairment in personal, family, social, educational, occupational, or other important areas of functioning. The gaming behaviour and other features are normally evident over a period of at least 12 months in order for a diagnosis to be assigned, although the required duration may be shortened if all diagnostic requirements are met and symptoms are severe.

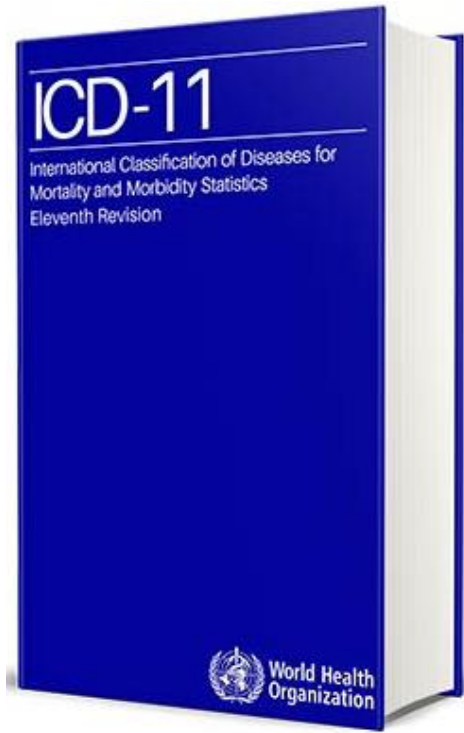
# Gambling Disorder



## International Classification of Diseases

- Disorders due to substance use or addictive behavior
  - 6C50 – Gaming Disorder (also 6C50.0 and 6C50.1)
    - Gambling disorder is characterised by a pattern of persistent or recurrent gambling behaviour, which may be online (i.e., over the internet) or offline, manifested by:
      - 1. impaired control over gambling (e.g., onset, frequency, intensity, duration, termination, context);
      - 2. increasing priority given to gambling to the extent that gambling takes precedence over other life interests and daily activities; and
      - 3. continuation or escalation of gambling despite the occurrence of negative consequences.
    - The pattern of gambling behaviour may be continuous or episodic and recurrent. The pattern of gambling behaviour results in significant distress or in significant impairment in personal, family, social, educational, occupational or other important areas of functioning. The gambling behaviour and other features are normally evident over a period of at least 12 months in order for a diagnosis to be assigned, although the required duration may be shortened if all diagnostic requirements are met and symptoms are severe.

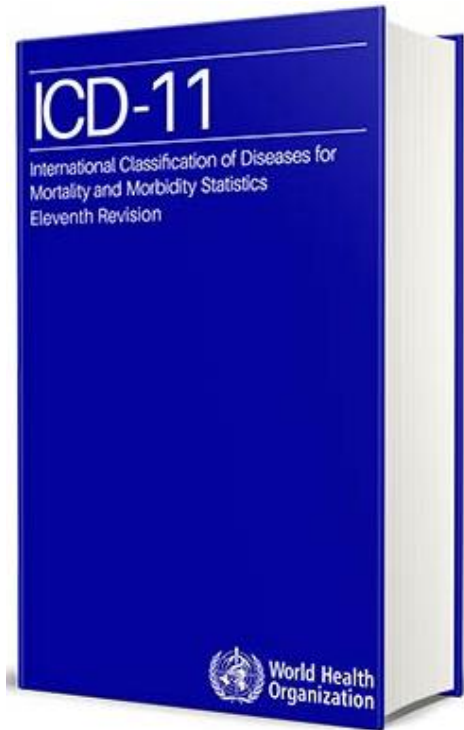
# Hazardous Gaming



## International Classification of Diseases

- Problems Associated with Health Behaviors
  - Defined as “factors influencing health status”
  - QE22 – Hazardous Gaming
    - Hazardous gaming refers to a pattern of gaming, either online or offline that appreciably increases the risk of harmful physical or mental health consequences to the individual or to others around this individual. The increased risk may be from the frequency of gaming, from the amount of time spent on these activities, from the neglect of other activities and priorities, from risky behaviors associated with gaming or its context, from the adverse consequences of gaming, or from the combination of these. The pattern of gaming is often persisting in spite of awareness of increased risk of harm to the individual or to others.

# Hazardous Gambling



## International Classification of Diseases

- Problems Associated with Health Behaviors
  - Defined as “factors influencing health status”
  - QE21 – Hazardous Gambling
    - Hazardous gambling and betting refers to a pattern of gambling and betting that appreciably increases the risk of harmful physical or mental health consequences to the individual or to others around this individual. The increased risk may be from the frequency of gambling or betting, from the amount of time spent on these activities or the context of gambling and betting, from the neglect of other activities and priorities, from risky behaviours associated with gambling and betting or its context, from the adverse consequences of gambling and betting, or from the combination of these. The pattern of gambling and betting often persists in spite of awareness of increased risk of harm to the individual or to others.

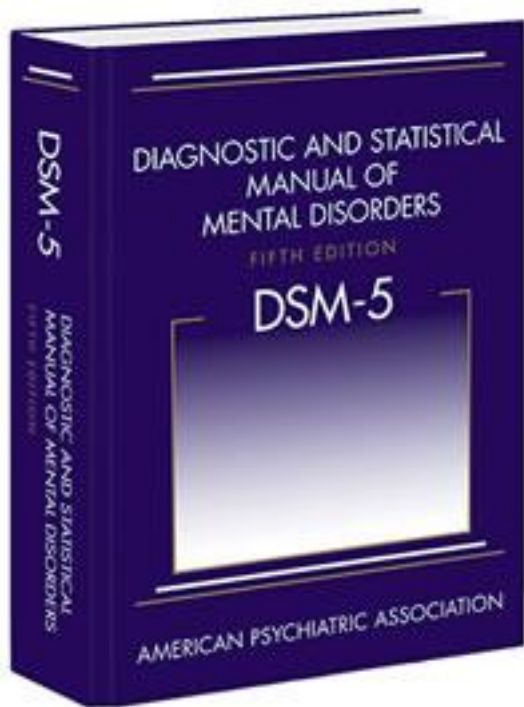
# Gambling Disorder



## Diagnostic and Statistical Manual of Mental Disorders

- Gambling Disorder 312.31

- 1. Persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12-month period:
  - Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
  - Is restless or irritable when attempting to cut down or stop gambling.
  - Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
  - Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
  - Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed). o After losing money gambling, often returns another day to get even ("chasing" one's losses).
  - Lies to conceal the extent of involvement with gambling.
  - Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
  - Relies on others to provide money to relieve desperate financial situations caused by gambling.
- 2. The gambling behavior is not better explained by a manic episode



# Risk & Protective Factors (Individual and Peer)



## RISK FACTORS

- Early initiation
- Early big wins
- Greater confidence of winning
- Impulsivity
- Competitiveness
- Interaction with anti-social peers
- Friends' use (peer pressure)
- ATOD use
- Time spent
- Psychological distress (ACEs)

## PROTECTIVE FACTORS



- Female
- Prosocial involvement
- Early losses
- Boredom
- Awareness of risk

Gupta & Derevensky, 2001; Gupta & Derevensky, 2000; Hayatbakhsh et al., 2006; Johansson et al., 2009; King & Delfabbro, 2016; Raylu & Oei, 2002; Rho, et al., 2018; Scholes-Balog et al., 2014; Sheadet et al., 2010; Volberg, 2008; Winters et al., 2002 (Research provided by Julie Hynes)

# Risk & Protective Factors (Family)



## RISK FACTORS

- Family Conflict
- Family history of anti-social behavior
- Parental involvement
- Parental history

## PROTECTIVE FACTORS

- Encouragement of prosocial behavior
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Gupta & Derevensky, 2001; Gupta & Derevensky, 2000; Hayatbakhsh et al., 2006; Johansson et al., 2009; King & Delfabbro, 2016; Raylu & Oei, 2002; Rho, et al., 2018; Scholes-Balog et al., 2014; Sheadet et al., 2010; Volberg, 2008; Winters et al., 2002 (Research provided by Julie Hynes)

# Risk & Protective Factors (Community/School)



## RISK FACTORS

- Exposure
- Availability & accessibility
- Media portrayal
- Academic failure and poor school performance
- Low school commitment

## PROTECTIVE FACTORS

- Connection
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Gupta & Derevensky, 2001; Gupta & Derevensky, 2000; Hayatbakhsh et al., 2006; Johansson et al., 2009; King & Delfabbro, 2016; Raylu & Oei, 2002; Rho, et al., 2018; Scholes-Balog et al., 2014; Sheadet et al., 2010; Volberg, 2008; Winters et al., 2002 (Research provided by Julie Hynes)



# Free to Play (Freemium)



# Free to Play (Freemium)



**Released: April 12, 2012**

**Downloads: 15 Million**  
**Revenue: \$22 Million**



# APRIL 2020

<https://sensortower.com/>

# Microtransactions





# Resources for Ohio



Assess your risk for problem gambling, learn about the warning signs, and find out how to keep gambling fun and responsible at [BeforeYouBet.org](http://BeforeYouBet.org).

GAMBLING PROBLEM? 1-800-589-9966 [BEFOREYOUBET.ORG](http://BEFOREYOUBET.ORG) 

*Keep it Fun*  
Ohio



## Prevention Action Alliance



Problem Gambling Ohio Helpline  
800-589-9966

Don't wait. Call today.

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# Prevention Action Alliance

Lifetime Prevention | Lifetime Wellness

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*Prevention Action Alliance is a 501(c)3 nonprofit based in Ohio dedicated to leading healthy communities in the prevention of substance misuse and the promotion of mental health wellness.*

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# PreventionFIRST!

## 2020 Coalition Academy



### Post Training Info:

- Please complete the evaluation survey in the post event email.
- The recording and supplemental materials will be available on the PreventionFIRST! website under **TrainingHUB**.

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