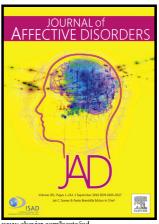
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Video Game Addiction in Emerging Adulthood: Cross-Sectional Evidence of Pathology in Video Game Addicts as Compared to Matched Healthy Controls

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Running head: VIDEO ADDICTION

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Abstract

Background

The Internet Gaming Disorder Scale (IGDS) is a widely used measure of video game addiction, a

pathology affecting a small percentage of all people who play video games. Emerging adult

males are significantly more likely to be video game addicts. Few researchers have examined

how people who qualify as video game addicts based on the IGDS compared to matched controls

based on age, gender, race, and marital status.

Method

The current study compared IGDS video game addicts to matched non-addicts in terms of their

mental, physical, social-emotional health using self-report, survey methods.

Results

Addicts had poorer mental health and cognitive functioning including poorer impulse control and

ADHD symptoms compared to controls. Additionally, addicts displayed increased emotional

difficulties including increased depression and anxiety, felt more socially isolated, and were

more likely to display internet pornography pathological use symptoms. Female video game

addicts were at unique risk for negative outcomes.

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