

## Too much gaming is mental health issue

26th December, 2017



The World Health Organization (WHO) has said that too much gaming is officially a mental health problem. The WHO has put "gaming addiction" as a mental health condition on its official list of diseases. The list is called the International Classification of Diseases (ICD). It says that gaming disorder happens when people cannot stop playing and gaming becomes more important than other interests in life. The WHO says this must happen for at least a year for a doctor to say someone has gaming disorder. Someone with gaming disorder will insist on gaming even if they know they have a problem and they have suffered "negative consequences" from gaming too much.

The WHO said doctors should be aware that addiction to gaming is a clear and present danger to people's health because it has "serious" consequences. A WHO spokesman said: "Most people who play video games don't have a disorder, just like most people who drink alcohol don't have a disorder either. However, in certain circumstances, overuse can lead to adverse effects." Some doctors believe that too much gaming should not be considered a mental illness. Psychiatrist Allen Frances compared an addiction to gaming to coffee addiction. He said: "Billions of people around the world are hooked on caffeine for fun or better functioning, but only rarely does this cause more trouble than its worth."

Sources: [inquisitr.com](http://inquisitr.com) / [independent.co.uk](http://independent.co.uk) / [newscientist.com](http://newscientist.com)

## Writing

Gaming addiction should be listed as a medical illness. Discuss.

## Chat

Talk about these words from the article.

WHO / gaming / mental / health / problem / diseases / interests / disorder / negative / aware / addiction / consequences / alcohol / adverse / coffee / functioning / rarely

## True / False

- The WHO recognized too much gaming as a mental disorder. T / F
- Gaming addiction is now on the WHO's official list of diseases. T / F
- Gaming is not a disorder if the gamer has played for less than a year. T / F
- Gamers usually stop gaming when they suffer negative consequences. T / F
- The WHO said all doctors know about the dangers of gaming. T / F
- The WHO said that most people who drink alcohol have a disorder. T / F
- The WHO said overuse of games can bring about adverse effects. T / F
- The WHO said billions of people around the world are hooked on gaming. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                         |                  |
|-------------------------|------------------|
| 1. <b>problem</b>       | a. occurs        |
| 2. <b>condition</b>     | b. operating     |
| 3. <b>happens</b>       | c. stress        |
| 4. <b>insist</b>        | d. situations    |
| 5. <b>consequences</b>  | e. addicted      |
| 6. <b>aware</b>         | f. difficulty    |
| 7. <b>circumstances</b> | g. benefit       |
| 8. <b>hooked</b>        | h. knowledgeable |
| 9. <b>functioning</b>   | i. illness       |
| 10. <b>worth</b>        | j. results       |

## Discussion – Student A

- What do you think of gaming?
- How useful is gaming?
- Why do people get addicted to gaming?
- What's your favorite game, and why?
- Do you think too much gaming is a disease?
- Why can't some people stop gaming?
- Is gaming a waste of time?
- What 'negative consequences' might there be from gaming too much?

## Phrase Match

- |  |                            |
|--|----------------------------|
| 1. too much gaming is officially a mental  | a. lead to adverse effects |
| 2. on its official                         | b. consequences            |
| 3. more important than other               | c. be aware                |
| 4. this must happen for at                 | d. list of diseases        |
| 5. they have suffered negative             | e. trouble                 |
| 6. The WHO said doctors should             | f. least a year            |
| 7. a clear and present danger to           | g. health problem          |
| 8. in certain circumstances, overuse can   | h. hooked on caffeine      |
| 9. Billions of people around the world are | i. interests in life       |
| 10. only rarely does this cause more       | j. people's health         |

## Discussion – Student B

- What do you think about what you read?
- How dangerous could gaming be?
- How similar are addictions to coffee and addictions to gaming?
- Are you addicted to anything?
- How can we help people who are addicted to gaming?
- Have you ever been hooked on something?
- How would you feel about being hooked on a game?
- What questions would you like to ask someone addicted to gaming?

## Spelling

- cfifyaliol a mental health problem
- gaming oincaidtd
- list of ssdseiae
- other tniseerts in life
- itnsis on gaming
- and they have effsuedr
- doctors should be arwea
- it has ssieoru consequences
- people who drink lcoohal
- overuse can lead to srdvae effects
- koohde on caffeine
- more trouble than its rwtho

### Answers – Synonym Match

1. f	2. i	3. a	4. c	5. j
6. h	7. j	8. e	9. b	10. g

## Role Play

### Role A – Computer Games

You think computer games are the best kind of games. Tell the others three reasons why. Tell them what is wrong with their games. Also, tell the others which is the least enjoyable of these (and why): board games, card games or sports games.

### Role B – Board Games

You think board games are the best kind of games. Tell the others three reasons why. Tell them what is wrong with their games. Also, tell the others which is the least enjoyable of these (and why): computer games, card games or sports games.

### Role C – Card Games

You think card games are the best kind of games. Tell the others three reasons why. Tell them what is wrong with their games. Also, tell the others which is the least enjoyable of these (and why): board games, computer games or sports games.

### Role D – Sports Games

You think sports games are the best kind of games. Tell the others three reasons why. Tell them what is wrong with their games. Also, tell the others which is the least enjoyable of these (and why): board games, card games or computer games.

## Speaking – Games

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- |                    |                   |
|--------------------|-------------------|
| • sports games     | • video games     |
| • chess            | • phone app games |
| • role play games  | • board games     |
| • children's games | • card games      |

### Answers – True False

a	T	b	T	c	T	d	F	e	F	f	F	g	T	h	F
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Answers to Phrase Match and Spelling are in the text.