

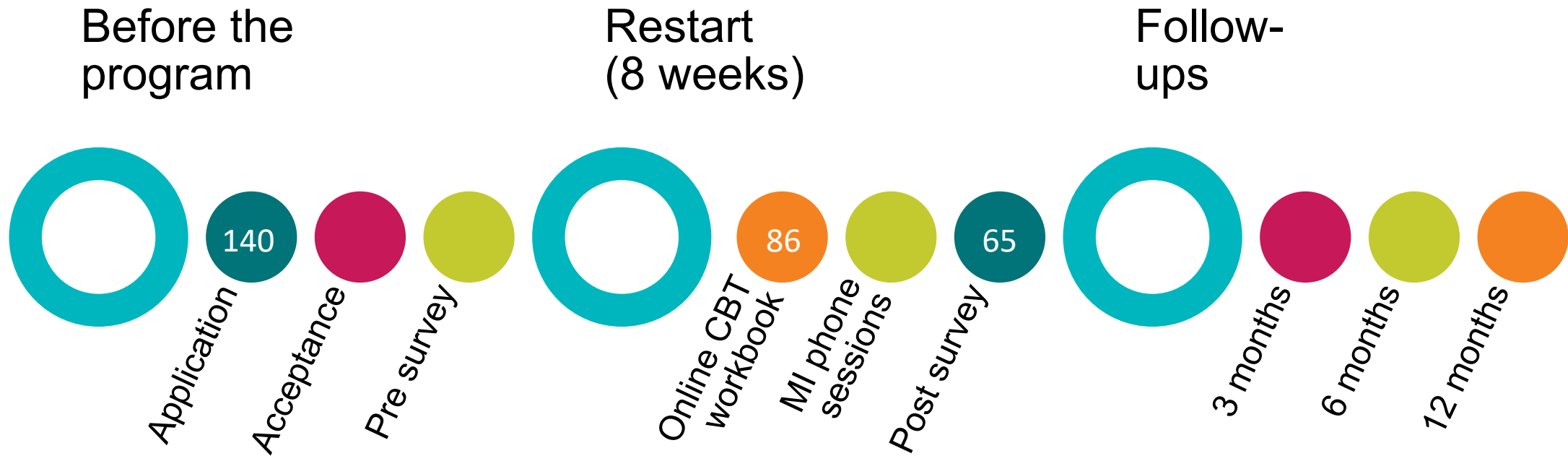


**Restart program
and problematic gaming
among help seeking adults
SNSUS 2022**

Contents

- What is Restart?
- How does it work?
- Who seek help for their gaming?
- Why?
- The importance of intrinsic motivation

Restart program process



The Workbook Contents

	Name	Themes
1	My Gaming History and What Playing Means to Me	Motivation to change, what should change, personal function of playing
2	How I Play Now and What Is Important	Personal values and how current gaming behavior aligns with them, habit formation, ABC-model
3	How Others See Me and What Next	Prosocial and asocial effects of one's gaming behavior. Pros and cons of change.
4	Setting a Goal	SMART goals, planning for change, cognitive defusion

The Workbook Contents

	Name	Themes
5	All thoughts cannot be trusted	Cognitive defusion, recognising automatic harmful thinking patterns, practicing acceptance
6	Making Choices: When and How	Automatic behavior patterns, point of choice, observing self, acceptance
7	Time and Priorities	Personal values and how time is spent, avoidance of experience, gratitude
8	The Road Traveled So Far	Evaluation of change, setting a 3 month goal

Goals for Change



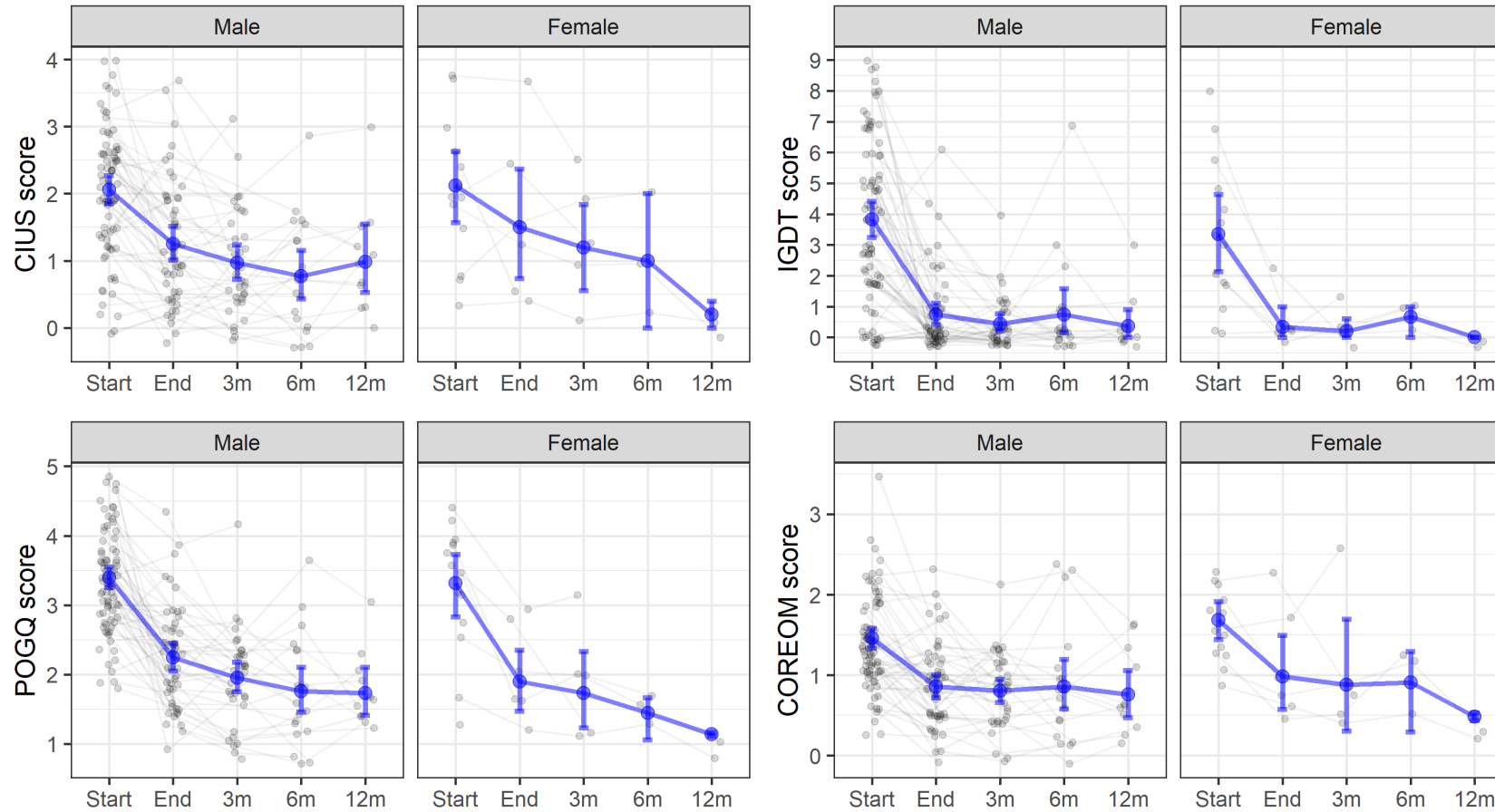
Game Over



Restart

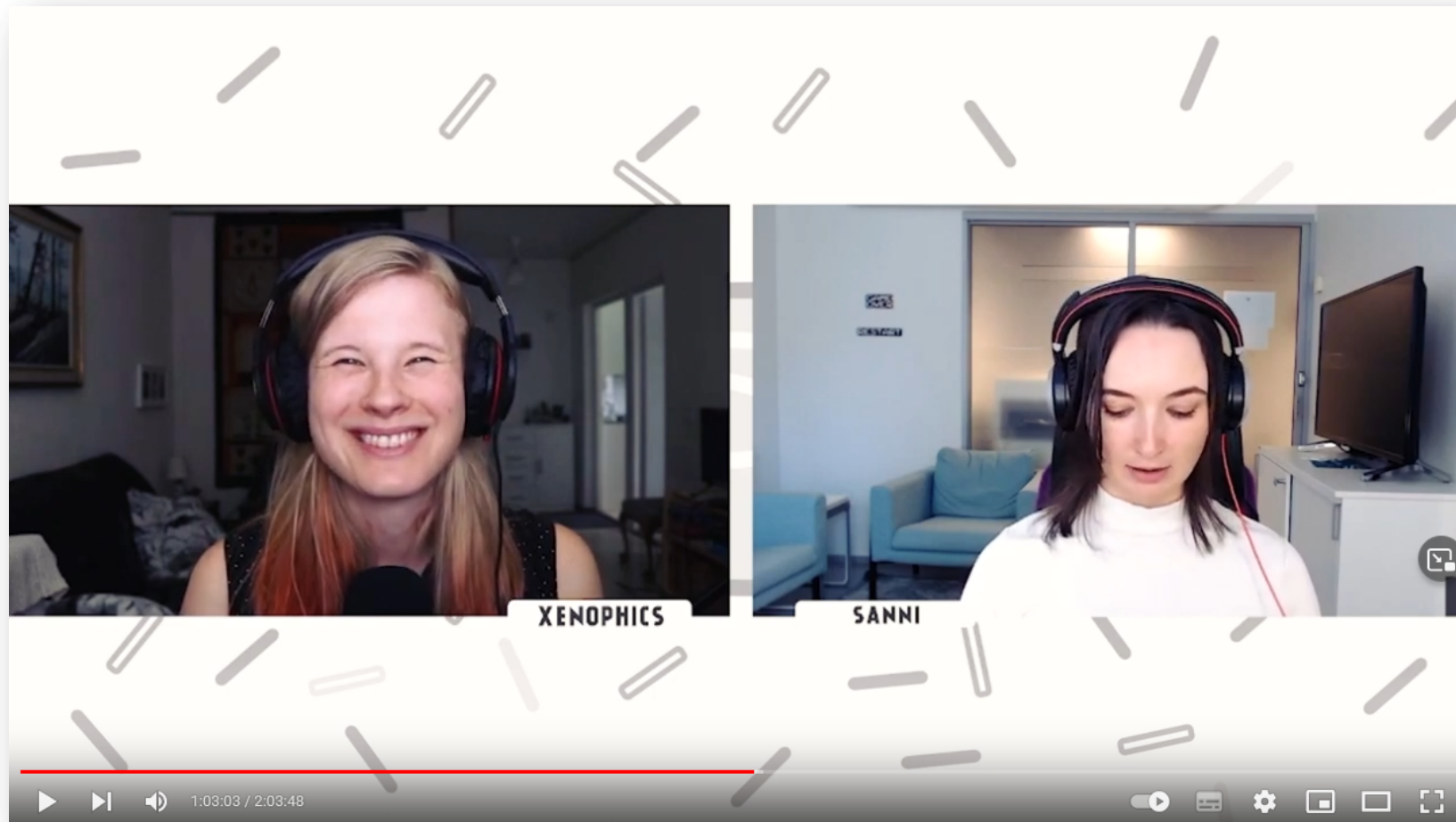


It works!



Analysis by Jussi Palomäki

How we found applicants



Restart applicants (n=129)



29 mean age,
50 % 18-29
50 % 30-51



85 %
male



54 %
in a relationship



Platform
83 % PC
63 % mobile
18 % console



Avg. 9 years of
problematic gaming
(N = 89)

Problematic games (n=105)

Game title	1st	2nd	3rd	Mentions	Weighted score
League of Legends	9	3	2	14	35
World of Warcraft	11	1	1	13	36
CS:GO	8	3	2	13	32
Gambling	10	1	1	12	33
Call of Duty (all titles)	4	4	2	10	22
Dota 2	6	2	1	9	23
Runescape	4	2	0	6	16
Guild Wars 2	3	1	2	6	13
Path of Exile	2	3	1	6	13
Overwatch	3	2	0	5	13

Mention three games that have caused you most problems in the last twelve months.

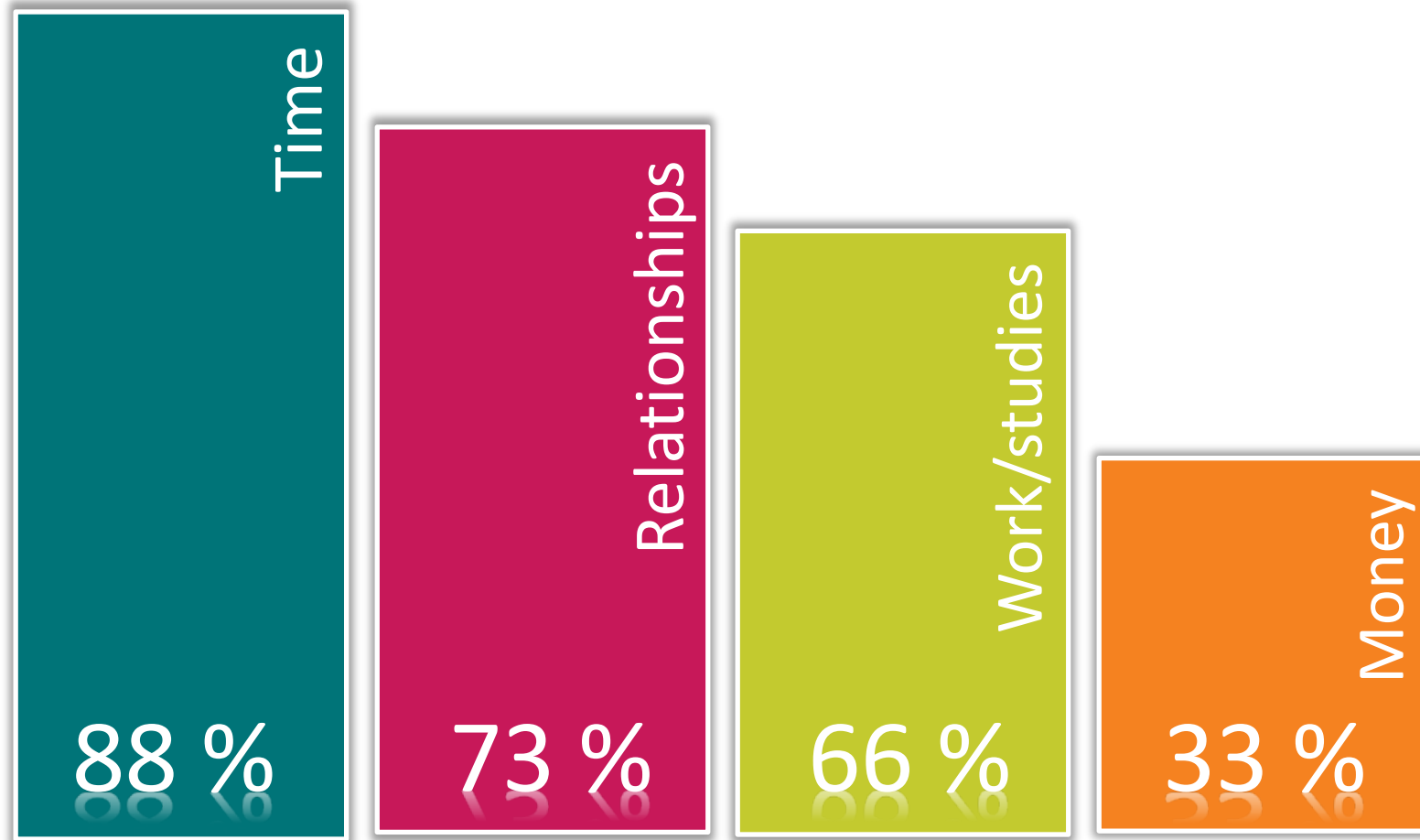
In order from the most problematic.

Problematic gaming % (n=129)

Of the time you spend gaming, what is the percentage of problematic gaming?

Mean	56 %
Median	66 %
Mode	50 %
Range	0-100

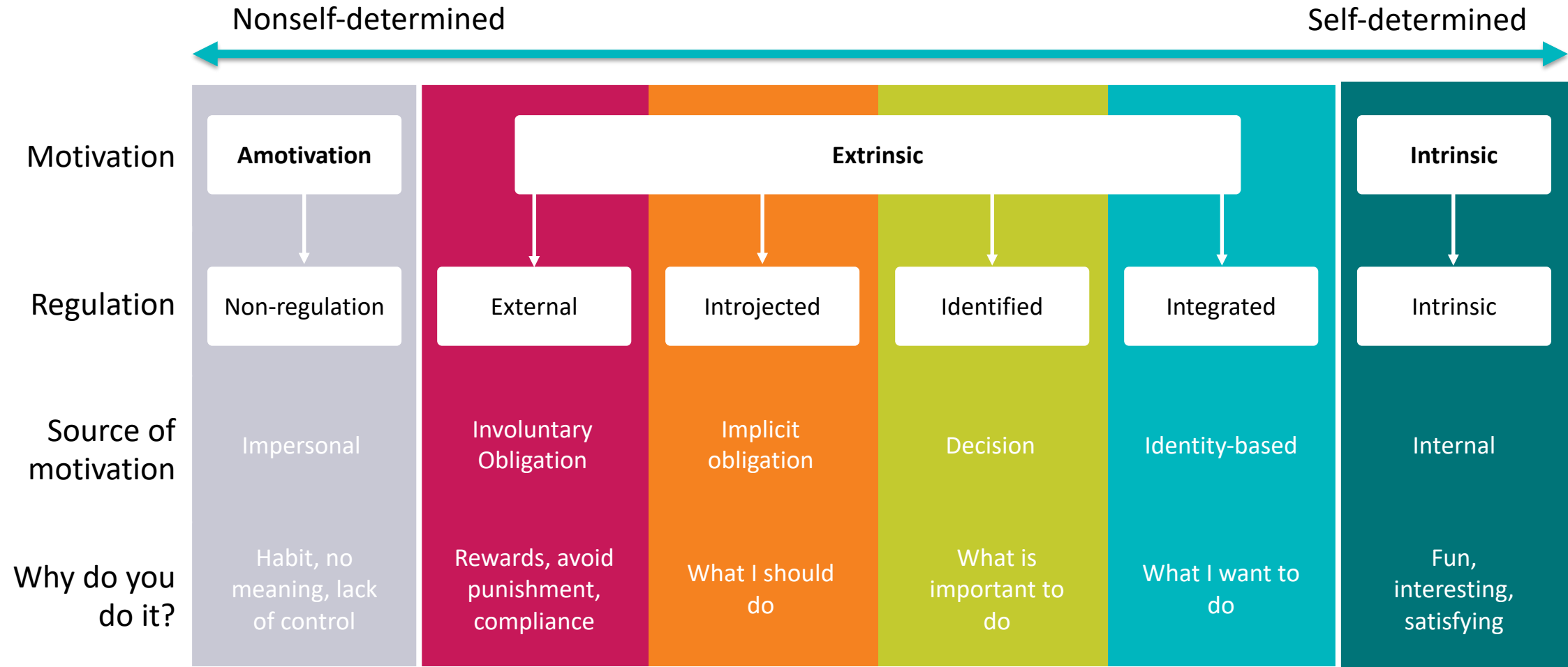
Where do the problems occur?



From "play less" to "play better"



Quality over quantity of gaming



Ryan, R.M., & Deci, E.L. (2000). Self-Determination Theory and the Facilitation of Intrinsic Motivation, Social Development, and Well-Being. *American Psychologist*. 55(1), 68-78.