Today’s piece was prepared by Melissa Kelley, MS4, based on a Los Angeles Times article

[World Health Organization says video game addiction is a disease. Why American psychiatrists don’t](http://www.latimes.com/science/sciencenow/la-sci-sn-video-game-addiction-explainer-20180619-story.html)

This article discusses the WHO’s decision to include gaming disorder in the newest addition of the ICD. The addition allows physicians to diagnose and bill for the treatment of video game addiction. While the DSM-5 includes internet gambling disorder, it does not address internet gaming disorder and thus guidelines for diagnosis are unclear. The American Psychiatric Association has drafted a symptom list, five of which would need to be met for a diagnosis to be given. One reason the author proposes as to why the WHO has approved this diagnosis while the APA has yet to do so is that gaming addiction is much more prevalent in other countries, primarily Asia, than in the US. The 2017 American Journal of Psychiatry report states that only 0.3% to 1.0% of the general population may meet the criteria for an internet gaming disorder diagnosis.

This article does an acceptable job of providing an overview of what the WHO’s decision entails and provides perspectives from many sides of the gaming addiction debate. It is structured in an easy-to-read Q & A format which helpfully organizes information. However, many of the answers are brief and fail to provide adequate background information on some statements. Topics such as the co-morbidity of psychiatric disorders in the population affected by internet gaming disorder are mentioned in a few sentences without any real exploration of the topic. The title itself is misleading, suggesting that psychiatrists are against the diagnosis of gaming disorder rather than being opposed to the insinuation that gaming disorder is an epidemic. Overall, this article adequately summarizes internet gaming disorder and provides the framework for understanding this new ICD diagnosis.

**RESOURCES ON ADDICTION:**

[reSTART](https://netaddictionrecovery.com/) *Residential treatment facility for digital media users located just outside of Seattle*

[Substance Abuse and Mental Health Services Administration](https://www.samhsa.gov/find-help/national-helpline) *National Helpline for treatment referral and informational service in English and Spanish to those facing mental and/or substance use disorders*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!