

# EXPLORING THE PREVALENCE OF GAMING DISORDER AND INTERNET GAMING DISORDER: A RAPID SCOPING REVIEW

## Summary

We conducted a rapid scoping review to summarize the global prevalence of Internet gaming disorder (IGD) and gaming disorder (GD). We identified 160 studies published between 2014 and 2018 that measured IGD using 35 different methods. Prevalence of IGD ranged from 0.21 – 57.50% in general populations, 3.20-91.00% in clinical populations, and 50.42-79.25% in populations undergoing intervention (severe cases).

## Implications

While the wide prevalence ranges reported in studies should be interpreted with caution, the results can be used by knowledge users such as mental health and public health clinicians, funders, researchers, and policy makers, to understand how IGD is measured in the literature. Research on GD is needed, in addition to further work on IGD to come to a consensus on its definition and how it can be measured.

**Reference:** Darvesh N, Radhakrishnan A, Lachance CC, et al. Exploring the prevalence of gaming disorder and Internet gaming disorder: a rapid scoping review. *Syst Rev.* 2020 Apr 2; 9(1):68.

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## What is the current situation?

- The addition of GD and IGD to the International Classification of Diseases (ICD-11) and to the appendix of the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), respectively, indicates the emerging importance of these conditions.

## What is the objective?

- To conduct a rapid scoping review to summarize the global prevalence of GD, IGD, severe GD, severe IGD, and the variables measured in these populations.

## How was the review conducted?

- The Joanna Briggs Institute guidance for scoping reviews and the Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-ScR) were used to conduct and report this review.
- We searched MEDLINE, EMBASE, PsycINFO, and the Cochrane library for literature published from inception to July 2018, using a comprehensive search strategy developed and peer-reviewed by experienced librarians.
- The titles/abstracts and full-texts of each citation were screened by one reviewer to include quantitative primary studies that reported GD or IGD prevalence. Excluded citations were screened by a second reviewer to confirm exclusion. Data from studies were charted by one reviewer and verified by another.
- The prevalence or score estimates for GD, IGD, severe GD, and severe IGD were summarized descriptively by geographic region, gender/sex categories, and age groups. Reported health-related and non-health-related variables were also summarized.

## What did the review find?

- After screening 5550 potentially relevant citations, we included 156 full-text articles representing 160 studies.
- All identified studies measured IGD; no studies reported GD prevalence.
- Included studies used 35 different approaches to diagnose IGD.
- The most frequently reported countries of conduct were the Republic of Korea (n=45), China (n=29), and the USA (n=20).
- The prevalence of IGD ranged from 0.21-57.50% in general populations, 3.20-91.00% in clinical populations, and 50.42-79.25% in severe populations undergoing interventions.
- The most frequently reported health-related variable was depression and the most frequently reported non-health variable was gaming time.