

MIFGASH

JOURNAL OF SOCIAL-EDUCATIONAL WORK

Special Issue

**Involvement, addiction, and recovery:
Gaming, gambling and substance use in children,
adolescents and young adults**

- › Gaming disorder among adolescents: Relevant empirical knowledge
- › Gaming disorder in an adolescent: A clinical case study
- › Young adults at rave parties in Israel: Consumption of psychoactive substances and reduction of harm behaviors
- › Recovery in young people in the context of a psychotic episode related to psychoactive substance use
- › Gamble on the family



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Guests-Editors:

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ABSTRACTS

Gaming disorder among adolescents: Current and relevant empirical knowledge

Dana Katz, Ph.D., Student, School of Psychology, ELTE Eötvös Loránd University, Hungary

Gaming has become a prevalent leisure activity across a broad range of age and gender groups, offering opportunities for individual or cooperative engagement in both online and offline environments through various platforms, including computers and other devices. However, in response to the growing number of reports highlighting problematic gaming behaviors, particularly among adolescents, in 2019 the World Health Organization officially classified “gaming disorder” as a clinical condition. Despite this recognition, research on gaming disorder has produced mixed findings, and empirical knowledge in this area remains limited. This article reviews the current literature on gaming disorder among adolescents, aiming to increase comprehension concerning the risk factors of this disorder and to distinguish between factors related to the game itself and those associated with the player. This distinction is critical for gaining a deeper understanding of the factors that may contribute to both the development and maintenance of gaming disorder, ultimately fostering a more nuanced and balanced approach to each case. In addition to examining these factors, the article presents relevant intervention methods and offers recommendations for parents, caregivers, educators, and policymakers. This article explores the benefits of gaming while emphasizing responsible play through comprehensive recommendations, which are provided in detail.

Key words: video games, gaming disorder, adolescents, intervention and treatment approaches

Gaming disorder in an adolescent: A clinical case study

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Over the past two decades, there has been a significant increase in the prevalence of digital gaming among adolescents. These games may address adolescents' developmental needs to the extent of creating a deep connection between the digital and internal worlds. Consequently, adolescents are at high risk of gaming disorder, characterized by loss of control. This disorder may lead to addictive use and impairment in social, academic, and emotional functioning. Research reveals various approaches for the treatment of gaming disorder. Moreover, the literature on addictions emphasizes the great importance of integrative and holistic intervention that combines multiple approaches. The current article presents and proposes a multi-stage integrative model for clinical work with an adolescent suffering from gaming disorder. The model is based on combining diverse approaches including psychodynamic, motivational, cognitive-behavioral, and systemic-family approaches. The case study demonstrates the importance of an integrative combination of different therapeutic approaches to treat gaming disorder. Additionally, it emphasizes the necessity for significant expansion of the dynamic theoretical basis for treating this disorder.

Key words: gaming disorder, adolescents, clinical case study, integrative model

Young adults at rave parties in Israel: Consumption of psychoactive substances, attitudes, harm reduction behaviors, sense of safety, and gender differences

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The objectives of this study were to examine the patterns of substance consumption of psychoactive substances, attitudes and behaviors related to harm reduction, attitudes towards the police, evaluate feelings of sense of security and help-seeking tendencies, and investigate gender differences among young adults attending rave parties. A total of 613 young adults aged 18–28 took part in the study, of whom 384 (63%) were males.

About a third (32%) of the young adults reported that they began attending rave parties before the age of 18. The common substances reported were cannabis (90%), alcohol (83%), MDMA (65%), LSD (61%), ketamine (36%), cocaine (35%) and mushrooms/psilocybin (34%). The most prevalent harm reduction behaviors included drinking water (87%) and consuming drugs only if feeling well (good “set mind”) (76%). Only 7.5% of the participants agreed with the statement that the police were acting appropriately for the welfare of the participants. Significant gender differences in substance use, harm reduction behaviors and perception of safety at parties were identified.

The study findings emphasize the need for harm reduction interventions at rave parties. Additionally, collaborations between policymakers, rave producers, and medical and enforcement agencies to promote trust and security among young adults are recommended.

Key words: outdoor rave, harm reduction, attitudes, safety, young adults

Experiences and perceptions of recovery in young people in the context of a psychotic episode related to psychoactive substance use

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Substance use during emerging adulthood can increase the risk of psychotic episodes. Psychosis is characterized by delusions, false beliefs, and a disruption in the perception of reality. Recovery from psychosis involves the restoration of mental stability and the resumption of personal and social functioning. This study explored the recovery experiences and perceptions of young adults who experienced a psychotic breakdown as a result of substance use. Using a qualitative-naturalistic approach, 15 participants aged 20 to 32 who underwent a psychotic episode related to drug use and who identified themselves as recovering were interviewed. Content analysis revealed three categories: longing for spiritual exploration versus self-care, mystical expansion versus traumatic reduction, and a positive and forgiving attitude versus rejection and distancing. These categories were further grouped into two profiles: “The Alchemist Explorers” and “The Phoenix,” each representing specific recovery characteristics. Steven Mitchell’s psychoanalytic theory, which relates to the tension between adventurism and stability in human experience, was employed to account for these profiles. Overall, the findings may provide new insights for educators and therapists.

Key words: psychoactive substances, psychosis, young adults

Field observation: Gamble on the family

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This article addresses the challenges faced by family members, particularly the parents of young adults with gambling disorder. This work highlights the perception of gambling addiction as a family problem, which significantly impacts not only the individual engaged in gambling behaviors but also those who are intimately connected to him or her. The reactions of parents, along with the strategies they may utilize to manage their child's addiction, are scrutinized from a therapeutic standpoint. Essential therapeutic principles are also elucidated, aiming to provide both parents and adolescents with support and viable solutions to the challenges posed by gambling addiction. This work aspires to enhance awareness regarding the importance of family therapy in the realm of gambling addiction and underscores the necessity for a systemic approach that incorporates the perspectives of all family members.

Key words: gambling addiction, family therapy, parental guidance