



# Two birds, one stone

diverse gaming problems, one  
effective intervention



# Contents

- The Stone: Restart & data
- The Birds: Diverse people, diverse problems
- Invitation to use our data in research
  
- Note! Analysis by Tuomas Hallamaa



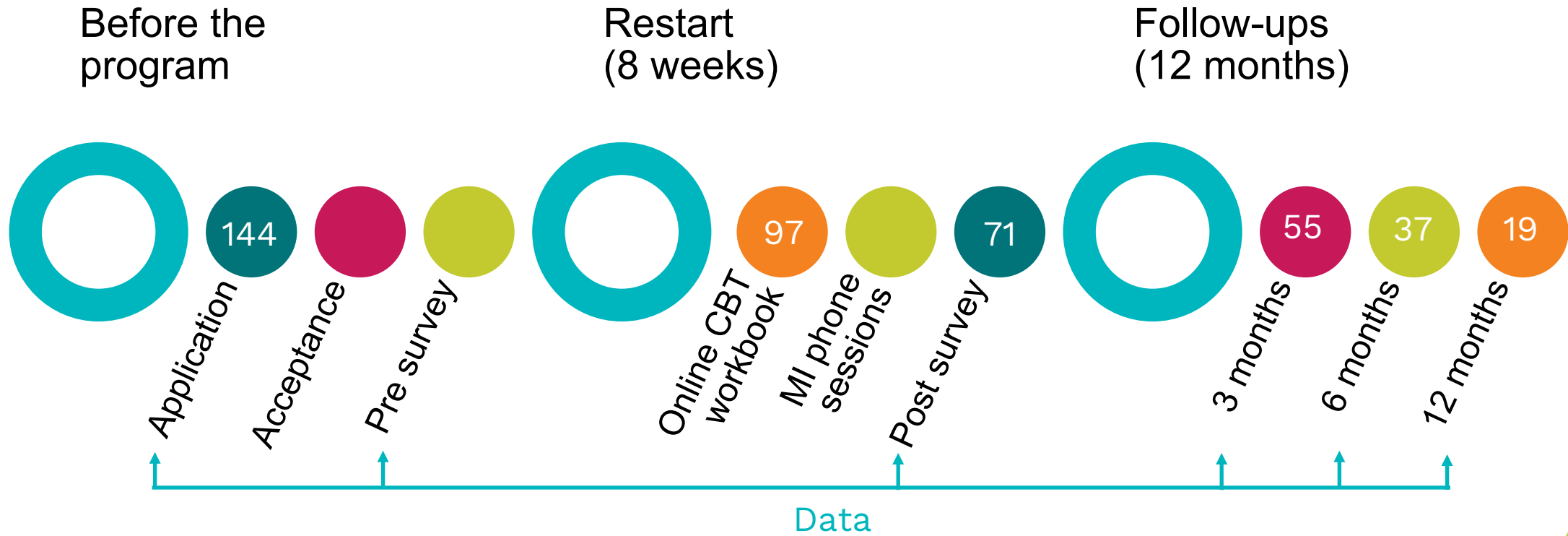
# The Stone

Restart program and data





# Restart program process



Data

Sanni Behm

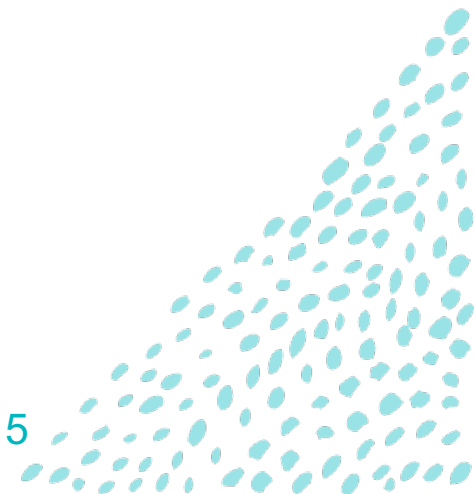
# Goals for Change



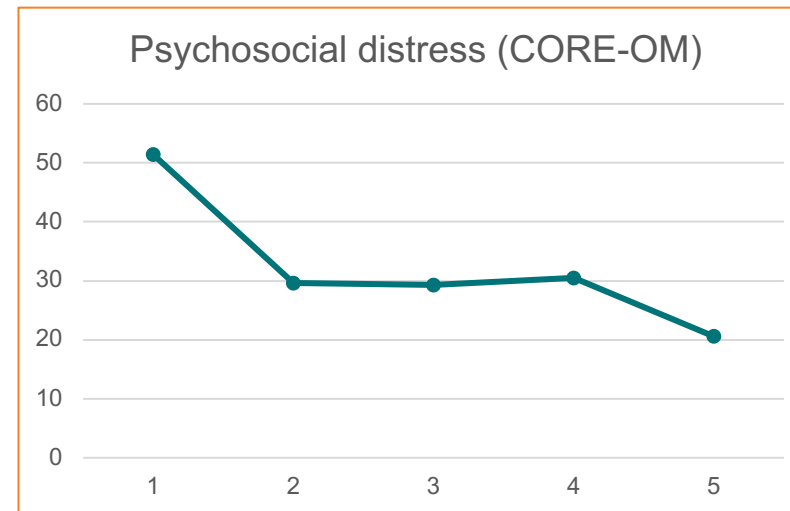
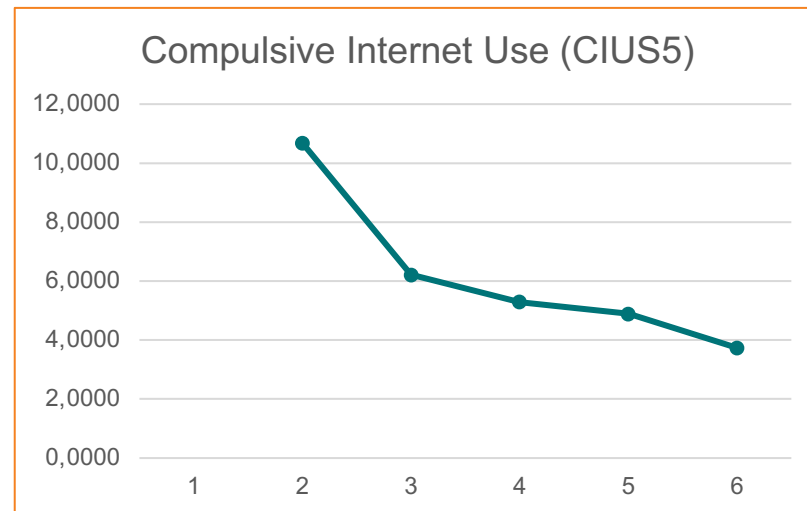
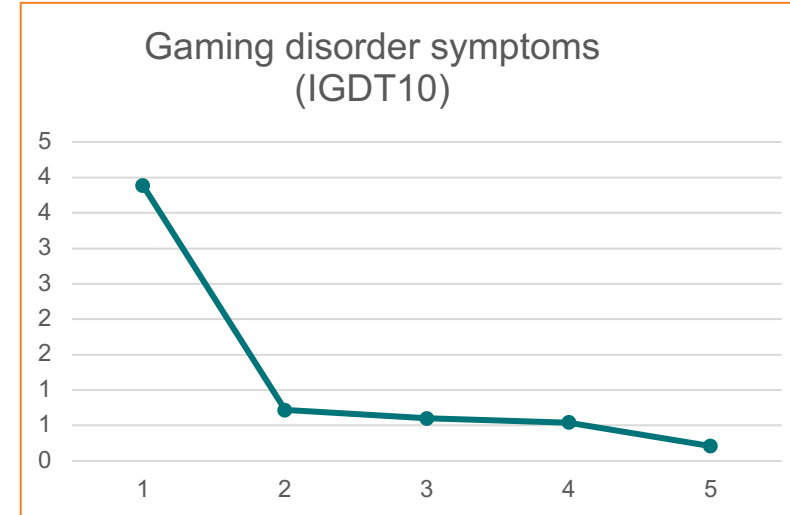
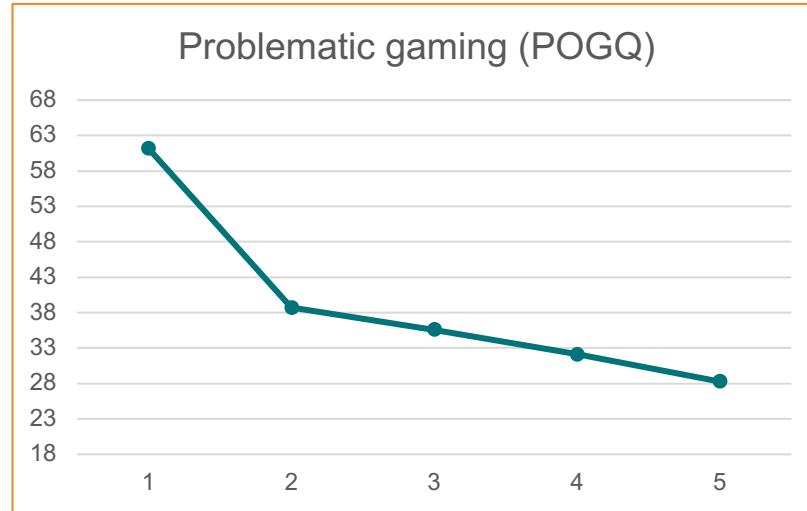
Game Over



Restart



# Change during and after Restart



1 = Before  
 2 = End  
 3 = 3 months  
 4 = 6 months  
 5 = 12 months



# The Birds

Diverse people, diverse problems





# Restart applicants



29 mean age,  
50 % 18-29  
50 % 30-64



84 %  
male



54 %  
in a relationship



38 % employed  
35 % students  
23 % out. workforce



82 % city  
dwellers

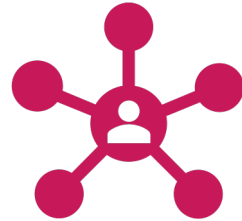


# Restart applicants



## Gameplay

62 % daily  
47 % 2-3 times  
43 % 2-4 hours



For 83 % gaming  
is a social activity



9 years of  
problem gaming,  
Problem onset  
median age 19



## Platform

83 % PC  
63 % mobile  
18 % console



## Problems

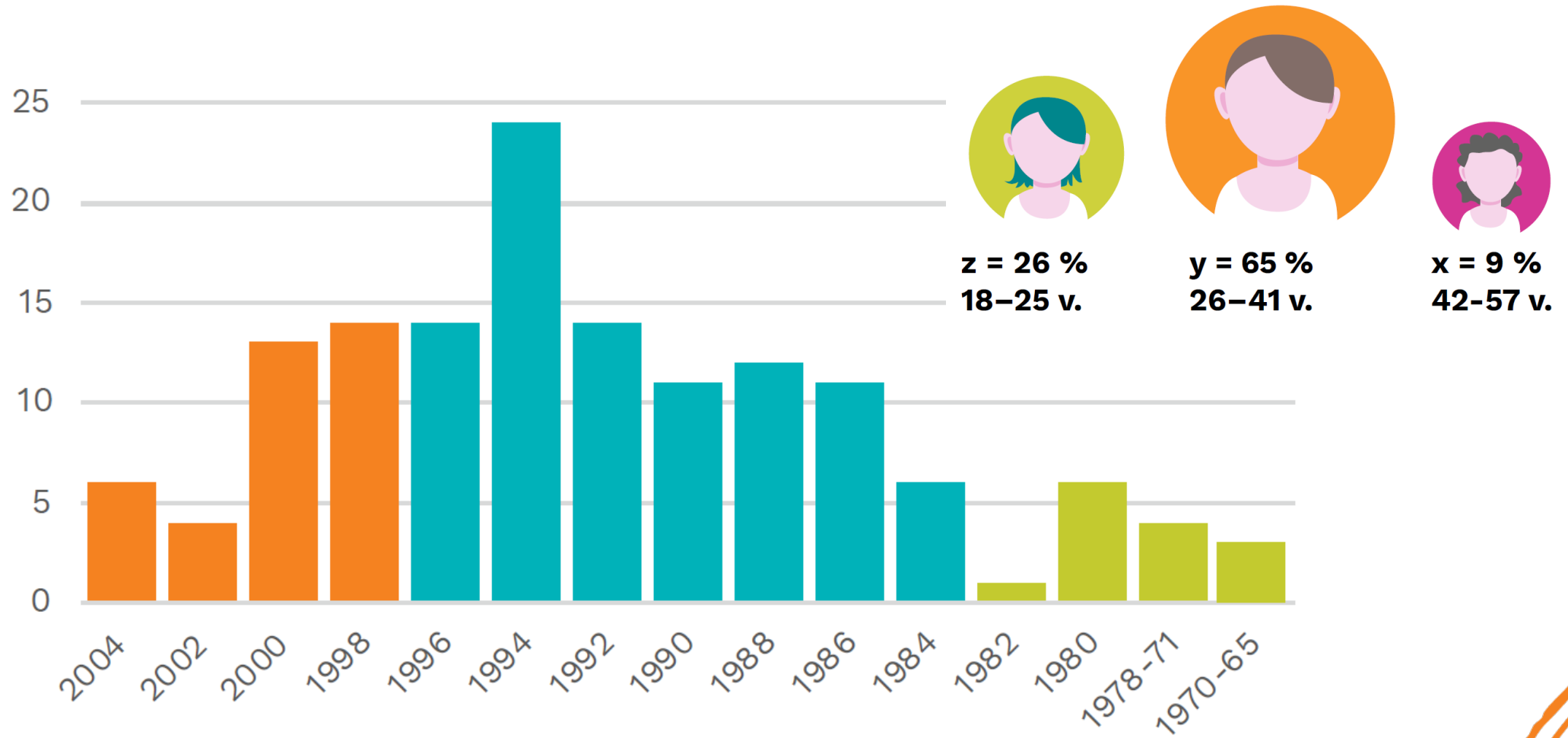
88 % time  
75 % relationships  
68 % work/studies  
28 % money



IGDT-10  
42 % meet cutoff  
58 % below



# Gen Y over Z, but X too





# Different types of problems

- RPGs and time related problems
- Relationship and work/study problems as dimensions of time problems, money problems an individual factor
- Gambling overlaps with gaming (60/40, 60/40)
- In-game purchases and money problems
- Gambling problems and in-game purchases not connected



# Conclusions

- Gaming is a problem for a diverse adult population
- Problems related to gaming are more diverse than addiction
- People seek help before IGD
- A client centered intervention can address a wide range of problems effectively



# Researchers

Are you interested in using our data?



# Data & measures

- April 2020-Jan 2023, N=173
- POGQ
- IGDT-10
- CIUS-5
- CORE-OM
- Gameplay (e.g. frequency, session length, most played games)
- Problems
- Background variables
- And more...

Contact: [Sanni.Behm@peluuri.fi](mailto:Sanni.Behm@peluuri.fi)



# Thank you!

Sanni.behm@peluuri.fi

