

INTRODUCTION

- Recently, the World Health Organization (WHO) added Gaming Disorder to the International Classification of Diseases (ICD-11; World Health Organization, 2018)
- Previous research (Liese, Kim, Hodgins, 2018) deemed that emotion dysregulation did not significantly mediate the relationship between insecure (anxious and avoidant) attachment in internet gaming only
- The current study aims to be an extension by examining Gaming Disorder, which includes online, offline, and mobile games
- We hypothesized that (1) insecure attachment is associated with symptoms of Gaming Disorder as well as emotion dysregulation, and (2) emotion dysregulation mediates the association between insecure attachment and Gaming Disorder

What role does attachment and emotion dysregulation play in video game engagement versus addiction among Canadian university students?

METHODS

Sample

- $N = 287$ (53% female, $M_{age} = 19.80$, $SD = 3.01$)
- Recruited through the online Research Participation System

Procedure

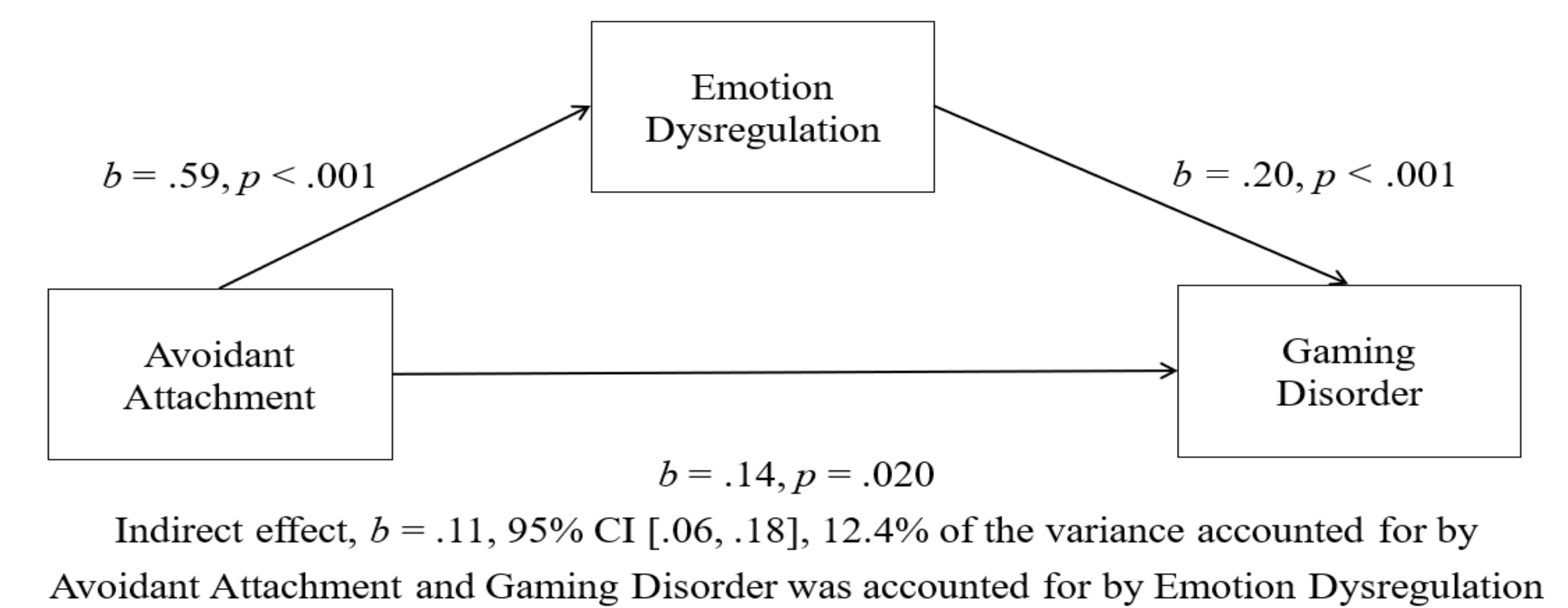
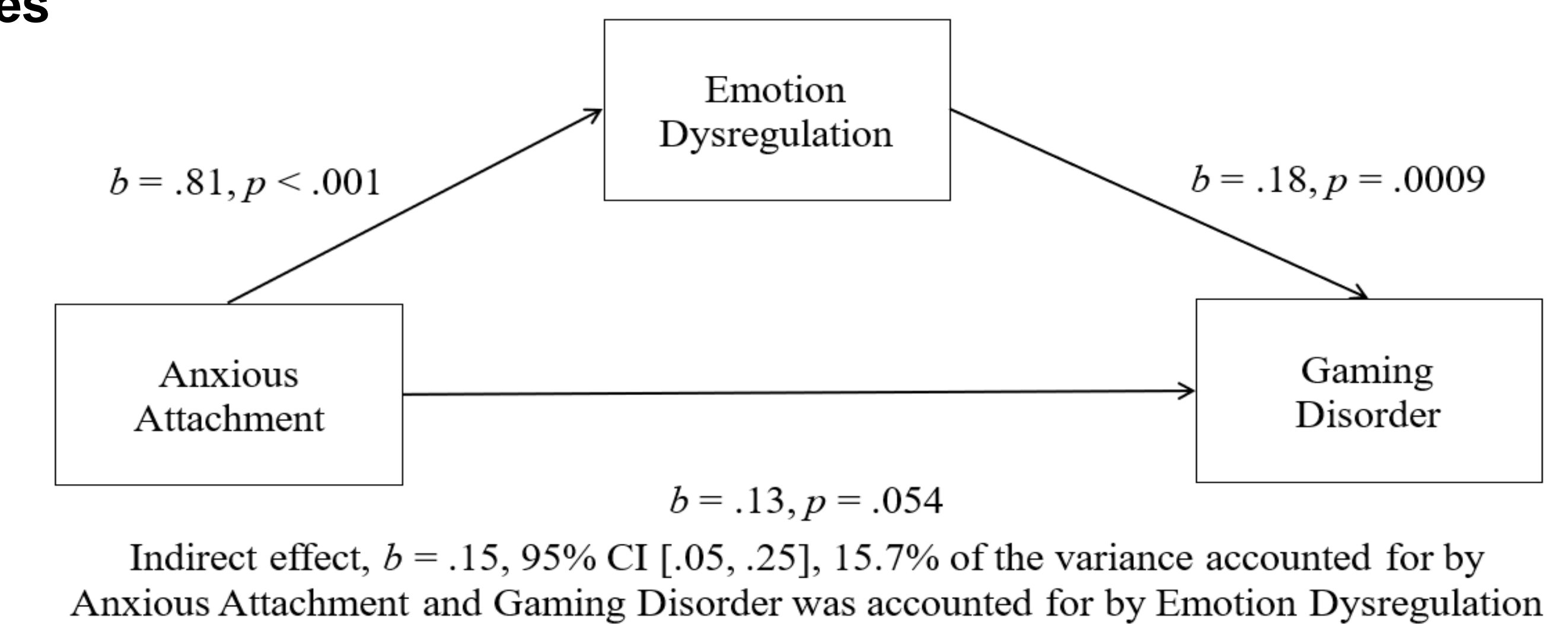
- Qualtrics survey completed online in a group setting at a University of Calgary computer lab
- **IV: Insecure Attachment Style**
- **DV: Gaming Disorder**
- **Mediator: Emotion Dysregulation**
- **Design:** Hayes PROCESS Macro (Hayes, 2013; Model 4) obtained bias-corrected 95% bootstrapped confidence intervals with 10,000 iterations



RESULTS

- As predicted, greater anxious attachment was significantly correlated with more Gaming Disorder symptoms, $r = .30$, $p < .001$, and greater degree of emotion dysregulation, $r = .64$, $p < .001$
- Additionally, greater avoidant attachment was significantly correlated with more Gaming Disorder symptoms, $r = .27$, $p < .001$, and emotion dysregulation, $r = .47$, $p < .001$

Mediation Analyses



CONCLUSION

- The findings of the study clearly indicate that emotion dysregulation does mediate the relationship between anxious and avoidant attachment and Gaming Disorder
- Implications: (1) may solidify Gaming Disorder as a genuine addiction as similar processes seem to be involved, (2) establish a threshold between Gaming Disorder and non-problematic engagement
- The results from this study have the potential to inform the distinction between strong video game engagement and Gaming Disorder

REFERENCES

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