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Julian Nowak has no specific recollection of the game when he started, but it can trace the thrill of playing alongside his father on the PS1, the first incarnation of PlayStation. Little Nowak did know then that this innocent activity of the parent-child bond, soon-to-be personal hobby, would have to cross the territory of addiction and almost cost his work as a young professional. It was a game, in particular, that Nowak could not get out of his head: Football manager, the simulation game football theme, in which the player is given the opportunity to lead their favorite team to glory in an alternative cyber universe. The game is said to be so addictive that was cited in a number of divorce cases in UK. For Nowak, the compulsion to game was gradual. At first, he is flooded ever so slightly in his sleep pattern: get up an hour or so earlier in the morning for a quick game. Soon, he was playing from the moment he got home from work at 7 in the evening until 01:00. Meeting friends has taken a back seat in order to appease the desire to 'a heavy gaming'. Things weekend came to a head last December, when 26-year-old Nowak, a content manager, based in London, He was put in a meeting with his boss, who had noticed an excessive amount of sick days taken by his colleague. Football Manager has had, at this point, taken over to the point that the notion of a career that had become secondary. Rather groped to fudge the issue, Nowak admitted there and then that he had a problem. "I admitted I was playing Football Manager" she recalls. "Even when at work I was playing on my phone, planning my team, or plan my team tactics." Fortunately for Nowak, its management has listened and " worked out a way for me to give up the game "and resume his role." I am very relieved not to have lost my job, "he says. These stories are no longer unique, or simply serve as a curiosity tabloid fodder. stories of circular game addiction effects of all walks of life, from children to adults, country towards country. Last year, the champion Australian Neil Robertson snooker admitted an addiction to FIFA and World of Warcraft has drastically affected both his professional and personal life, the problem of addiction among teenagers has become so much more of a concern in South Korea in 2010 the government introduced a law that prohibits access to online games for that the under 16 years of age, between midnight and 6 am. More recently, a nine year old girl in the United Kingdom, has been reported to be entered intensive care due to a reliance on Fortnite, online multiplayer shooter, believed to be the most popular game in the world right now. Dr Sarah Jarvis MBean uptick in cases of gambling addiction has aroused particular interest of the WHO, which earlier this year was listed for the first time as a mental health condition, as part of its the 11th international classification of diseases (ICD). The question for many is when he makes an innocent pursuit of play of a game becoming preferred something more insidious "as long as a player has still in control of when they choose to play, and, critically, when they choose to stop - for example, for a meal, or to sleep - the game does not will do have a negative impact on their lives, "says Dr Richard Graham, Lead addiction specialist technology Nightingale Hospital in London. " They are able to stop playing when other priorities arise, such as eating, drinking, going to school or work, gathering with family and friends. However, as soon as the game becomes outside an individual's control, in the dependency sphere. "As for other dependencies, the desire becomes so strong that nothing is able to stop it, even if they can try to and know that it is having a negative impact on their life and life of those important for them" when the line in Dependency is crossed, the impact on everyday life -. As in the case of Nowak - it can be harmful, he adds he adds The impact of daily life dependence can be total and massively disruptive for ordinary life, "he says." In the case of games, the addiction becomes so invasive that they can even take the priority on the basic needs, such as sleep, eating and drinking. I have seen patients who have become seriously dehydrated because the game has prevented them from finding time to drink a glass of water. It can be all consumed, and so powerful that the basic needs and drives are suppressed. "Serve as a testimony of the growing society concerns, June saw the announcement that NHS is to launch its first center of Internet addiction. Known as a center for internet disorders, the center -, Managed by the trust -A-trust foundation , North West of London NHS Centrale and will initially concentrate on gaming disorders "The main problem is the loss of control," says the psychiatrist and specialist dependence Henrietta Bowden-Jones, which is voice the new clinic. " If damage is lived by long hours of play that lead to neglect one of the different areas of life - whether it is academic, relationships, or your work - then it's time to reduce or even stop. "Game addiction conducts people to overlook the previous commitments and roles, how to do your homework or even going to school once the disorder is serious. People have dropped their favorite hobbies and sports activities to give priority To play EV someone else. "They become isolated and tend to become more and more involved in their virtual online existence and in the online support network." The WHO statement, however, turned on towpaper of the debate within the Clinical circles that game addiction should be seen as a mental health disorder or not, Jan Slater, a Harley Street consultant, sees the WHO results as a valid "as a professional working with customers in various degrees of Difficulty, I recognize there are many activities in which people can lose stability. The game can be one of them, "she says." The dependence on the term-when you relate to the game - could some, look away. However, any cause that means an individual chooses to give priority to habit - drinks, gambling or games - on normal healthy behavior, often risking relationships and neglecting self-care, can be recognized as a compelling behavior. "So, as a therapist, I argue the recognition of this behavior, when brought to the extreme, as a compelling behavior." The others are not convinced. Anthony Bean, a psychologist and expert based on US and expert on the impact of video games on children and adolescents, believes that the addition of the "dependence of the video game" to the ICD who is the lack of a sound base. "The addition of this diagnosis means that they are saying them and are sufficient data to say that there is a gambling disorder," he says. "However, the biggest problem overall is that there is no one. Good base to understand the culture of video video games and because video games play - not many doctors ask the question "What makes this interesting for you? "Without a basic understanding of culture, how can you do a hypothesis and diagnose a condition that they don't understand? I don't think we need more centers for this as they are going to be the treatment of incorrect diagnosis." In whatever. It's not a surprise, the game industry is not too happy for the WHO inclusion either. "Video games in all kinds of genres, devices and platforms are safely enjoyed and significantly more than two billion people all over the world, with the educational, therapeutic and recreational value of games that are well founded and widely recognized," reads in a statement that is sent by a spokesman Ukie, the body trade for the country's games and interactive entertainment ndustry: "We are therefore worried to see" gambling disturbance "still contained in the last version of the WHO ICD-11 despite a significant opposition of the medical community and Scientific. The tests for its inclusion remains highly contested and inconclusive. We hope that the one who will reconsider the Try put in front of them before proposing the inclusion of "gambling disturbance" in the final version of ICD-11 to be approved next year. "Ossk has no doubt, however: having been through itself, the dangers of video game addiction are incontrovertible." I would say that it is as alcohol, cigarettes or drugs, "he says." You find yourself thinking about it without stopping and fighting. With normal tasks. It is even more difficult to surrender when it was generated and it was an important part of your life. "Ossok promised not to play the football manager again. It is also believed to play games without a final date (" if it is can continue indefinitely, then there is a compelling appeal to it. "). Limiting His activity at "the occasional game on my phone". Share on Pinterestespters say online games and game playing dependencies are usually combined with interruptions with some elements of everyday life. 10 Å, å "e 000 hours / Getty Isoltesespters They say that online games and gambling dependencies are on the rise during the Covid-19 lockdowns. They say that social isolation combined with stress and perhaps monetary concerns are some factors because they ask these "dependencies. Å, ~ are usually accompanied by other interruptions in domestic life or at work. Although there are no drugs approved to treat these dependencies, other treatments, such as cognitive behavioral therapy, can be useful. If you have recently retreating a serious ingredient when you are not playing video games or online gambling, you could live in block with a serious dependence. The most common dependence is most commonly associated with substances such as alcohol, some human behaviors can be compelling, even the online gambling disturbance. What are called process dependencies. And with so many people blocked in their homes right now, these struggles are amplified. Å ç å, ~ "People are isolated from sunshine at home, Å ç å, ~," said Dr. Scott Teitelbaum, a professor in psychiatry and neuroscience of medicine director medicine college university and medical director of Florida Florida Florida Florida Recovery Center He is seeing more people for these types of dependencies. "Life is hard, and people are always looking for something to soothe if they were, and some people take a pathological attachment," said Teitelbaum, said Teitelbaum, Healthline. John Gillen, director of the court of Cassiobury, A center of drug and alcohol rehab in the UK, told Healthline that has seen an increase in these dependencies in recent years, and the pandemic has only exacerbated them. Å ç å, ~ Å "because of the situation of the blanks, we are opening a new residential treatment center because the question is becoming so high, Å ç å, ~ Gillen said. Å ç å, ~ "The three centers, I would say that we have two from each center that came to us due to the active and chronic games, whether it is games or other forms of improper use of the internet, you say, Å ç å, ~, "he said. Å ç å, ~ "These are all people of age less than 28 years old. I would say that surely it will increase that it will arrive at the beginning of the next summer." Healthline asked several experts to explain dependencies to activities such as video games, the Online gambling and day trade, as well as how to identify if you have a problem and how to get help. Delivery dependencies are behaviors that activate the brain reward center in the way that certain substances do, explained Dr. Lawrence Weinstein, the main official in American dependence centers in St. Petersburg, Florida. Å ç å, ~ Å Å "Aking in this particular behavior will increase the level of dopamine in the brain and the pleasure obtained from this behavior strengthens that the person will prevent again in the behavior in the future, Å ç å, ~ "ha A Healthline. Å ç å, ~ "Idisorders involving feeding, consumption, consumption, shopping and exercise are all examples of process dependencies." When the blocked and the arrests were the new reality in April, the National Council on the problem of gambling warned that people with game problems can be hit more seriously from the pandemic due to an increase in health risks individual, moving by moving Preferences and cuts to services for services. Weinstein said Healthline that an increase in process disorders such as online game and gambling is due to the many consequences for the mental health of the Pandemic. Å ç in both cases, social isolation following social contacts, Financial and economic concerns, difficulties with employment and other stress factors can induce people to start online gambling / gambling as a stress relief or exacerbated existing problematic behavior, å, explained. Å, the circumstances of being forced at home with a limited amount of available activities are almost ripe for online gaming due to the ability to maintain fun and social communication, Weinstein said. Online game was also encouraged in the early stages of the pandemic with a joint campaign between the World Health Organization and the video game industry, a Said. The uncertainty of these economically difficult times, can be a driving factor in a Increase online gambling, Weinstein added. Stress A is a trigger, Å ç teitelbaum said. Å, as a general rule, any of these things a substance abuse disorders, online gambling, gaming become insulation problems in any case. Ia I saw the pandemic being a trigger for a spiral people down. Å ç teitelbaum has treated that have a trading day addiction Å ç a activity that Å ç s was defined a pastime for many during a pandemic and says that it a S Only another form of gambling. Å ç is the action, Å, said. It is necessary to do it. But it's the action, the anticipation of the action, that Å ç is what you become employees to . Å ç teitelbaum has noted that these disorders are difficult to identify because they ç more difficult to monitor. Å ç is ç s harder to keep people away. It's a bit like eating compulsive. You can't t and people said not to eat, a, he explained. Å, you Å ç to tell people not to be on the internet. While brands most difficult pandemic for people to socialize, other ways of interacting can enter the image. Å, with the amount of decrease in social interaction we have due to Covid, people are looking for new ways to interact and even obtain positive reinforcement for social interaction are able to do, å, said Dr. DENIS GODWIN ANTOINE II, the director of the unit Motivated behaviors å ç

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