

AS32-04 - TO GAME OR TO GAMBLE? A EMIRICAL COMPARISON OF PREDICTORS OF COMPUTER GAME ADDICTION AND PATHOLOGICAL GAMBLING AMONG ADOLESCENTS

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Excessive behaviors, especially among adolescents, have become a matter of growing concern and are discussed as non-substance-related addiction disorders. Epidemiological surveys show that especially computer game addiction and pathological gambling are to be regarded as widespread in minors, according to prevalence estimations up to 2.1% for pathological gambling and 2.7% for computer game addiction. Clinically many studies supported that both forms of behavioural addictions are related to remarkable psychosocial and psychopathological strain, like depressive symptoms and anxiety. However, research on disorder-specific risk factors still is limited.

To address this uncertainty, a survey among a representative sample of 3967 German adolescents, aged between 12 and 18 years was conducted. Prevalence rates of both, pathological gambling and computer game addiction were calculated and supposed predisposing factors like affectivity, Violence Approving Norms, social insecurity, and self-efficacy were assessed. Prevalence for pathological gambling was 2.2% and 3.4% for addictive computer gaming. Further analyses show that there are rather similarities than discrepancies between both clinical groups, especially concerning heightened negative affectivity and social insecurity. However, it turned out that pathological gamblers revealed higher rates in Violent Approving norms and addicted computer gamers showed significantly diminished self-efficacy. The results point to similar etiopathological pathways, like affect-dysregulation for both investigated behavioural addictions in minors. Notwithstanding, some specific factors turned out to be primarily related to gambling resp. gaming.