Convergence in behavioural addictions: Introduction

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Not very long time ago …

- Addictions = substance-related addictive disorders (dependence, abuse) (DSM/ICD)
- Non-substance-related addictive disorders were considered impulse control disorders (e.g., gambling) or not classified at all
- Apart from gambling not much research was going on regarding non-substance-related potentially addictive disorders
- Addiction journals as well as addiction handbooks were focusing on smoking, alcohol, and substance use-related issues (almost) exclusively

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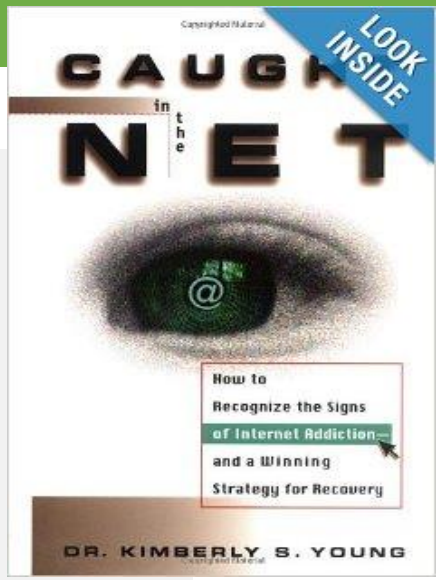
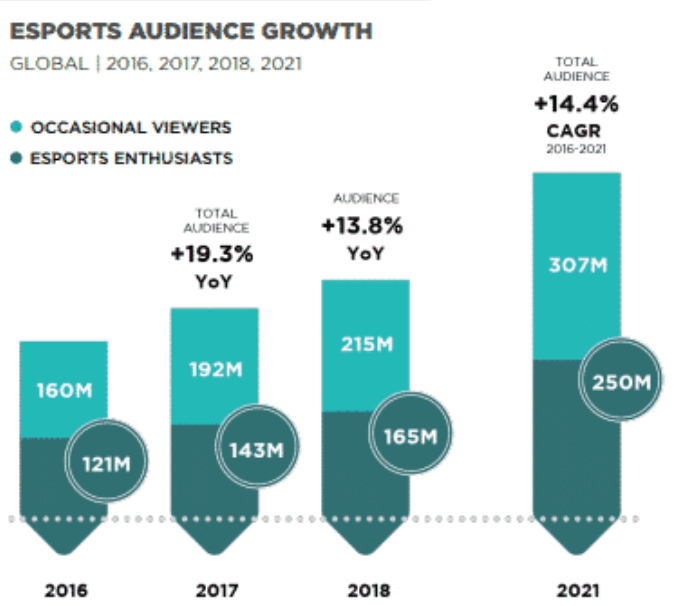
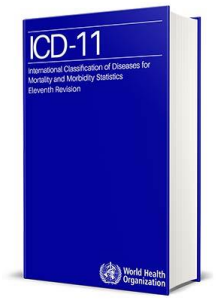
What has happened since then? What has changed?



- First reports on internet addiction (K. Young, M. Griffiths)
- Increasing research on gambling
- Technological development: smartphones, social media, online pornography, online shopping, online gambling, online video games
- Convergence between gambling and video game use (esport, monetization in gaming, gaming features in gambling)
- Increasing treatment need





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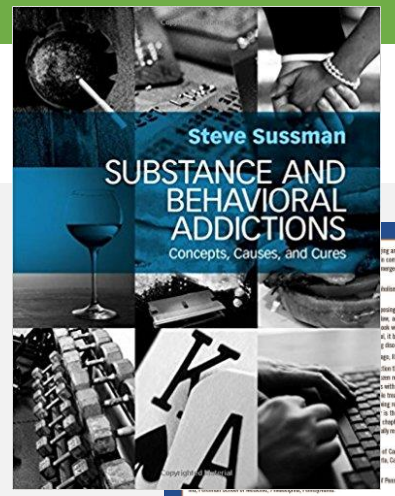
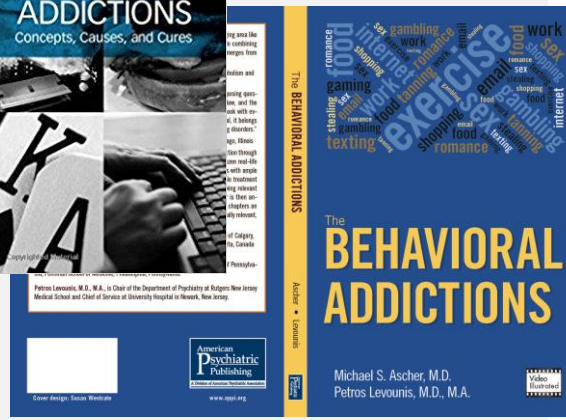
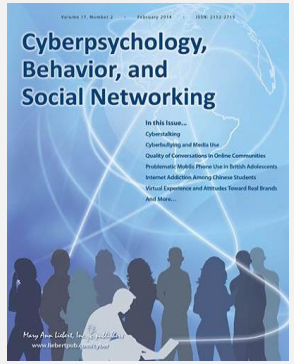
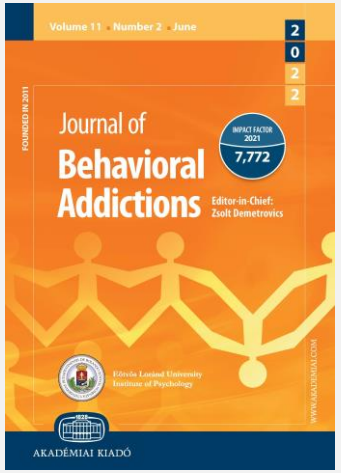
How did it influence addiction science?





- Significantly increased research activity on
  - Assessment and diagnostics
  - Psychological predictors and consequences
  - Neuroscience
  - Clinical studies
- Diagnostic systems
  - DSM-5: Non-Substance-Related Disorders – Gambling Disorder
  - ICD-11: Disorders due to substance use or addictive behaviours (i.e., Gambling Disorder, Gaming Disorder)
- New handbooks and journals (*Journal of Behavioral Addictions*)
- International Society for the Study of Behavioral Addictions (ISSBA)
- International Conference of Behavioral Addictions (ICBA)





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Where are we now?
The Major session on …

1. Matthias Brand: Convergences in the psychology of behavioral addictions
2. Marc N. Potenza: Convergences in the neurobiology of behavioral addictions
3. Susana Jiménez-Murcia, Fernando Fernández-Aranda, Roser Granero: Convergences in the treatment of behavioural addictions
4. Sophia Achab: Convergences in behavioural addiction policies
5. Luke Clark: Discussion
6. Q/A

THANK YOU FOR YOUR ATTENTION

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