

# Gaming: Screening and Assessment Tools

Much of the research surrounding problematic digital technology focuses on gaming. Numerous screening and assessment tools have been shown to be valid and reliable for use with children, youth, and their families. In this document, service providers will find some examples of screening and assessment tools for gaming; some of them require distribution and usage permissions or have to be purchased.

Screening tools identify potential concerns, and determine if further assessment is needed to gain a deeper understanding of a client's issues. Questions about problematic gaming may be administered independently or as part of a larger psychosocial assessment. Both screenings and assessments are helpful to support the development of a treatment plan and clarify areas of potential intervention.

Screening and assessment tools may not provide conclusive evidence that an individual meets the criteria for a gaming disorder diagnosis. Service providers concerned about their client's digital technology use may consider referring them to a mental health or addiction professional with expertise in process addictions.

## Gaming Screening Tools

Screening tools determine if there are potential issues of problematic gaming, and if further assessment is needed. The following resources can be used to screen youth for possible problematic gaming.

### Screening Tool: Video Game Addiction, eMentalHealth.ca

This tool screens for video game addiction and provides a quick assessment for persons who have problems with video game addiction [1].

<http://www.ementalhealth.ca/index.php?m=survey&ID=49>

### Brief Internet and Gaming Screen (BIGS), reSTART Life

This tool helps individuals better understand their internet gaming use [2].

<https://www.restartlife.com/test/brief-internet-gaming-screen-bigs/>

### Brief Internet Game Screen – for Parents (BIGS-P), reSTART Life

This tool helps parents better understand their child's internet gaming use [2].

<https://www.restartlife.com/test/brief-internet-game-screen-for-parents-bigs-p/>

### Gaming Assessment Tools

#### The Diagnostic and Statistical Manual of Mental Disorders (DSM-5)

The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) includes internet gaming disorder in the section of conditions requiring more research. The DSM-5 proposes nine symptoms. A person must demonstrate at least five of these within one year for a positive diagnosis [3].

Indicators of internet gaming disorder include:

- Preoccupation with games (i.e., always thinking about internet games).
- Withdrawal symptoms when gaming is taken away (i.e., feelings of discomfort such as irritability, anxiety, depression).
- Tolerance (i.e., needing to play for increasing amounts of time).
- Difficulty/inability to reduce playing.
- Loss of interest in previous hobbies and giving up other activities.
- Continuing to play despite problems.
- Problems with relationships (conflict and dishonesty about gaming behavior).
- Playing to feel better.
- Negative impact on community, social, school, and work environments [3].

<https://www.psychiatry.org/psychiatrists/practice/dsm>

#### The World Health Organization's International Classification of Diseases 11th Revision (ICD-11)

The World Health Organization's International Classification of Diseases 11th Revision (ICD-11) defines gaming disorder as: characterized by a pattern of persistent or recurrent gaming behaviour ('digital gaming' or 'video-gaming'), which may be online (e.g., 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 behaviour pattern is of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning. The pattern of gaming behaviour may be continuous or episodic and recurrent. 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 (para. 1) [4].

Please refer to the ICD-11 in your assessment when working with children and youth who might be impacted by problematic gaming.

<https://icd.who.int/en>

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### The Video Game Addiction Test for Parents, Tech Addiction

This 30-item multiple choice survey of a child's gaming habits is for parents worried about their child's excessive gaming [5].

<http://techaddiction.ca/video-game-addiction-test.html>

### The Internet Gaming Disorder Scale, APA PsycNet

This scale measures the six criteria of computer addiction in adolescents: salience, tolerance, mood modification, withdrawal, relapse tendency, and conflict [6]. Psychological Assessment owns the copyrights to the Internet Gaming Disorder Scale; obtain permission for use.

- <https://psycnet.apa.org/doiLanding?doi=10.1037%2Fpas0000062> or
- <https://content.apa.org/record/2014-57712-001>

### The Internet Gaming Disorder Scale - Short-Form (IGDS9-SF), Halley Pontes

This unidimensional tool comprises nine items reflecting all nine criteria for internet gaming disorder as proposed in the DSM-5 [8]. For versions of test in 14 languages, see Dr. Halley Pontes' website:

<https://www.halleypontes.com/igds9sf/>

For the validation of the test in Italian, see:

- Monacis, L., de Palo, V., Griffiths, M. D., & Sinatra, M. (2016). Validation of the Internet Gaming Disorder Scale - Short Form (IGDS9-SF) in an Italian-speaking sample. *Journal of Behavioral Addictions*, 5(4): 683-690  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5370374/>

### Internet Gaming Disorder Test (IGD-20), Halley Pontes

This test examines both online and off-line gaming activities over a 12-month period. This test most often involves specific internet games, but can also include non-internet computerized games [7].

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0110137>

For versions of the test in six languages, see Dr. Halley Pontes' website:

- <https://www.halleypontes.com/igd-20/>

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### The Development of the Problematic Online Gaming Questionnaire (POGQ), ResearchGate

This 18-item questionnaire assesses six dimensions—preoccupation, overuse, immersion, social isolation, interpersonal conflicts, and withdrawal; it was developed before the proposed internet gaming disorder appeared in the DSM-5 [9].

[https://www.researchgate.net/publication/224967636\\_The\\_Development\\_of\\_the\\_Problematic\\_Online\\_Gaming\\_Questionnaire\\_POGQ](https://www.researchgate.net/publication/224967636_The_Development_of_the_Problematic_Online_Gaming_Questionnaire_POGQ)

### Ten-Item Internet Gaming Disorder Test (IGDT-10), ResearchGate

The 10-Item Internet Gaming Disorder Test (IGDT-10) is a short screening instrument developed to assess internet gaming disorder (IGD) as proposed in the DSM-5. The DSM-5 considers the case clinically relevant if five or more criteria are met [10].

<https://www.sciencedirect.com/science/article/abs/pii/S0306460315300563>

For a cross-cultural validation of the test in six additional languages (Hungarian, Persian, French, Norwegian, Czech, and Spanish), see:

- Király, O., Böthe, B., Ramos-Diaz, J., & Rahimi-Movaghar, A., (2019). Ten-Item Internet Gaming Disorder Test (IGDT-10): Measurement Invariance and Cross-Cultural Validation Across Seven Language-Based Samples, *Psychology of Addictive Behaviors*, 33(1): 91-103. [https://www.researchgate.net/publication/328615597\\_Ten-Item\\_Internet\\_Gaming\\_Disorder\\_Test\\_IGDT-10\\_Measurement\\_Invariance\\_and\\_Cross-Cultural\\_Validation\\_Across\\_Seven\\_Language-Based\\_Samples](https://www.researchgate.net/publication/328615597_Ten-Item_Internet_Gaming_Disorder_Test_IGDT-10_Measurement_Invariance_and_Cross-Cultural_Validation_Across_Seven_Language-Based_Samples)

### Why do you play? The development of the Motives for Online Gaming Questionnaire (MOGQ), ResearchGate

This 27-item questionnaire measures seven motives behind gaming: escape, coping, fantasy, skill development, recreation, competition, and social relationships; it is available in several languages [11].

[https://www.researchgate.net/publication/51046538\\_Why\\_do\\_you\\_play\\_The\\_development\\_of\\_the\\_Motives\\_for\\_Online\\_Gaming](https://www.researchgate.net/publication/51046538_Why_do_you_play_The_development_of_the_Motives_for_Online_Gaming)

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