

Trends and thoughts regarding video game addiction



SPELFRIHETEN

About us



Finn Stenwall

Responsible Head Therapist
at Spelfriheten

Worked with addiction
treatment for more than 40 years



Adam Reuterswård

Market & client coordinator
at Spelfriheten

In recovery from gambling
addiction for almost 7,5 years

What do we do at Spelfriheten?



Digital treatment of gambling addiction

A combination of group therapy, individual sessions, CBT and other modules.

Digital peer group meetings

Hosts Sweden's most visited peer group meetings twice a week.



24h helpline and chat

Sweden's only helpline that are open 24/7. All who answers are experts by experience.

Seminars & Education

Educates companies, sports clubs and organizations in preventing and reacting to gambling harm



Statistics – People seeking help

| | 2019 | 2020 | 2021 | 2022 |
|-----------------------------|---------|---------|---------|---------|
| People seeking help | 2 331 | 3 972 | 8 388 | 11 556 |
| Number of Men | 1 470 | 2 266 | 4 799 | 7 028 |
| Number of Women | 861 | 1 706 | 3 589 | 4 528 |
| Percent Men / Women | 63 / 37 | 57 / 43 | 57 / 43 | 61 / 39 |
| Average age | 28 år | 29 år | 31 år | 32 år |
| Blocked through Spelpaus.se | 50 % | 75 % | 90 % | 85 % |



Statistics – Forms of gambling

| | 2019 | 2020 | 2021 | 2022 |
|-----------------------|------|------|------|------|
| Online casino | 50 % | 50 % | 40 % | 40 % |
| Sports betting | 20 % | 10 % | 20 % | 30 % |
| Trotting (horse race) | 10 % | 10 % | 10 % | 10 % |
| Poker | 10 % | 10 % | 10 % | - |
| Daytrading / Crypto | - | 10 % | 10 % | 10 % |
| PC/Video games | 10 % | 10 % | 10 % | 10 % |



Development curves

During 2022, Spelfriheten had a number of workshops with the clients who went into treatment for their video game addiction. The focus of these workshops was to make our own Jellinek curve for video game addiction.

Many helpseekers have already confirmed that the clarity of the curves shows valuable experience and together with the possibility to listen to another video gamer who has stopped gaming, made the choice to start recovery a lot easier.



Develop addiction



Make new friends in gaming worlds
First major excitement
Adrenalin rush
Fantisizes and plans gaming sessions
Gets drawn into the games
Puts aside IRL friends
Spends more and more time gaming
Turns the clock around
Prioritize gaming before responsibilities
Stealthy gaming
Lies to protect the gaming
Trouble with close relations
Spends money to keep the game going
Isolates from friends and family
Trying to catch up on time lost ingame
Hides evidence of gaming
Renounce personal hygiene and health
Severe anxiety and depression
Unnecessary irresponsible behavior
Lose contact with close friends
Left by family
Develop mental health issues
Suicidal thoughts
Asks for help

Recover from addiction



Mediate hope to other gaming addicts
Satisfied with self and the outside world
No secrets
Much better order in life in general
New interests
Recompensate relations
Family and friends regain trust
Better sleep and less worries
Better self-esteem
Relations are getting better
Tell friends and other concerned
Makes no fast decisions
Takes on increased responsibility
Decreased desire to be gaming
Developed healthy routines
Regularly attends peer group meetings
Being honest with close ones
Understands and accepts the addiction
Complete honesty towards myself and the group
Chooses relations that helps the recovery
Blocks the possibility of gaming
Stops gaming
Give up and admits impotence
Receives help

Thank you for listening!



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A new way of living