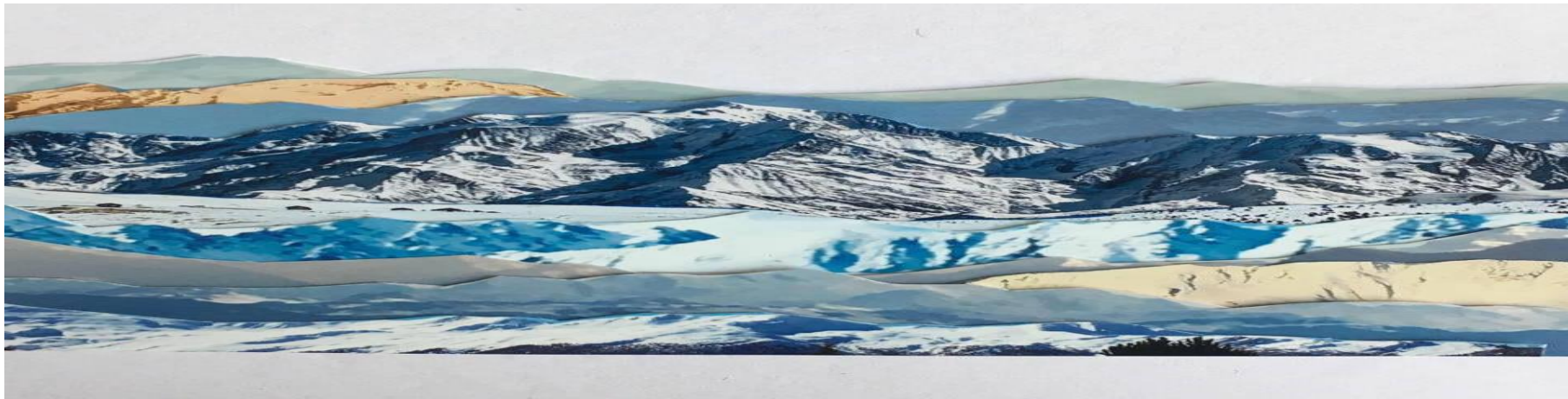
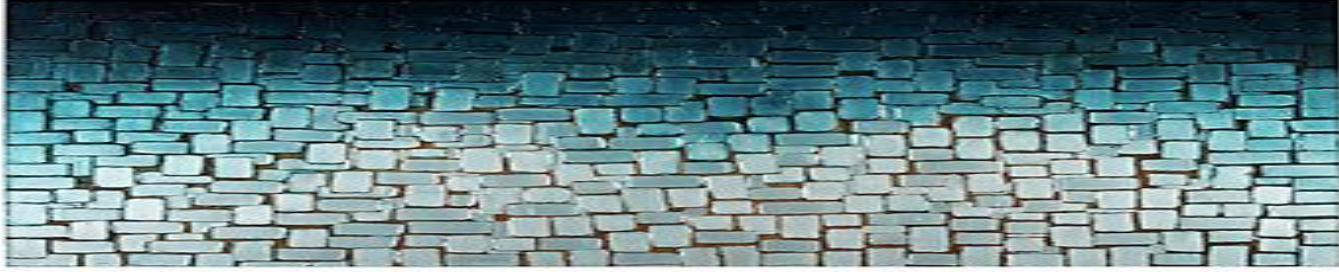




QUEL CONCEPT POUR LES ADDICTIONS SANS SUBSTANCE?

YASSER KHAZAAL 1,2,3,4

1. Université de Lausanne, Faculté de biologie et de médecine, Lausanne, Suisse
2. Service de médecine des addictions, Département de psychiatrie, CHUV, Lausanne, Suisse
3. Centre de recherche de l'institut universitaire en santé mentale de Montréal, Canada
4. Département de Psychiatrie et d'Addictologie, Université de Montréal, Canada



CHAPITRE 1

HYPER-USAGE DES SERVICES DIGITAUX

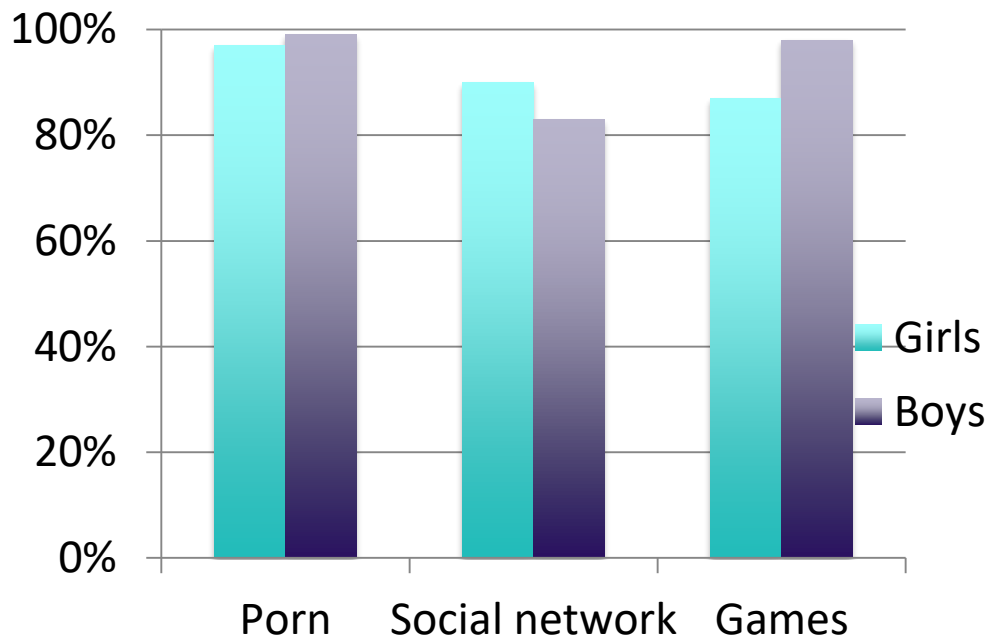
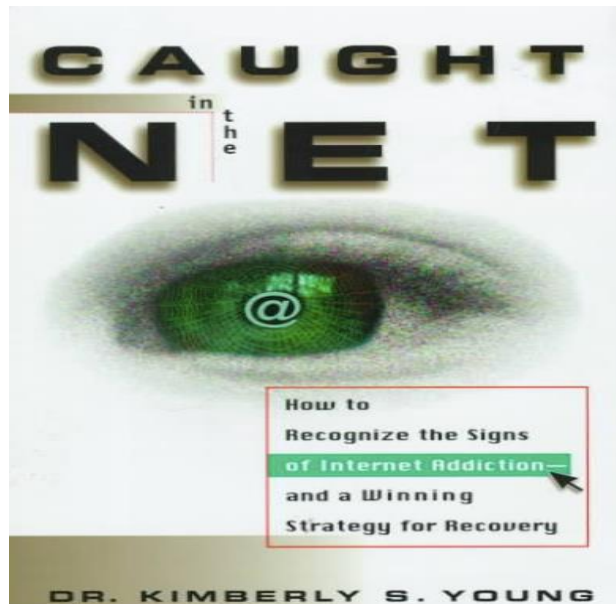


Table 1. Intensity of Time Spent on Internet Activities Each Week According to Gender.

Applications	Boys, % (n)	Girls, % (n)	P Value
Social networks (n = 3880)			
≤19 hours	99.91 (1527)	92.11 (1812)	<0.0001
≥20 hours	10.09 (172)	16.89 (369)	
YouTube (n = 3882)			
≤19 hours	92.10 (1562)	93.85 (2052)	0.0326
≥20 hours	7.90 (135)	6.15 (133)	
Chat (n = 3871)			
≤19 hours	96.88 (1635)	95.17 (2077)	0.007
≥20 hours	3.125 (53)	4.83 (106)	
Blogs (n = 3871)			
≤19 hours	99.29 (1681)	98.95 (2155)	0.25
≥20 hours	0.70 (12)	1.05 (23)	
News (n = 3870)			
≤19 hours	99.65 (1634)	99.03 (2177)	0.16
≥20 hours	0.35 (6)	0.14 (3)	
MMORPGs (n = 3883)			
≤19 hours	99.23 (1529)	99.41 (2173)	<0.0001
≥20 hours	9.77 (168)	0.59 (13)	
Online games (n = 3874)			
≤19 hours	87.30 (1481)	98.85 (2156)	<0.0001
≥20 hours	12.70 (215)	1.05 (22)	
Downloading music or films (n = 3876)			
≤19 hours	97.13 (1648)	97.90 (2134)	0.1239
≥20 hours	2.87 (49)	2.10 (45)	
Adult sites (n = 3873)			
≤19 hours	97.22 (1635)	99.77 (2186)	<0.0001
≥20 hours	2.78 (47)	0.23 (5)	

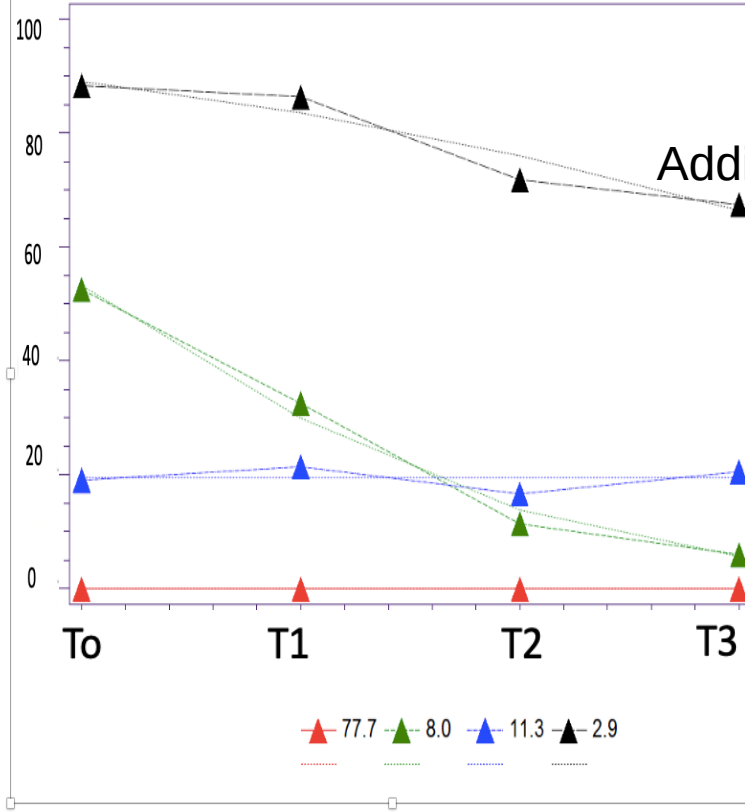
MMORPG. massively multiplayer online role-playing game.



«Online gamers gradually
lose control over their game play»

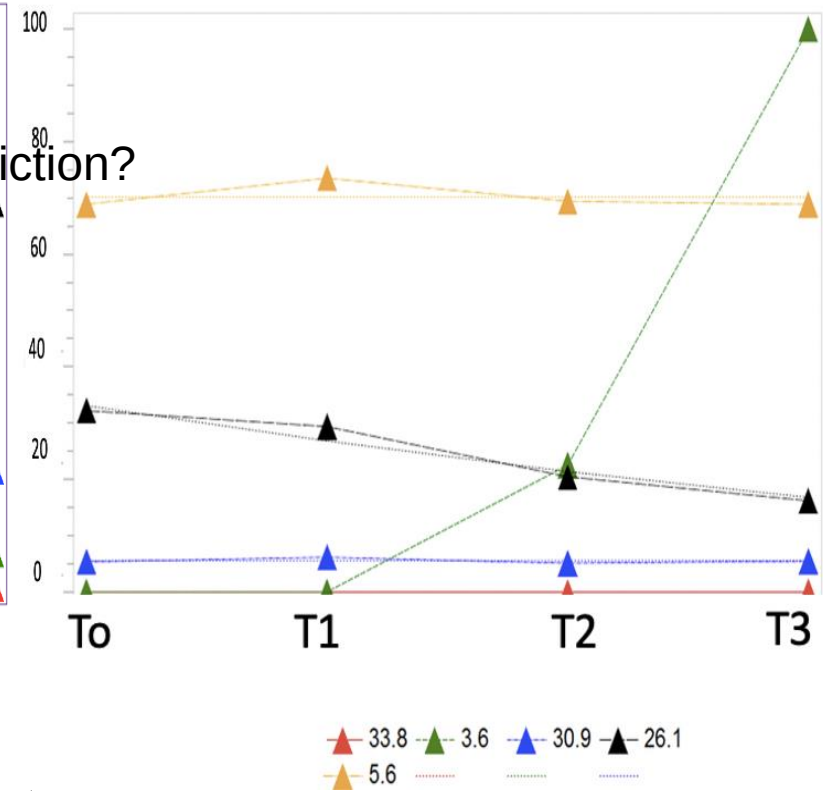
Jeux vidéo

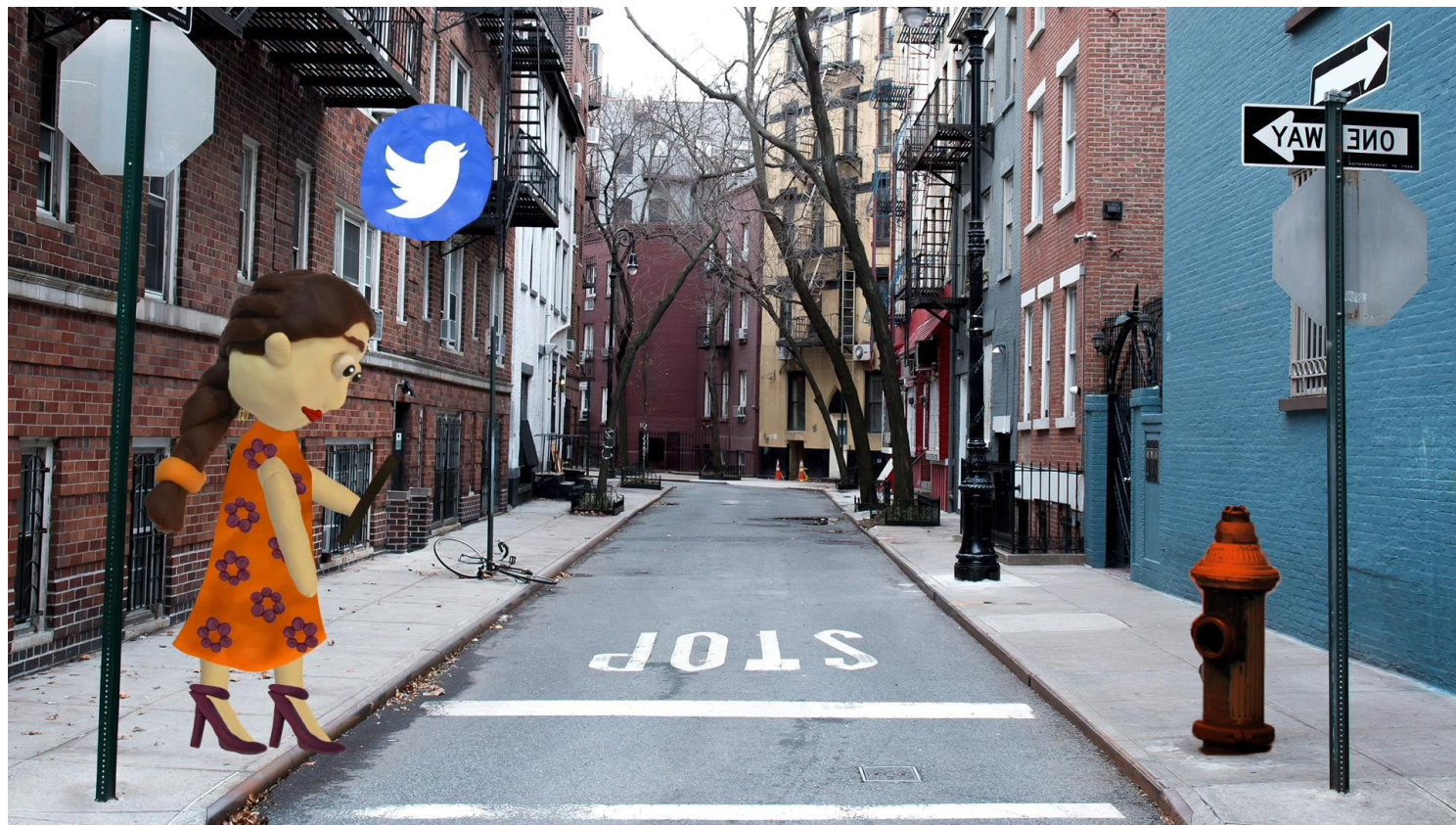
%
≥20 h
/ sem



Facebook

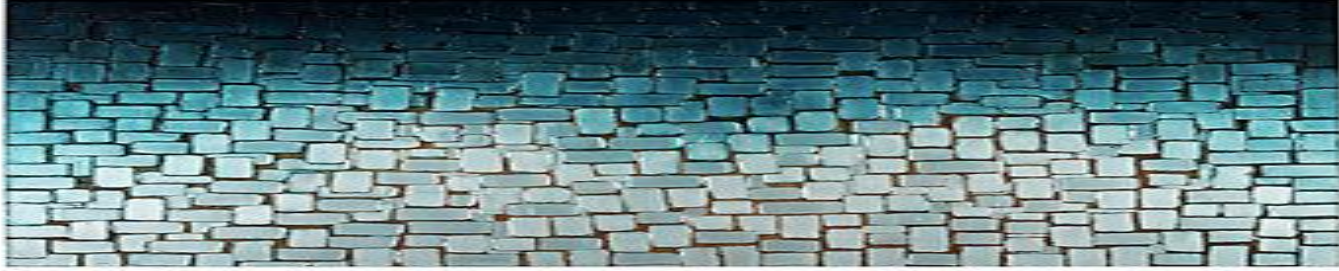
Addiction?





SERVICES DIGITAUX SPÉCIFIQUES





Chapitre 2

BEAUCOUP DE TEMPS, C'EST QUOI ?





Passion Harmonieuse

«Mon activité s'harmonise
bien avec les autres activités
dans ma vie»

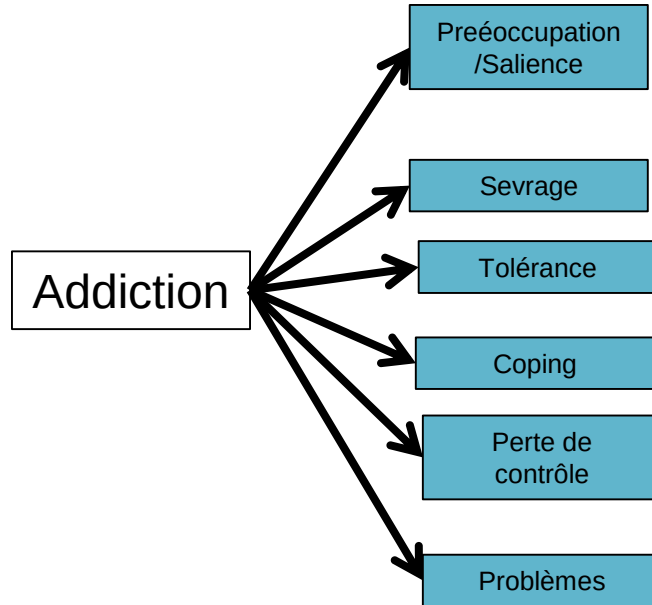


Chapitre 3

ADDICTION? A LA RECHERCHE DES SYMPTÔMES CENTRAUX



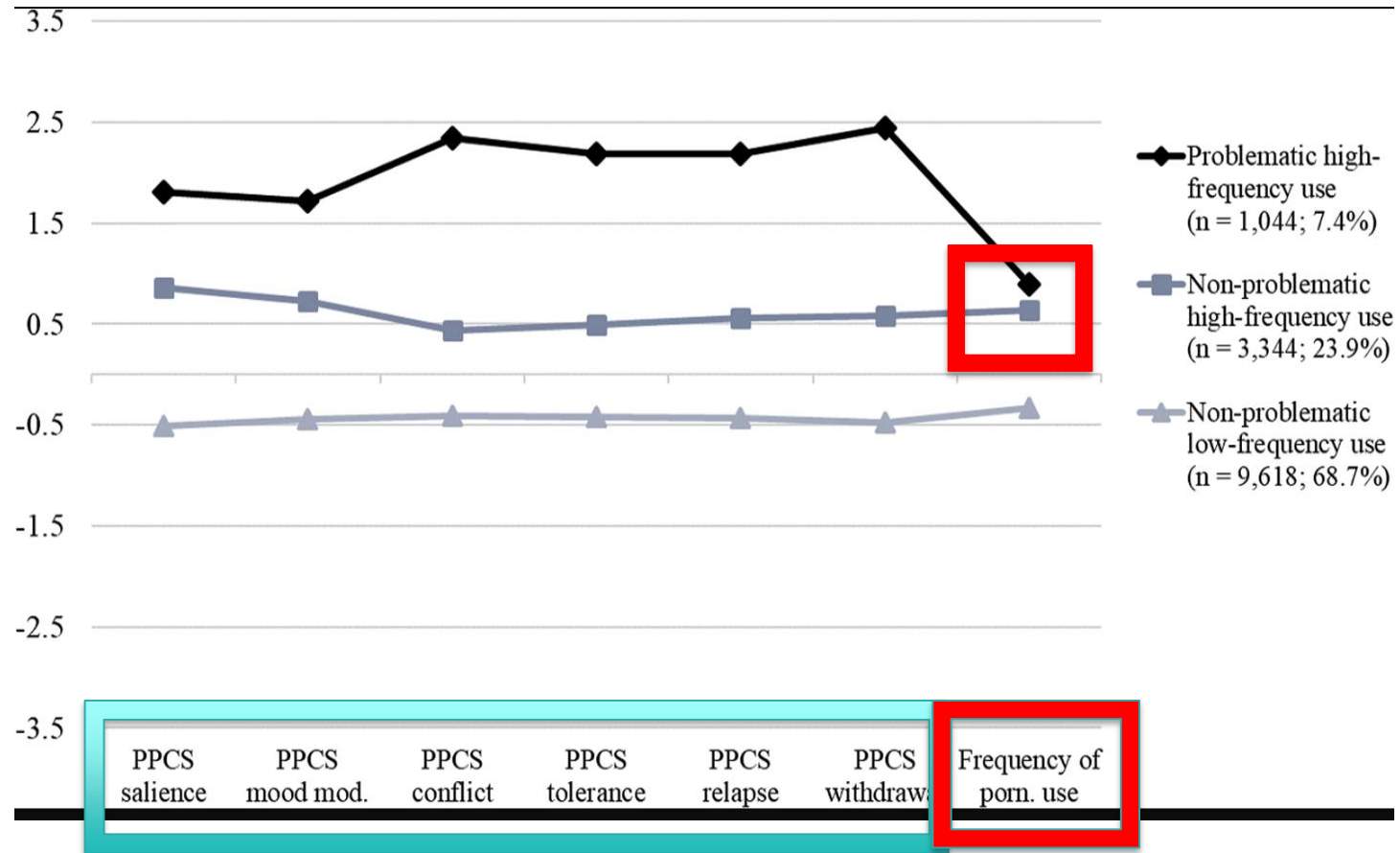
COMPONENT MODEL



13

Young 1998; image Zullino 2007; Khazaal et al. 2008; Griffiths et al. 2005; Meerkerk et al. 2009; Khazaal et al. 2011; Khazaal et al 2012; Starcevic 2016; Kaptsis et al- 2016; Gmel, Khazaal et al. 2019

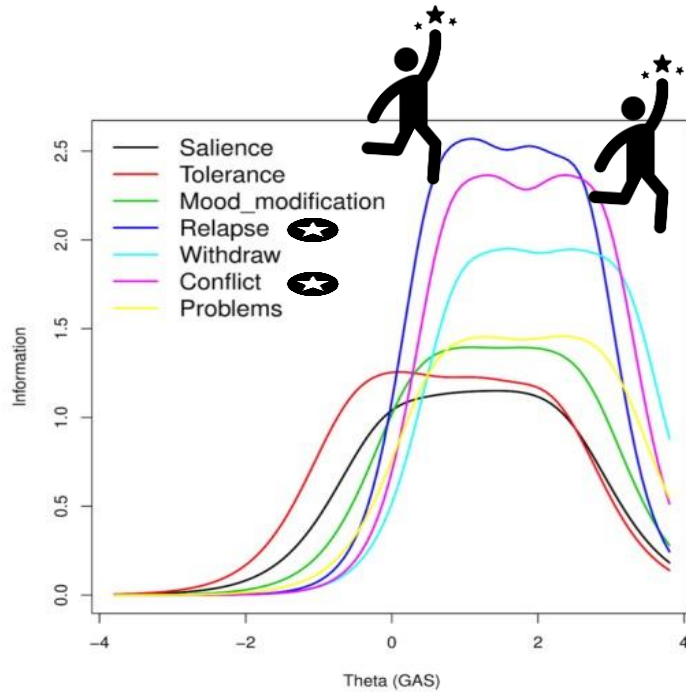




How often in the last 6 months...	Answer options ^a , %					GAS items
	1	2	3	4	5	
Have you thought all day long about playing a game or spending time on the internet?						Salience
All samples	48.5	24.8	15.0	7.2	4.4	
Have you played games or spent time on the internet to forget about real life?						Mood modification
All samples	61.1	19.3	12.4	4.8	2.5	
Have you had arguments with others (eg, family and friends) over your time spent on games on the internet?						Conflict
All samples	75.6	14.3	7.4	1.9	0.9	
Have others unsuccessfully tried to reduce your time spent on games or the internet?						Relapse
All samples	69.8	15.7	9.9	3.4	1.3	

^a1=never, 2=rarely, 3=sometimes, 4=often, 5=very often.

C-SURF
N= 5983
Age: 20.0 years (SD = 1.2)
Men: 100%



C-SURF

N = 5983

Age: 20.0 years (SD = 1.2)

Men: 100%

GAMING DISORDER CODE 6C51



For the first time,
WHO is classifying
gaming disorder
as an addictive
behaviour disorder
– now we can
measure how many
people are affected



WHO, 2018



Addiction

Trouble lié au Jeu Vidéo (Gaming Disorder)

1. **Perte de contrôle** sur les conduites de jeu vidéo
2. **Priorité donnée au jeu** (par comparaison aux tâches quotidiennes et autres loisirs)
3. **Conséquences négatives liées au jeu** (sociales, personnelles, professionnelles...)
4. 12 mois
5. Altération significative du fonctionnement

