



**LISBON
ADDICTIONS
2022**



Convergence in Addictive Behaviours' Policies

Lisbon, November 23rd, 2022

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**UNIVERSITÉ
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FACULTÉ DE MÉDECINE



WHO Collaborating Center for
Training and Research in Mental
Health (Geneva, Switzerland)



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Public health implications of excessive use of the Internet, smartphones and similar electronic devices
(Tokyo, Japan, August 2014)



Prof. Susumu Higushi, Kurihama Medical Centre and Japan WHOCC,
Dr. Sophia Achab, ReConnecte and Swiss WHOCC
Working Session, Geneva, 2017



1st WHO Forum on Addictive disorders and Addictive behaviors
WHO HQ 2017



Part 1.

Prior to including Gaming Disorder (GD) in ICD-11 (<2018)

Cross-cultural overview of health systems and policy responses towards challenges caused by Internet-related disorders

New care needs- heterogeneous responses

- Health systems globally have been challenged 2 decades ago by emerging care needs related to Internet maladaptive patterns of use, from:
 - Individuals
 - Relatives
 - Care professionals
 - Social workers
- Their response has been heterogeneous from one jurisdiction to another.

Global trend in identifying Problematic Internet Use (PIU)

Review of the cross-cultural representation trend of PIU underlying epidemiological studies globally (2000-2014): 88 identified research papers,

| Continent | Epidemiological efforts and targets | Underlying concept |
|-----------|--|---|
| Africa | 1 study, technology magazine readers, | PIU is investigated as a problem |
| America | 4 epidemiological studies were conducted between 2001 and 2012 mostly in University students | PIU being stably considered through time as an addictive disorder |
| Europe | 24 studies, showed large epidemiological interest between 2004 and 2013, majority on adolescents, school, online or phone-based recruitment | Initial representation of the PIU was that of a pathology (37%), and later and in a stable manner but not exclusively, PIU has been considered as an addiction (50%) |
| Asia | 56 studies from 2003 to 2013, mostly children and adolescents, school-based recruitment | Considered the issue massively (77%) as an addictive disorder and to a lesser extent (10%) as a pathological use or as a behavioral (impulse control, compulsion) or a cognitive disorder |

Digital infrastructure Penetrance of the Internet

Medical culture Concepts underlying the health response

Need for better informed policy and Health systems' response

- Critical psychometric properties :
 - Disparity of screeners
 - Samples (youth >>adults)
 - Miscellaneous underlying theoretical construct
- Heterogeneous conclusions ► Results:
 - Not generalizable
 - Not cross-comparable
 - Not supporting efficient public health decision making
 - Not providing landmarks for medical decision-making

Organizational models (Asia)

Health system structure and governance

| Country | Treatment offer within the Health system | Type of offer |
|---------|---|---|
| AS1 | <ul style="list-style-type: none"> -Mental health centers, addiction treatment centers and some general hospitals -Few leading universities and research institutions -From 2011, few private institutions | <ul style="list-style-type: none"> -Limited medical services for ICT -Hotline counseling -More comprehensive treatments, including psychological counseling, drug treatment, and controversial therapies (paramilitary training and/or aversion therapy), and physical punishment |
| AS2 | <ul style="list-style-type: none"> -Since 2011, first specialized treatment -Non specialized, pediatricians, psychiatrists | <ul style="list-style-type: none"> -Outpatient care -Treatment camps -Counselling |
| AS3 | <ul style="list-style-type: none"> -No designated medical treatment services in public hospitals. If comorbid psychiatric conditions, the case may be referred to the general psychiatric service -Non-government Organisations since 2012 Integrated Centre on Addiction Prevention and Treatment | <ul style="list-style-type: none"> -Outpatient care |
| AS4 | <ul style="list-style-type: none"> Since 2014, individual institutions have developed their own clinics and programs | <ul style="list-style-type: none"> Healthy use of technology Clinic Behavioural Addiction Clinic at premier medical institute in the country |
| AS5 | <ul style="list-style-type: none"> Psychiatry and mental health services in Malaysia are providing help to those with behavioural addiction | <ul style="list-style-type: none"> Existing help-seeking pathway |

Organizational models (Europe-America)

Health system structure and governance

| Country | Treatment offer within the Health system | Type of offer |
|---------|---|---|
| EU1 | <ul style="list-style-type: none"> In 2007 the first specialized service Generalist services mental health and SUDs facilities | Outpatient program devoted to the evaluation and treatment of Internet and gambling-related disorders |
| EU2 | <ul style="list-style-type: none"> In 2015 the first specialized service Generalist services | Outpatient program devoted to the evaluation and treatment of Internet and gambling-related disorders |
| EU3 | No formalized treatment available | |
| AM1 | In 2013 the first specialized clinic | In-patient, residential, private |
| AM2 | In 2006 the first specialized clinic | Impulse control disorders outpatient psychiatric |
| AM3 | No formalized treatment available | Outpatient centres or individualized mental health practitioners. |

National Case Studies, WHO meeting on Policy and Program Responses to Internet-related Mental and Behavioural Disorders, Hong-Kong 2016

Organizational models (Middle East-Australia)

Health system structure and governance

| Country | Treatment offer within the Health system | Type of offer |
|---------|---|--|
| ME1 | <ul style="list-style-type: none"> General or child psychiatrists Psychologists Counsellors | Occasionally clients with excessive use of Internet, gaming and social networking, Iranian National Center for Addiction Studies (INCAS) has established a Department on Behavioral Addiction and is planning to launch a clinic |
| ME2 | No formalized treatment available | NRC interested in the future |
| AU | <ul style="list-style-type: none"> Policy and program responses small scale and fragmented The Victorian Government Department of Health and Human Services raises the debate about whether Internet addiction really exists | Public treatment services do not commonly offer treatment for excessive Internet and gaming use if it is not related to a substance use disorder |

Economics

Health costs

- AS

“The main challenge in the development and implementation of program responses is sufficient financial support to start and sustain responses”

- AM

“A current concern in the United States is that given the absence of ICD codes for Internet-related disorders, they are typically not covered by insurance, and thus many people may need to pay privately for treatment”

Economics

Industry competing interests

- Social networks
- e-Sports...



Letter to the Editor | [Free Access](#)

Comment on the global gaming industry's statement on ICD-11 gaming disorder: a corporate strategy to disregard harm and deflect social responsibility?

Daniel L. King  Gaming Industry Response Consortium

First published: 14 July 2018 | <https://doi.org/10.1111/add.14388> | Citations: 31

Policy and program responses on gaming disorder: a national case study

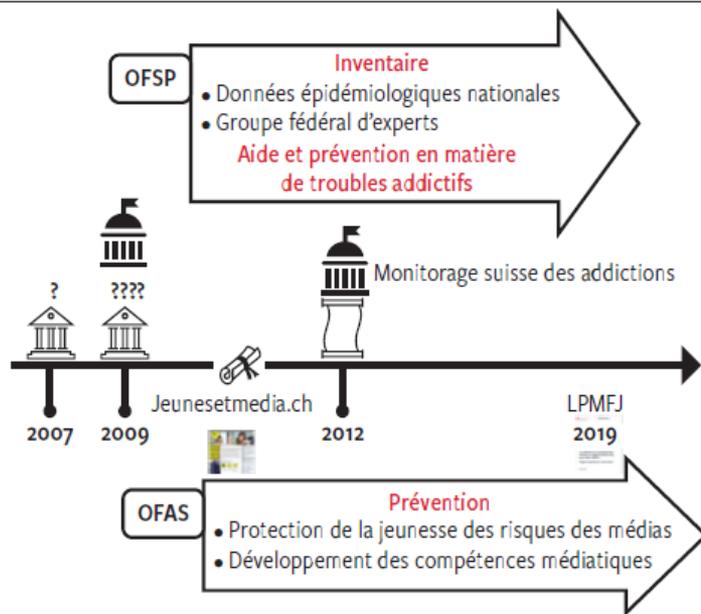


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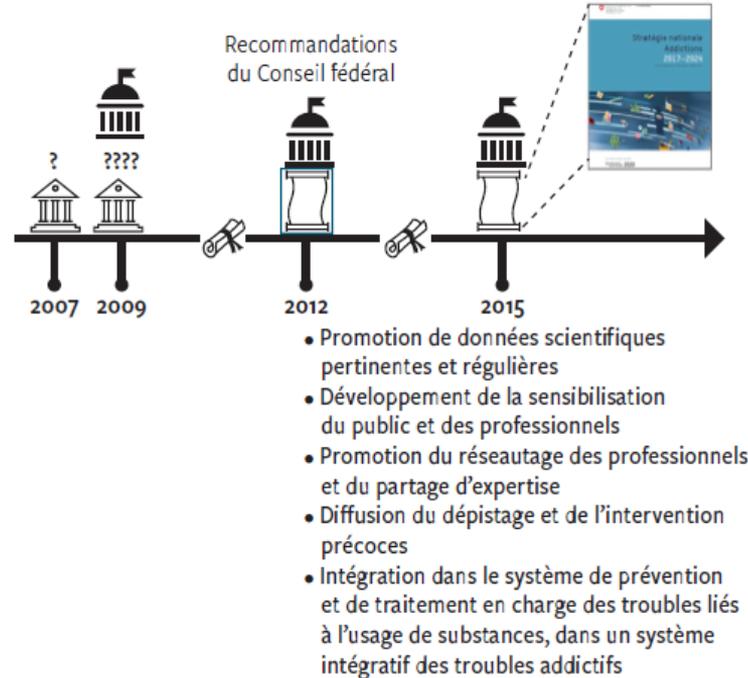
FIG 1

Ampleur de la cyberaddiction en Suisse et définition des priorités

LPMFJ: loi fédérale sur la protection des mineurs concernant les films et les jeux vidéo; OFAS: Office fédéral des assurances sociales; OFSP: Office fédéral de la santé publique.



(Source: Achab, *Étude de cas nationale pour l'OMS, 2016 (mise à jour Achab pour RIL 2021)*).

FIG 2**Recommandations fédérales et
intégration stratégique nationale**

(Source : Achab 2016, *Étude de cas nationale pour l'OMS*
(mise à jour Achab pour RIL 2021)).

Stratégie nationale Addictions 2017-2024

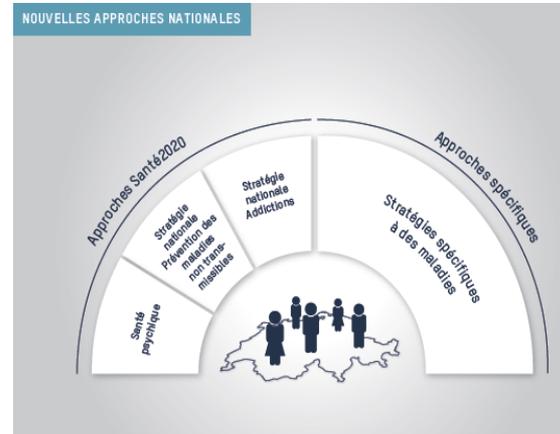
Version adoptée par le Conseil fédéral, novembre 2015



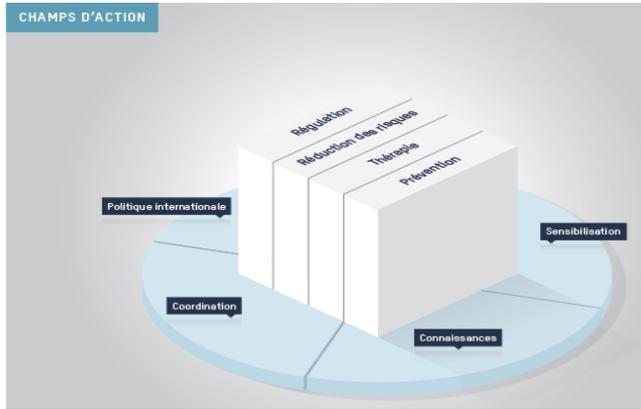
Dans le cadre de la stratégie du Conseil fédéral

Gesundheit | Santé
Sanità | Sanadad 2020

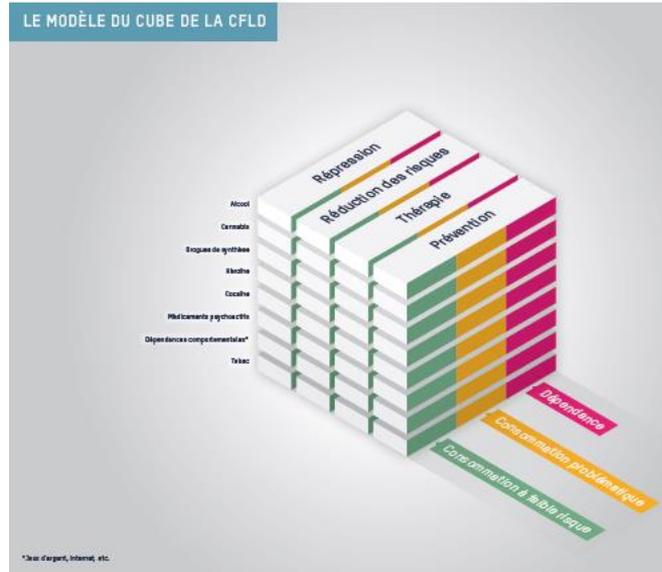




CHAMPS D'ACTION



LE MODÈLE DU CUBE DE LA CFLD





In-depth interview on ReConnecte Care model at pioneering facility treating addictive behaviors since 2007 at University Hospitals of Geneva
Director (Sophia Achab)
UK Magazine [Tech for Good](#), July 2021

Part 2.

Since including GD in ICD-11 (2018-2021)

Ongoing Global health projects supporting national health systems' efforts to tackle challenges caused by Internet-related disorders

Towards a comprehensive and informed assessment of GD

> [Addiction](#). 2021 Dec 9. doi: 10.1111/add.15780. Online ahead of print.

Brief overview of the WHO Collaborative Project on the Development of New International Screening and Diagnostic Instruments for Gaming Disorder and Gambling Disorder

Natacha Carragher^{1, 2}, Joël Billieux^{3, 4}, Henrietta Bowden-Jones^{5, 6}, Sophia Achab^{7, 8}, Marc N Potenza⁹, Hans-Jürgen Rumpf¹⁰, Jiang Long^{11, 12}, Zsolt Demetrovics^{13, 14}, Douglas Gentile¹⁵, David Hodgins¹⁶, Osman Tolga Arıcak^{17, 18}, Michael Baigent^{19, 20}, Claudia Gandin²¹, Afarin Rahimi-Movaghar²², Emanuele Scafato²¹, Sawitri Assanangkornchai²³, Kristiana Siste²⁴, Wei Hao^{25, 26}, Daniel L King²⁷, John Saunders²⁸, Susumu Higuchi²⁹, Vladimir Poznyak¹

Affiliations + expand

PMID: 34882889 DOI: 10.1111/add.15780

No abstract available

Keywords: Addictive behaviours; WHO; assessment; diagnosis; gambling; gaming; screening; video games.

Part 3.

Since including GD in ICD-11 (>February 2022)

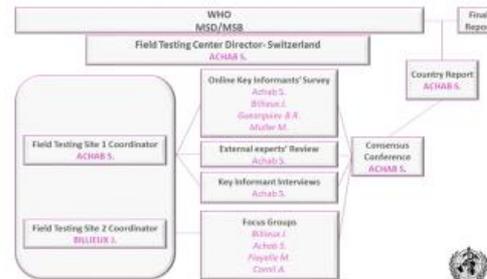
Future challenges for health systems
in integrating Internet-related
disorders

Smoothly integrate these disorders into national prevention planning and care delivery

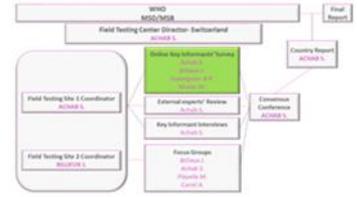


- ICD-11:morbidity and mortality statistics (video games and online gambling)
- health of individuals and
- damage to the health of others
- WHO Field Testing of ICD-11 Feasibility, Utility and Added Value. Cross-cultural dimension and concrete needs for implementation at a Country level (to be released in 2022)

WHO service based ICD-11 DSU field testing project Implementation in Switzerland

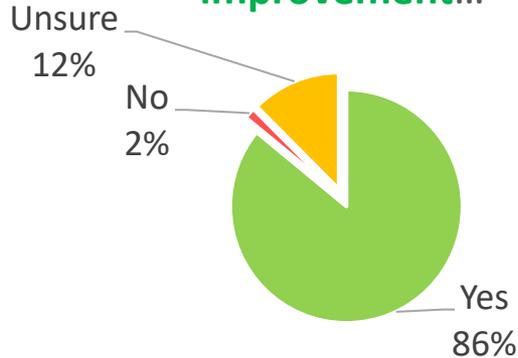


Perceived added value/needs for implementation?

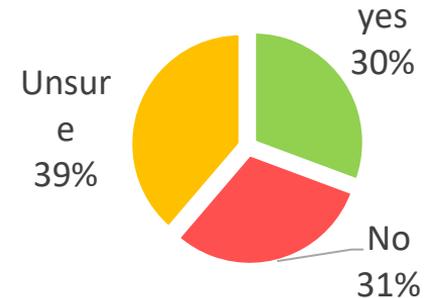


ICD-11, disorders due to substance use and addictive behaviors:

added value and improvement...

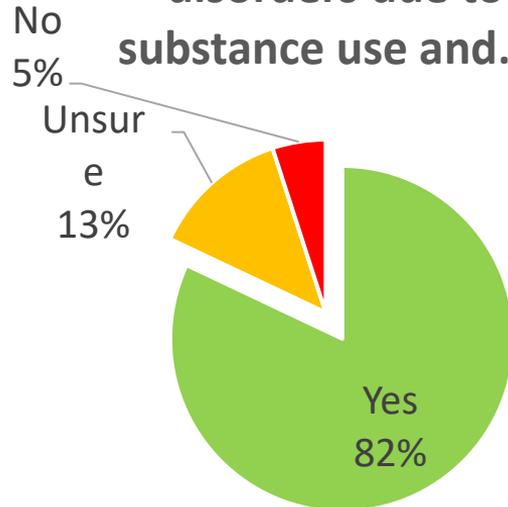


Changes in ICD-11 **require significant resources** (financial, human) For transition from ICD-10?

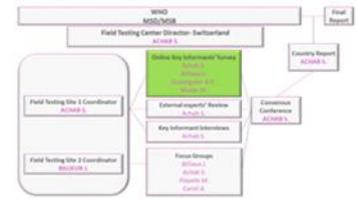
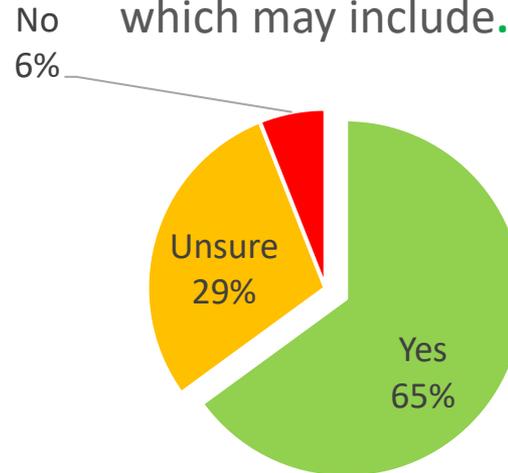


Addictive behaviors specific category?

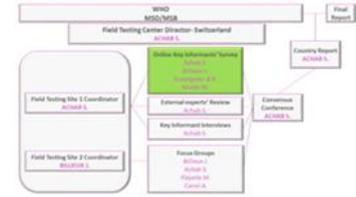
Do you think that **“gaming disorder”** and **“gambling disorder”** should be placed in the section of **“disorders due to substance use and...”**



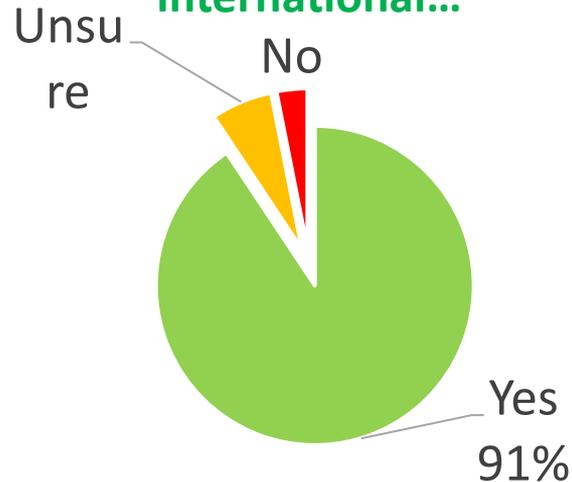
Useful to have in ICD-11 a diagnostic category **“other specified disorders due to addictive behaviours”** which may include...



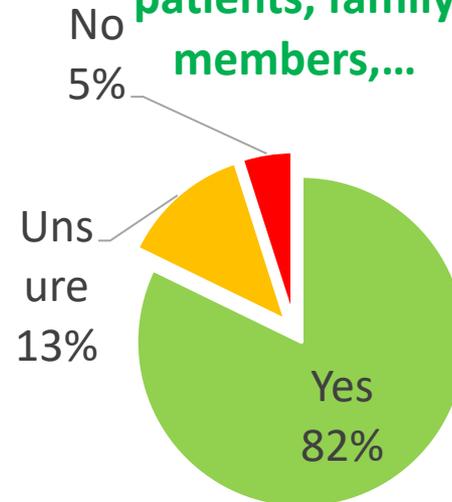
Public health relevance of Gaming disorder?



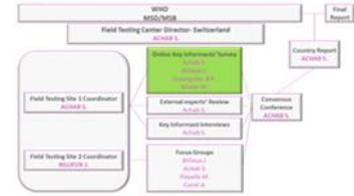
Timely to **include**
“**gaming disorder**” in ICD
to **facilitate prevention,**
treatment strategies,
interventions,
international...



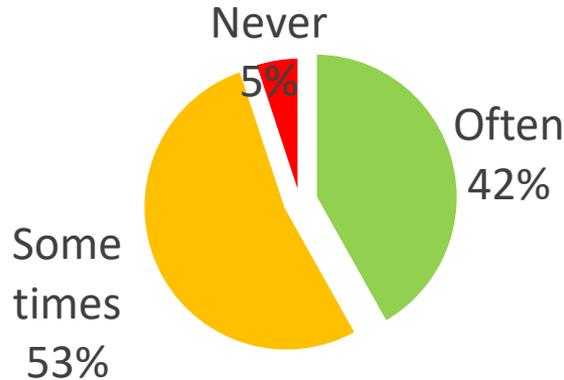
Introduction of
“**gaming disorder**” in
ICD-11 will help in
communication with
patients, family
members...



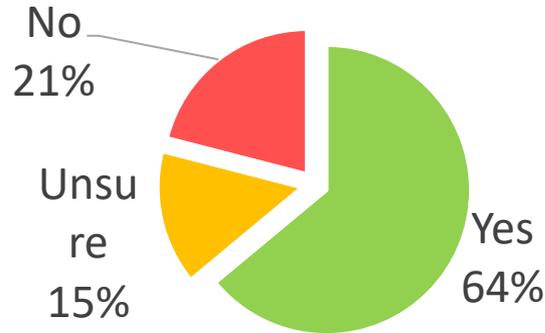
Clinical relevance of Gaming disorder?



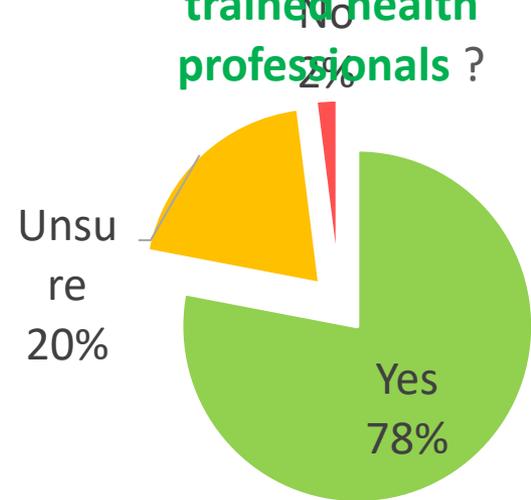
Gaming behavior out of control, **sufficient severity, significant impairment or distress** justifying **assessment, prevention or treatment?**



“Gaming disorder” can be considered as an **independent clinical condition** and **Not a syndrome** of other underlying mental or...

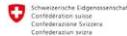


“Gaming disorder” as described in ICD-11 can be **diagnosed reliably by trained health professionals?**



Smoothly align national/local levels and policy/field levels

- Switzerland: FOPH: decision (**March 2022**) to use ICD-11 as major reference
- Healthcare professionals adherence and ease of use of standardized tools in practice (Federal Expert Group position and guidance taking into account the diversity of professionals active in the field with their singularities (social, education, health, mental health, addiction medicine, media..) (Release **November 2022**)



Prise de position de l'OFSP sur le rapport :

Jeux de hasard et d'argent, gaming, sexualité, achats, réseaux sociaux et Internet : des conduites addictives sans substance ?
Etat des lieux sur les évidences scientifiques, la terminologie, les échelles de mesure et les prévalences

L'OFSP remercie Addiction Suisse et le GREA pour leur étude novatrice. Le rapport clarifie le domaine dynamique et très débattu des « addictions comportementales » et constitue un outil de référence pour l'OFSP.

Actuellement, on trouve différentes définitions des addictions comportementales dans la littérature et la pratique. Pour pallier ce problème, les auteurs proposent de s'appuyer sur la CIM-11 et le DSM-5. En conséquence, seuls le gaming (jeux vidéo) et le gambling (jeux de hasard et d'argent) sont à l'heure actuelle reconnus comme des addictions comportementales. D'autres comportements problématiques sont bien discutés dans le cadre des maladies addictives, mais les données scientifiques ne les considèrent pas actuellement comme des conduites addictives sans substance. Par exemple, le comportement d'achat problématique est défini dans la CIM-11 comme un trouble du contrôle des impulsions et non comme une addiction comportementale. Ainsi, l'OFSP reconnaît, dans le cadre de la stratégie nationale addictions 2017-2024, l'importance d'une délimitation et d'un langage cohérent concernant les comportements potentiellement problématiques et s'orienter à l'avenir dans ce domaine vers la classification selon la CIM-11 et le DSM-5.

Towards capacity building of care professionals in GD management



The screenshot shows the Cambridge Core website interface. At the top is the Cambridge University Press logo and navigation menu with items: Academic, English Language Learning, Education, Bibles, Digital Products, and About Us. Below the logo is the 'Cambridge Core' header with a search bar. A secondary navigation bar includes 'Browse subjects', 'What we publish', 'Services', 'About Cambridge Core', and 'Institution login'. The breadcrumb trail reads: Home > Journals > BJPsych International > FirstView > Public health approaches and policy changes after the... The main content area features a journal cover image on the left and the article title 'Public health approaches and policy changes after the inclusion of gaming disorder in ICD-11: global needs' on the right. Below the title, it states 'Published online by Cambridge University Press: 09 December 2021'. The authors listed are Jiang Long, Roshan Bhad, Marc N. Potenza, Laura Orsolini, Vicky Phan, Mitika Kanabar, and Sophia Achab, each with a small ID icon. A 'Show author details' link is located at the bottom right of the article information.

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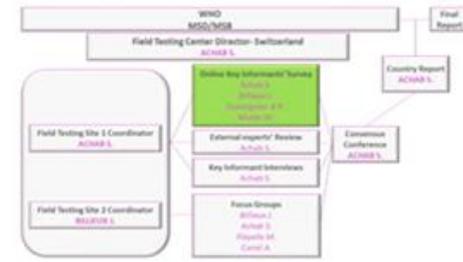
 **Public health approaches and policy changes after the inclusion of gaming disorder in ICD-11: global needs**

Published online by Cambridge University Press: 09 December 2021

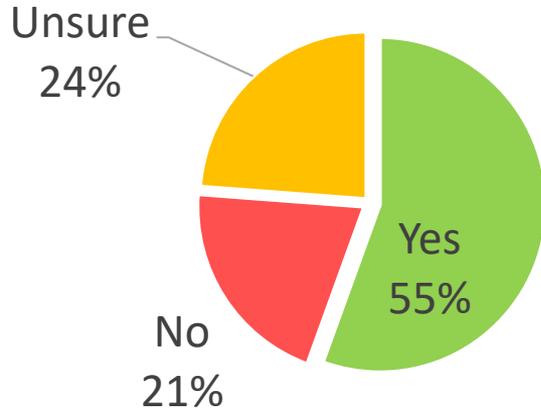
Jiang Long, Roshan Bhad , Marc N. Potenza, Laura Orsolini, Vicky Phan, Mitika Kanabar and Sophia Achab 

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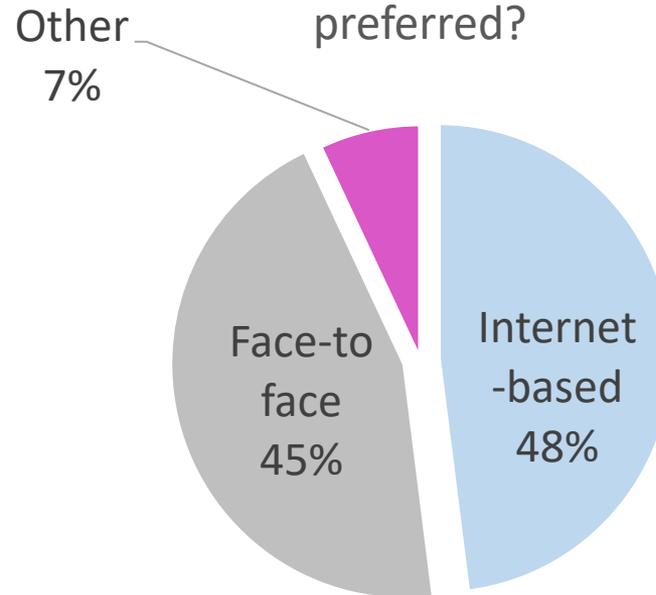
Needs for implementation? The way to go in Switzerland



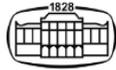
Additional education/training programs for ICD-11 implementation in your country?



ICD-11 training method preferred?



Ensure access for help to individuals including during sanitarian crisis



AKADÉMIAI KIADÓ

Journal of Behavioral
Addictions

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Gaming disorder and the COVID-19 pandemic: Treatment demand and service delivery challenges

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<https://www.unige.ch/medecine/psyat/fr/centre-collaborateur-de-loms-pour-la-formation-et-la-recherche-en-sante-mentale/>

"The Very Genuine in the Very Inconspicuous, is the Very Trustworthy" Achab Sophia



Sophia Achab (Dre Med)

Clinical Director. Head WHO-Cc Mental Health SWI/EURO. Representative ISAM-Europe. Co-Chair EPA-AddictionSection. Co-Chair ISAM NExt. Taskforce FOPH. Global Health. Quality. Strategy. Systems. Capacity building. Training

Sujets de prédilection : #genderinscience, #digitalwellbeing, #healthmanagement, #lifesatisfaction et #globalpublichealth



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