

# EXPLORING THE MENTAL HEALTH IMPLICATIONS OF INTERNET GAMING DISORDER

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**Dr. NAZIR HAWI**  
Professor  
Computer Science Department



# **EXCESSIVE GAMBLING: PROMOTING AND PROTECTING HEALTH IN A DIGITALISED WORLD**

**5th International Multidisciplinary Symposium**

**18th - 20th June 2025**

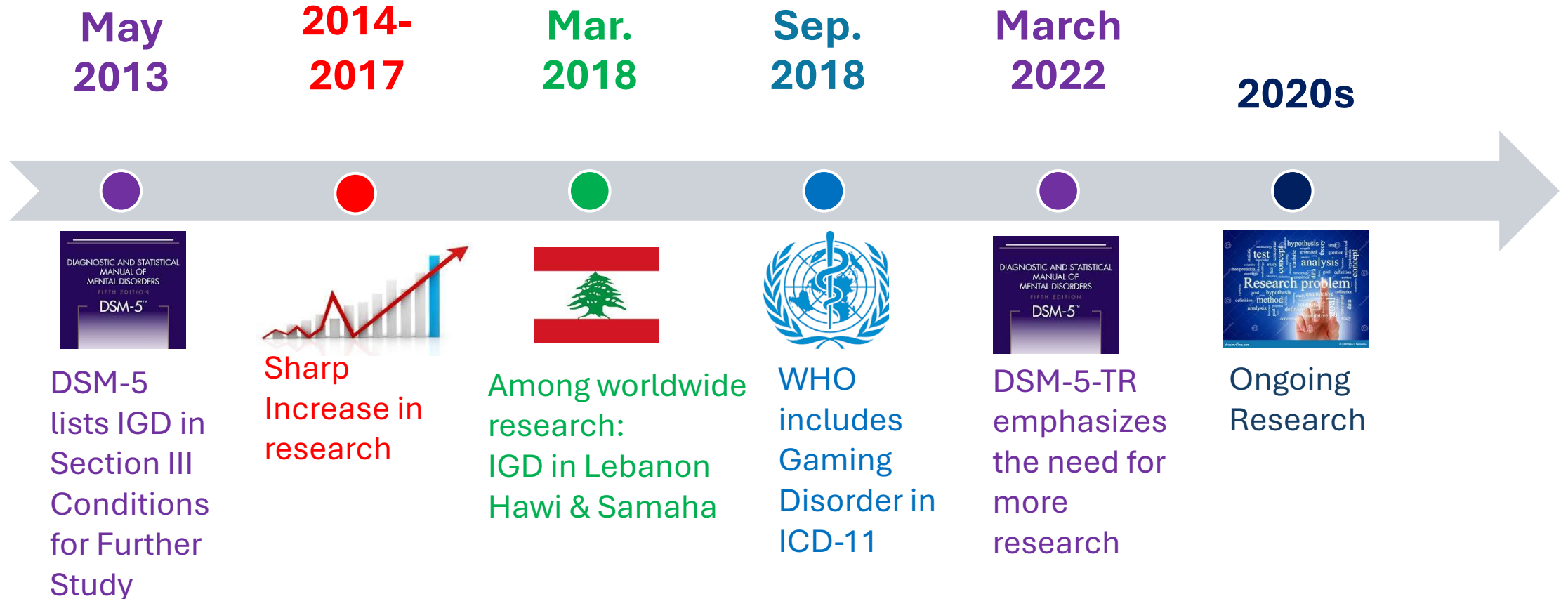
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## **Declaration of Financial Interests or Relationships**

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I have no financial interests or relationships to disclose regarding the subject matter of this presentation.

# Evolving Scientific Recognition of IGD



## Key Aspects of GD as a Psychiatric Disorder



The WHO & APA consider GD a **behavioral addiction**, like gambling disorder.



A core diagnostic criterion for WHO & APA is that the gaming behavior causes **significant impairment or distress** in a person's life.



Studies suggest that gaming disorder **affects a small proportion** of gamers.



There's ongoing **debate** among researchers regarding the precise diagnostic criteria, prevalence rates, and whether gaming disorder is a primary disorder or a symptom of underlying issues like depression or anxiety.

# Our Contributions to Understanding GD 2020-2024

**2024:** Relationships of gaming disorder, ADHD, and academic performance in university students: A mediation analysis. [PLOS One, 19\(4\), e0300680.](#)

**2023:** The Relationship Between Obsessive-Compulsive Disorder and Gaming Disorder. [International Journal of Cyber Behavior, Psychology and Learning \(IJCBLP\), 13\(1\), 1-15.](#)



**2020:** Internet gaming disorder and its relationships with student engagement and academic performance. [International Journal of Cyber Behavior, Psychology and Learning \(IJCBLP\), 10\(4\), 14-33.](#)

# Our Contributions to Understanding GD 2017-2018

2018: Internet gaming disorder in Lebanon: Relationships with age, sleep habits, and academic achievement. *Journal of behavioral addictions*, 7(1), 70-78.



2017: Validation of the Arabic version of the Internet Gaming Disorder-20 test. *Cyberpsychology, Behavior, and Social Networking*, 20(4), 268-272.

# Relationships of gaming disorder, ADHD, and academic performance in university students: A mediation analysis

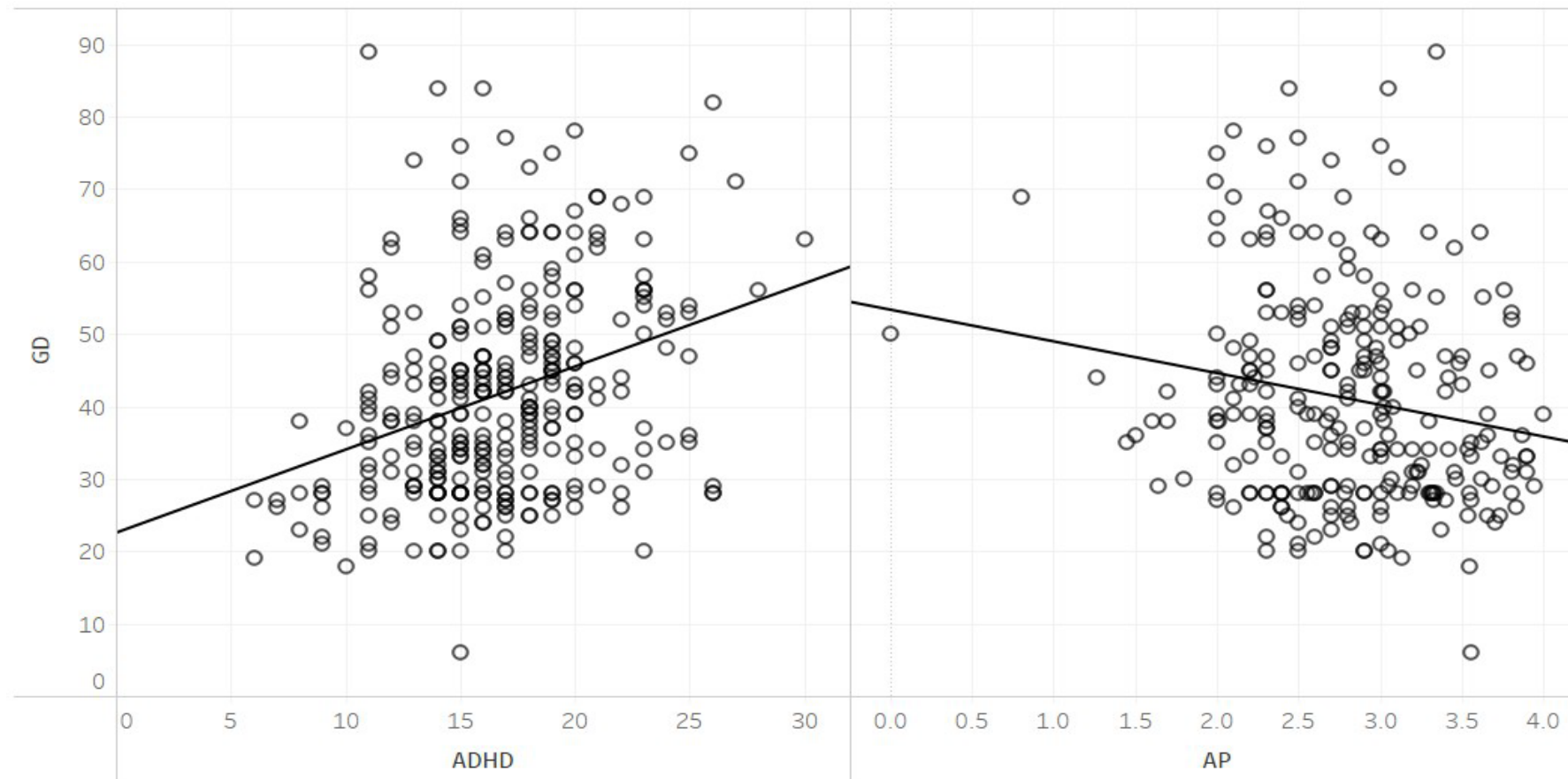
Nazir Hawi<sup>1,2</sup> , Maya Samaha<sup>1,2</sup> \*

- The findings indicate that 4.3% of the surveyed sample scored within the range for GD.
- The prevalence was higher in males, with 5.3% of the male cohort affected, compared to 1.2% of the female cohort.
- Significantly, the prevalence of ADHD was substantially higher in the GD group (35.7%) than in the non-GD group (24.2%).
- Further, ADHD symptoms were found to be a stronger predictor of GD in females than in males.
- GD exacerbates the negative effects of ADHD on academic performance.
- The dual challenges posed by ADHD and GD should be addressed to prevent their escalation into pervasive academic and psychosocial adversities.

# Relationships of gaming disorder, ADHD, and academic performance in university students: A mediation analysis

Nazir Hawi<sup>1,2</sup> , Maya Samaha<sup>1,2</sup> \*

## Correlations between GD, and ADHD and GPA



# In the News Arab Times Kuwait

## ADHD and gaming disorder linked in college student study

🕒 19/05/2024

👤 Arab Times

🔄 Share:



**Study reveals association between ADHD and gaming disorder in university students.**

In the News  
PsyPost

# Scientists find link between ADHD and gaming disorder in college students

by [Vladimir Hedrih](#) — May 18, 2024 in [ADHD](#), [Video Games](#)



# The Relationship Between Obsessive-Compulsive Disorder and Gaming Disorder

Nazir Hawi, Notre Dame University-Louaize, Lebanon\*

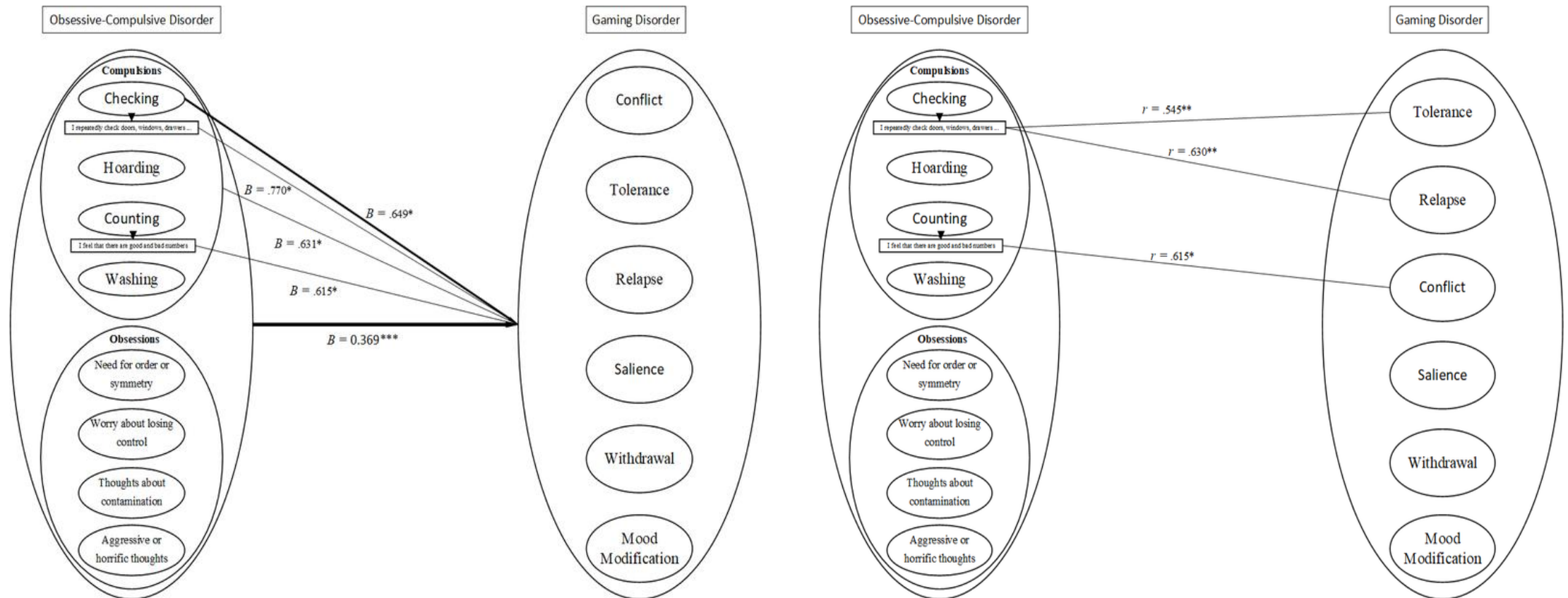
Maya Samaha, Notre Dame University-Louaize, Lebanon

- Within the disordered gaming group, 71.4% (no females) had OCD. While the average number of hours they spent gaming on university days was 3.3 ( $SD = 1.2$ ), it increased to 8.0 hours ( $SD = 4.3$ ) on other days.
- Their average number of sleep hours was 6.2 ( $SD = 1.3$ ) and 70% of them live with nocturnal awakening to continue playing.
- Only the checking subtype predicted the internet gaming disorder within the disordered gaming group.
- That is, the symptoms of the checking subtype of the compulsions component of OCD can predict having gaming disorder.
- Also, there was a significant strong association between the counting symptom and the GD scores of the disordered gaming group.
- This study indicated that the identified significant impact of the OCD on the GD is rooted in shared mental functions by a gamer.

# The Relationship Between Obsessive-Compulsive Disorder and Gaming Disorder

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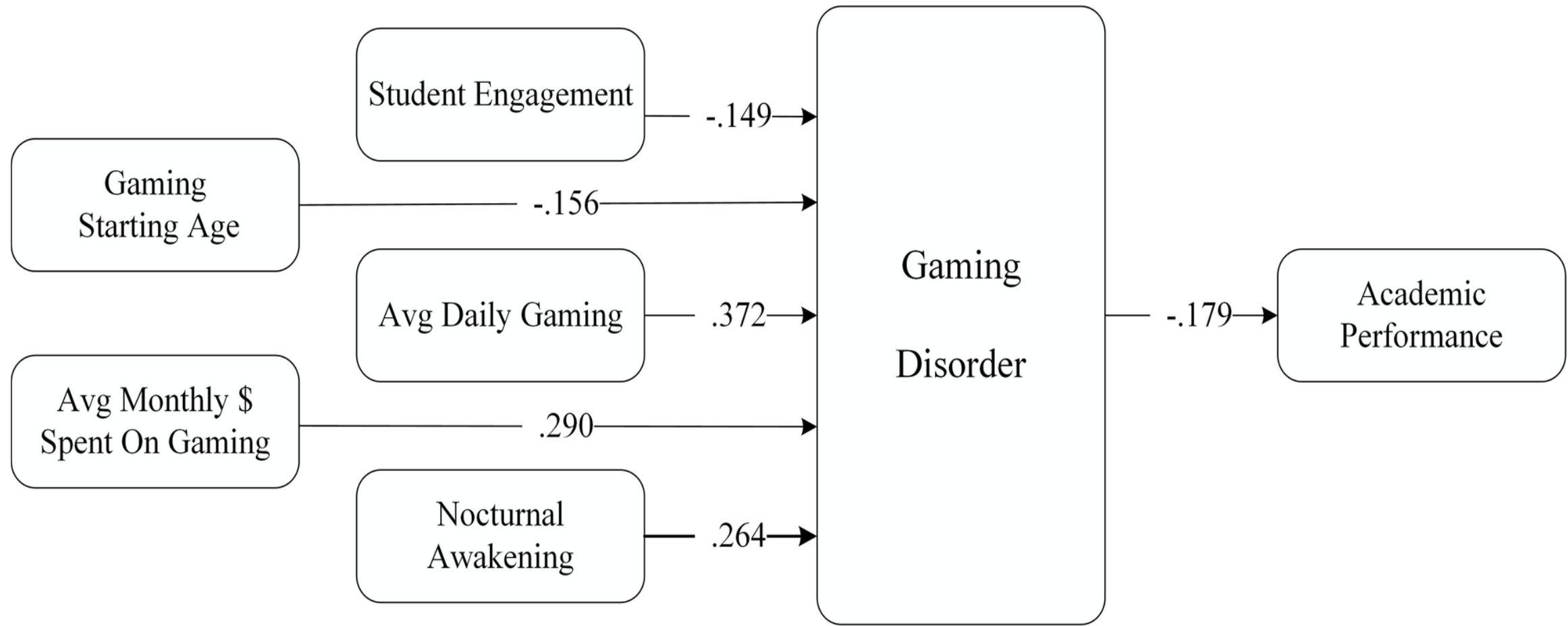
Maya Samaha, Notre Dame University-Louaize, Lebanon



# Internet Gaming Disorder and Its Relationships With Student Engagement and Academic Performance

Maya Samaha (INTA Institute for Technology Addiction, Notre Dame University-Louaize, Lebanon)  
and Nazir Hawi (INTA Institute for Technology Addiction, Notre Dame University-Louaize, Lebanon)

Student engagement was significantly negatively predictive of gaming disorder, whereas the latter was significantly negatively predictive of cumulative GPA.



## **Internet gaming disorder in Lebanon: Relationships with age, sleep habits, and academic achievement**

NAZIR S. HAWI<sup>1</sup>, MAYA SAMAHA<sup>1\*</sup> and MARK D. GRIFFITHS<sup>2</sup>

- The pooled prevalence of IGD was 9.2% in the sample.
- IGD was associated with being younger, lesser sleep, and lower academic achievement.
- While more casual online gamers also played offline, all the gamers with IGD reported playing online only.
- Those with IGD slept significantly less hours per night (5 hr) compared with casual online gamers (7 hr).
- The school grade average of gamers with IGD was the lowest among all groups of gamers, and below the passing school grade average.

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## Nazir Hawi

MAY 23, 2019

### The Dangers of Video Game Addiction

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## Validation of the Arabic Version of the Internet Gaming Disorder-20 Test

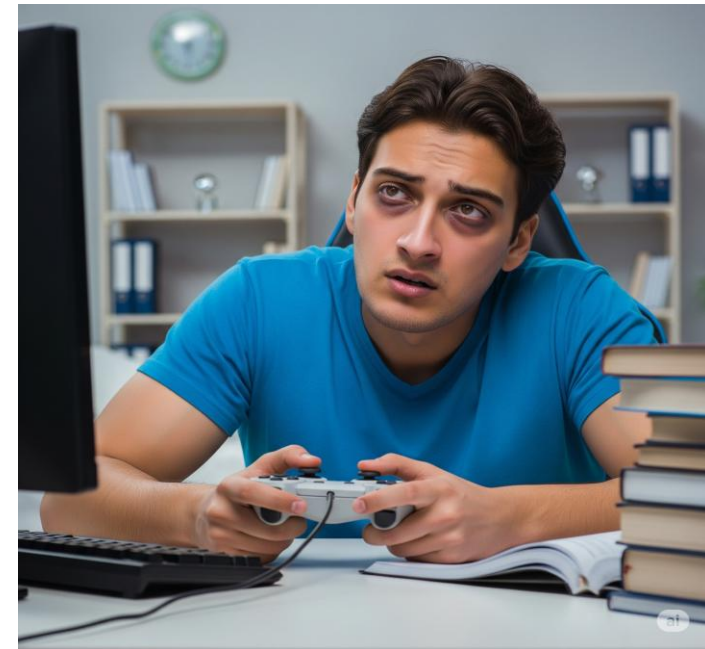
Authors: [Nazir S. Hawi](#), and [Maya Samaha](#) | [AUTHORS INFO & AFFILIATIONS](#)

- The main value of this study is that it introduces an IGD test in the Arabic language, paving the way to:
  - help clinically identify gamers diagnosed with IGD in the Arab world,
  - and to open the door for more research about IGD to emerge from different cultural and contextual settings.
- So far, research teams from 10 Arab countries requested the scale including Kingdom of Saudi Arabia, Egypt, Tunisia, United Arab Emirates, Oman, Iraq, and more...

# Final thoughts

## Erosion of Well-being

For a vulnerable segment of gamers, the attraction of virtual worlds can gradually but profoundly undermine fundamental aspects of their well-being, including:  
**academic aspirations.**



# Final thoughts

## **Silent Battle**

What may start as recreation can escalate into a **silent battle**, severely impacting an individual's:

**mental health,**  
**and overall quality of life.**



## Final thoughts

# Severe Consequences

The distressing link between **nocturnal awakenings to continue playing** and **severe sleep deprivation** vividly illustrates the powerful grip of Gaming Disorder.



Final thoughts

## **Disproportionate Impact**

Our research highlights:

**a higher prevalence of GD in males  
and its role in exacerbating the negative  
effects of ADHD on academic  
performance.**

## Final thoughts

### Call to Action

This is more than just a habit;  
GD represents a **significant impediment to healthy development and flourishing lives**,  
demanding urgent attention and intervention.

Rivers give their water, but do not drink.

Trees yield their fruits, but do not partake.

Flowers share their scent, but do not inhale.

In the same spirit, our research is a gift, dedicated to enhancing the well-being and happiness of others.



**Thank you for your time and attention.  
Questions?**

Dr. Nazir Hawi  
[nazirhawi@hotmail.com](mailto:nazirhawi@hotmail.com)  
Lebanon