

Virtual Escapism: Role of Introversion and Anxiety in Internet Gaming Addiction

Dominance

Ruqayya Abdul Qadir

*Institute of Professional Psychology, Bahria University Karachi Campus.
Ruqayyaamasood@gmail.com*

ABSTRACT

This study is a correlational study aiming to evaluate the relationship between anxiety, introversion, and Internet Gaming Disorder (IGD). This study had a sample size of 59 participants gathered through volunteer sampling which consisted of 22 Females and 37 Males. Participants had to complete a questionnaire which included four measures. Demographic information form, Generalized Anxiety Disorder Scale-7 (GAD-7), Introversion Scale and Internet Gaming Disorder Scale-Short-Form (IGDS0-SF). Results showed a weak but statistically significant correlation ($R=0.2$) between Anxiety (GAD) and IGD and a statistically significant correlation ($R=0.7$) between Introversion and IGD. These findings suggest gaming can provide an escape and can serve as a coping mechanism for individuals with anxiety and socially safe and controlled environments for individuals with introverted personality traits.

Keywords

Internet Gaming Addiction, Introversion, Anxiety, Coping, Correlation

Introduction

As the usage and advancement of technology elevate, it could bring both benefits and drawbacks. While it can aid our daily lives by adding convenience in communication, gaining information and simply making our lives easier. While internet has many advantages, it also has a downside as it can decrease our control over the use of internet which could lead to internet addiction, which might affect our daily functioning and relationships with friends, families, and in turn, decrease our overall

emotional well-being. (Anderson, 2001; Lin & Tsai, 2002; Ryu, Choi, Seo, & Nam, 2004; Young & Rogers, 1998).

As video gaming is one aspect of technology, it also has both positive effects and negative effects. Even though playing video games is not considered problematic, but it can become pathological or problematic if it starts to disrupt daily life activities, and affecting an individual's social, occupational, academic and psychological functioning (Gentile et al., 2011). In general, "pathological gaming" can be described as persistent, recurrent, and excessive involvement with computer or video games that cannot be controlled, despite associated problems (Griffiths, 2005; Lemmens et al., 2009).

Internet Gaming Disorder (IGD)

Internet gaming disorder was first included in The Diagnostic and Statistical Manual of Mental Disorders in May 2013, and it is categorized in the addictive disorder category. IGD is considered to be very similar to gambling disorder, and it contains nine criteria. (A) preoccupation with Internet games; (B) withdrawal symptoms when Internet gaming is taken away; (C) tolerance, the need to spend increasing amounts of time engaged in Internet gaming; (D) unsuccessful attempts to control participation in Internet gaming; (E) loss of interest in hobbies and entertainment as a result of, and with the exception of, Internet gaming; (F) continued excessive use of Internet games despite knowledge of psychosocial problems; (G) deception of family members, therapists, or others regarding the amount of Internet gaming; (H) use of Internet gaming to escape or relieve a negative mood; and (I) loss of a significant relationship, job, or educational or career opportunity because of participation in Internet games. According to the DSM-V, an individual must exhibit five (or more) of these nine criteria in a 12-month period (Mihara & Higuchi, 2017). The prevalence of internet gaming disorder is about 0.7% to 27.5% and it is higher in the male population as compared to female population and it is higher in the younger than the older population (Petry

et al., 2014).

An interview study was done to test the diagnostic validity of the DSM-5, which showed positive results. (Ko et al., 2014) but it needs further research to cater to the on-going debates about its reliability and validity (Griffiths et al., 2016; Király, Griffiths, & Demetrovics, 2015; Kuss, Griffiths, & Pontes, 2017) and for it to be included as an independent disorder in the upcoming publications of the DSM.

Generalized anxiety disorder (GAD) and Internet Gaming Disorder (IGD)

GAD is identified by excessive and persistent worrying and stress that is difficult to control and is often accompanied by physical symptoms such as insomnia, restlessness, muscle tension, and concentration problems. According to DSM-5, the symptoms must occur for more days than not at least 6 months. General anxiety disorder is one of the most common mental disorders in the community and primary care facilities (Wittchen et al., 2002), with a 4%–7% lifetime prevalence and 1%–4% reported annual incidence (Hoge, Iivkovic, & Fricchione, 2012; Katzman et al., 2014). This disorder may also be associated with increased rates of substance abuse. Although studies have suggested that those with GAD are prone to addictive behaviors, such as alcohol abuse, to cope with their anxiety (Smith & Book, 2008, 2010; Smith & Randall, 2012), whether they have a manifestly increased risk for IGD has yet to be evaluated. Studies have shown a high comorbidity between Internet addiction and psychiatric disorders, especially affective disorders (e.g., depression) and anxiety disorders (e.g., GAD and social anxiety disorder) (Caplan, 2007; Cole & Griffiths, 2007; Lehenbauer-Baum et al., 2015; Morahan-Martin & Schumacher, 2003; Weinstein & Lejoyeux, 2010; Yen et al., 2012). However, whether IGD is comorbid with generalized anxiety disorder (GAD) has not been well studied. That is why this research has aimed to study the relationship between these two variables.

Introversiön and Internet Gaming Disorder (IGD)

Personality is a special focus within Internet Addiction (IA) research (Montag et al., 2010). One of the main reasons for the focus on personality is the potential link between personality traits like extraversion and neuroticism and a predisposition for addiction (Grekin et al., 2006), such as IA (Dalbudak et al., 2013; Montag et al., 2010). Previous studies that used Eysenck Personality Questionnaire (EPQ) suggested a relationship between low extraversion (introversiön) and IA (Ebeling-Witte et al., 2007; Dong et al., 2013; Yan et al., 2014). Moreover, among university students, high neuroticism predicted IA (Dong et al., 2013; Yan et al., 2014).

Literature Review

A study was done by Loton, D., Borkoles, E., Lubman, D. et al. To examine how coping functions as a mediator between mental health and one measure of video game addiction and participation. An online survey comprising the Approach/Avoidance Coping Questionnaire (BACQ), the Depression, Anxiety Stress Scale (DASS-21), and the Computer Addiction-Engagement Scale (CAES) was filled by 552 adult participants. The association between video game addiction and symptoms of stress, anxiety, and depression was found to be significantly explained by coping. However, a direct relationship persisted even after taking coping into consideration. Playing video games showed complete mediation and had no correlation with deteriorating mental health, with the exception of anxiousness. Resignation and disengagement are used more often than other coping mechanisms.

A study was done by James Daniel Bender to examine if time spent gaming, participants' interpersonal communication and introverted personality can affect the likelihood of facing symptoms of anxiety. This study had 82 males, and 46 females completed five measures including demographic form, interpersonal communication, social anxiety, problematic online gaming and introversiön. Results showed social anxiety

and multiplayer online role-playing games, but it was found that interpersonal communication skills, problematic gaming, and introversion are all predictors of anxiety.

Rationale and Significance

This study aims to study the relationship between three variables which are: Internet Gaming Addiction, Anxiety, and Introversion. Firstly, this study will investigate the relationship between the severity of symptoms of Internet Gaming Disorder and symptoms of anxiety. Secondly, it will explore whether people with more introverted personality traits are more addicted to gaming or not.

Hypothesis

This study has 2 hypotheses, which are:

Firstly, Individuals with higher levels of anxiety are more likely to exhibit symptoms of Internet Gaming Disorder (IGD). This relationship arises because individuals with anxiety may use online gaming as a coping mechanism to escape from real-world stressors, leading to excessive and potentially problematic gaming behavior. The higher the anxiety level, the greater the likelihood of developing IGD symptoms. A study of South Korean participants found that an IGD risk group had significantly higher anxiety symptom scores (Kim et al., 2016). As anxiety symptoms are the core presentation of GAD, we hypothesize that GAD is associated with IGD.

Introverted individuals are more prone to developing Internet Gaming Disorder (IGD) compared to extroverted individuals. Introverts may find online gaming environments more appealing because these platforms allow for social interaction in a controlled and less intimidating way compared to face-to-face interactions. Consequently, introverts may become more immersed in gaming, increasing the risk of IGD.

Methodology

Research Design

Research design was a correlation between three variables (Internet gaming addiction, anxiety, and introversion). Data collection of the variables was done through surveys using google forms which comprised of closed ended questions that collected data quantitatively. Four measures were used in the study which were: Demographic information form, Internet Gaming Disorder Short Form Scale, Generalized Anxiety Disorder-7 scale and the introversion scale.

Participants

A criterion was mentioned at the start of the survey which stated that they should fill in this survey if they are a video gamer who plays on average 6 or more than 6 hours per week and if they have been playing for at least one year. This study had a total of 59 participants from the ages 18 to 36 with males being 62.7% and females being 37.3%. Participants were obtained through online volunteer sampling. The survey was made on google forms and was posted on several social media platforms such as Discord, Facebook and Instagram. Surveys were filled out anonymously and voluntarily to prevent social desirability and demand characteristics.

Inclusivity criteria

Participants who played video games for an average of at least 6 to 7 hours, have been playing for at least 12 months, and were between the age of 11 to 40.

Exclusivity criteria

Participants who do not play video games for at least an average of 6 hours are below the age of 11 and above the age of 40 and those who have been playing for less than 12 months.

Measures

Demographic Form

Participants were asked to fill out the demographic form which included: (a) their age, (b) their gender, (c) number of hours they play in a week on average (6 to 14, 15 to), (d) years they have been playing for, (e) their number of siblings and (f) their birth order. (c) and (d) were included so that we could check if the participants meet the criteria to be in this research.

Generalized Anxiety 7 Scale

The Generalized Anxiety Disorder (GAD-7) questionnaire is a seven-point self-report questionnaire designed to assess patients' health status over the past two weeks. Items ask to what extent the patient has been concerned by feeling nervous, anxious or on edge, not being able to stop or control concerns, worrying too much about different things, having trouble relaxing, being so unable to sit down, easily annoyed or irritated and feeling afraid that something might happen. The mean of the GAD scale was 9.57 and standard deviation was 5.21. A study was done to test the reliability, construct validity, and factorial validity of the GAD-7 in the general population and to collect normative data. Sample of this study included 5030 subjects and results showed that internal consistency was identical across all subgroups ($\alpha = 0.89$). Intercorrelations with scales such as the PHQ-2 and the Rosenberg Self-Esteem Scale were $r = 0.64$ ($P < 0.001$) and $r = -0.43$ ($P < 0.001$), respectively. As expected, women had significantly higher mean (SD) GAD-7 anxiety scores compared with men [3.2 (3.5) vs. 2.7 (3.2); $P < 0.001$]. Normative data for the GAD-7 were generated for both genders and different age levels. Approximately 5% of subjects had GAD-7 scores of 10 or greater, and 1% had GAD-7 scores of 15 or greater.

Internet Gaming Disorder Scale- Short-Form

This Internet Gaming Disorder Scale-Short-form (IGDS9-SF) was developed by Pontes and Griffiths, 2005. The questions on this scale ask participants about their gaming activity during the last 12 months. In this scale gaming activity has been defined as any game that has been played from a computer/laptop or from a gaming console or any other device (e.g., mobile phone, tablet, etc) both online and/or offline. This scale contains 9 items on a 5-point Likert type scale (Never, Rarely, Sometimes, Often, Very Often). Some items in this questionnaire are: Do you feel preoccupied with your gaming behavior? Do you systematically fail when trying to control or cease your gaming activity? and have you continued your gaming activity despite knowing it was causing problems between you and other people? Calculation of the scores of this scale is done by summing up all responses given to all the questions which can range from a minimum of 9 points and a maximum of 45 points. The higher scores indicate a higher degree of Internet Gaming Disorder. Participants who have answered at least five out of nine items as '5: Very Often' will meet the criteria of disordered gamers and participants who have not met the criteria would be considered non-disordered gamers. The mean of IGD was 21.89 and standard deviation was 6.09.

Introversion Scale

This scale was developed by McCroskey. This scale aims to measure introversion without the contamination of communication apprehension as previous literature has shown that items were also tapping into communication apprehension. Items on this scale have been drawn by the work of Eysenck. This scale contains 18 items which have to be rated on a 5-point Likert type scale ranging from 1 being Strongly Disagree to 5 being Strongly Agree. Total of these items can come up to a total of 12 to 60. Firstly, scores of items 1 and 4 are calculated than total of items 2,5,7,8,10,11,13,14,16 and 18 are calculated. Then a formula is applied (Introversion= 12- Total from step 1 + Total from step 2). Items 3,6,9,12,15 and 17 are not scored. The mean of the introversion scale came out to 59.5 and standard deviation 11.88. The reliability and

validity of this study have also been tested. The correlations of this measure with the PRCA-24 have been around .30. Alpha reliability estimates have been above .80.

Demographic characteristics of participants

Variable	f	%
Gender:		
Male	37	62.7%
Female	22	37.3%
Total	59	100%
Age:		
18 years	9	15.25%
19 years	7	11.86%
20 years	13	22.03%
21 years	18	30.5%
22 years	7	11.86%
23 years	2	3.38%
25 years	1	1.69%
26 years	1	1.69%
36 years	1	1.69%
Total	59	100%

Table 1 shows the frequency distribution and percentages of the demographic characteristics, such as gender, and age of the participants that were part of the study. Approximately, 62.7% of the current study's sample included males, with a 37.3% ratio of females. Most of the participants were 21 years old, followed by 20 year olds.

Ethical Consideration

To ensure all ethical guidelines were followed by our current research, a consent form was filled out by all subjects at the very beginning of the study to obtain their valid approval, for their data to be used in the study for research purposes only. Firstly, the participants were made aware of the nature of the study. They were introduced to the researcher, as a student of Bahria University, Institute of Professional Psychology of 5th Semester, and the partial intent of the study (as to not give

away the entire aim as to reduce effects of demand characteristics/social desirability). They were told that the aim of the study was to investigate: The Effect of Video Gaming on Behavior. Participants had the right to withdraw at any time while filling in the survey and were told that their participation was on a voluntary basis, and they reserved the right to leave anytime, i.e. exit the survey form. They were also guaranteed that their confidentiality would be maintained, and none of their real identifiable qualities would be published anywhere, as the names of the participants were not asked to begin with. They were told beforehand that it would take them 10 – 12 minutes to fill out the survey. By the end of the survey form an ending note was attached to thank them for giving us their time and data. They were given an email address to contact if they had any queries or wanted updates of any kind as well as reassured regarding the privacy of their

Procedure

This research was done under the supervision of Dr. Faiz Rasool, course instructor of Deviant Behavior course at Bahria University. The research process of this study started with a literature review keeping in mind three variables which were to be tested in this study (Internet Gaming Disorder, Anxiety and Introversion). After conducting an extended literature review, appropriate scales for measuring our variables were searched. Our three measures (Internet Gaming Disorder Scale-Short-Form, Generalized Anxiety Scale-7 and Introversion scale), a demographic information form and a consent form were included in the survey which was made using Google Forms. The aim of our study was explained at the end of our study. The consent form was the first part of our survey keeping in mind ethical considerations. The degree of IGD was operationalized as the scores of the IGDS9-SF. The severity of generalized anxiety was operationalized by the scores of GAD-7 and the level of introversion was operationalized by the scores on the Introversion scale. Scores of all these scales were calculated for all participants individually then scores of all 3 scales were summed and correlations were calculated between the total score of Introversion and

total scores of IGDS9-SF and total scores GAD-7 and total scores of IGDS9-SF using Pearsons' correlation.

Results

To test the first and second hypothesis, Pearsons's correlation was used. Results indicated that there was a weakly significant correlation ($R=0.2$) between GAD (Generalized Anxiety Disorder) and IGD (Internet Gaming Disorder) and there was a strong correlation between IGD and introversion ($R=0.7$).

Discussion

A study by Wang et al. Was the first to prove the positive association between IGD and GAD and that the participants with IGD are more likely to be comorbid with those who have GAD than those without GAD. Furthermore, subjects with IGD had higher anxiety symptoms, suggesting that subjects with IGD had not only high anxiety symptoms but also a higher risk of comorbidity with GAD. Multiple studies have shown that participants with high anxiety play video games as a coping mechanism. "Coping" or "escape" can act as motivators (Kim et al., 2016). A study which used the Internet Motive Questionnaire for Adolescents demonstrated that coping is an important factor from the increased gaming use in the participants with IGD (Bischof-Kastner, Kuntsche, & Wolstein, 2014).

Individuals play video games to escape from real life to get into a virtual world to forget about their worries of real life and without an effectual intervention for anxiety, online gaming could sharply increase and ultimately lead to an increased risk of online gaming addiction (Newman, Llera, Erickson, Przeworski, & Castonguay, 2013). Furthermore, increased online gaming could lead to impairments in the academic or social aspects of their lives, which could then again increase their worry and in turn increase gaming activity. A study by Kiraly and Urban et al. showed that due to the negative effect of comorbid disorder on the course of addictive disorder,

more attention should be paid to subjects with GAD when treating individuals with IGD to prevent this vicious cycle.

Many studies have been done to explore personality traits such as introversion and extroversion as risk factors for developing IGD but there have been inconsistent results (e.g., Allison et al., 2006; Caplan, Williams, & Yee, 2009; Mehroof & Griffiths, 2010; Park et al., 2011; Yao et al., 2015). A study by Peters and Malesky (2008) reported low extraversion levels among internet gamers with problematic gaming behavior, as introverted individuals seek to avoid social situations and resort to gaming to socialize in a controlled manner and a safer social situation. Caplan et al. (2009) examined introversion and found results consistent with the literature, in that introversion was associated with gamers exhibiting problematic gaming behavior.

Implications

As they may be more likely to use gaming as an escape mechanism, mental health practitioners can create therapeutic approaches aimed at introverts or people with anxiety. Clinicians may use anxiety and introversion as markers to determine a client's risk of developing a gaming addiction and to take early action. Treatment strategies may need to address both anxiety and gaming addiction at the same time because they frequently overlap.

Gaming may offer introverts a safe, stress-free setting for socializing or managing their emotions. Gaming may provide an escape from the stresses of the real world for people who suffer from anxiety. An excessive dependence on gaming as a coping mechanism may exacerbate introversion or anxiety by increasing social isolation and decreasing in-person interaction.

Recognizing that excessive gaming may be a coping method, parents should keep an eye out for symptoms in children who are shy or prone to anxiety. Promoting structured social activities or other pastimes can assist

introverted or nervous people in finding more constructive ways to interact and cope. Instructors may spot signs of gaming addiction in students who are anxious or introverted and offer resources or support connections.

Limitations

This study measured correlation using four scales which were self-reports. This could mean that their responses could be distorted due to social desirability or just not wanting to reveal their feelings or thoughts. It is possible that participants were not completely honest when completing the questionnaire. However, measures were taken to reduce this such as not completely revealing the aim of the study and they were not required to give their names.

Secondly, the sample size of this study was small, which could have affected the findings and decreased the generalizability and increased the risk of individual differences in explaining the results. Also, the frequency of female participants was much lower ($n=22$) which makes it difficult to generalize to the entire female population.

Lastly, GAD and IGD are disorders included in the Diagnostic and Statistical Manual of Mental Disorders and they should be diagnosed by a professional after properly evaluating the symptoms or if they meet the criteria or not.

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Future Recommendations

To generalize results to a wider population of gamers, a larger sample size with an equal distribution of males and females is recommended. The current variables of the study should be measured in a controlled laboratory setting to avoid self-reporting and potentially invalid socially acceptable responses. Establishing causation improves the validity and test-retest reliability of research and outcomes, including ours.

Our study collected largely quantitative data through closed-ended questions with limited responses, making it difficult to understand why some individuals made certain decisions. Answering the Ultimate Question: Why a certain Behavior. Future studies can look into what might have happened. Improve qualitative questions by asking open-ended questions that allow participants to explain their choices, allowing for inference rather than assumption. If this occurs, we will have a better understanding of what aspects of violent games trigger aggressive behavior in gamer personalities and real-life situations.

Conclusion

This study found a strong link between introversion, anxiety, and internet gaming disorder, stressing the vulnerability of introverted people with high anxiety levels to gaming addiction. These findings add to the literature on behavioral addiction by revealing psychological characteristics that may predispose some people to IGD. The study emphasizes the importance of integrated approaches that treat both mental health and gaming activities. We can help those at risk of developing IGD by encouraging healthy coping techniques and raising knowledge of these risk factors.

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Appendix

Introversion Scale

This introversion scale was developed by McCroskey to be distinct from measures of communication apprehension. An examination of the literature on introversion indicated that other introversion scales have included items that were tapping apprehension about communication. Items were drawn from the work of Eysenck, with items which referenced communication excluded. This permits the measurement of introversion without the contamination of communication apprehension items and allows the examination of both introversion and communication apprehension as predictors of communication behaviors independently of each other. The correlations of this measure with the PRCA-24 have been around .30. Alpha reliability estimates have been above .80. Items to measure neuroticism are used as filler items and are not scored with the introversion items.

DIRECTIONS: Below are eighteen statements that people sometimes make about themselves. Please indicate whether or not you believe each statement applies to you by marking whether you:

Strongly Disagree = 1; Disagree = 2; undecided = 3; Agree = 4; Strongly Agree = 5

1. Are you inclined to keep in the background on social occasions?
2. Do you like to mix socially with people?
3. Do you sometimes feel happy, sometimes depressed, without any apparent reason?
4. Are you inclined to limit your acquaintances to a select few?
5. Do you like to have many social engagements?
6. Do you have frequent ups and downs in mood, either with or without apparent cause?
7. Would you rate yourself as a happy-go-lucky individual?
8. Can you usually let yourself go and have a good time at a party?
9. Are you inclined to be moody?
10. Would you be very unhappy if you were prevented from making numerous social contacts?
11. Do you usually take the initiative in making new friends?
12. Does your mind often wander while you are trying to concentrate?
13. Do you like to play pranks upon others?
14. Are you usually a "good mixer"?
15. Are you sometimes bubbling over with energy and sometimes very sluggish?
16. Do you often "have the time of your life" at social affairs?
17. Are you frequently "lost in thought" even when you should be taking part in a conversation?
18. Do you derive more satisfaction from social activities than from anything else?

Scoring: To determine your score on the Introversion Scale, complete the following steps:

Internet Gaming Disorder Scale-Short-Form (IGDS9-SF) (Pontes & Griffiths, 2015)

Instructions: These questions will ask you about your gaming activity during the past year (i.e., last 12 months). By gaming activity we understand any gaming-related activity that has been played either from a computer/laptop or from a gaming console or any other kind of device (e.g., mobile phone, tablet, etc.) both online and/or offline.

	Never	Rarely	Sometimes	Often	Very Often
1. Do you feel preoccupied with your gaming behavior? (Some examples: Do you think about previous gaming activity or anticipate the next gaming session? Do you think gaming has become the dominant activity in your daily life?)	☐	☐	☐	☐	☐
2. Do you feel more irritability, anxiety or even sadness when you try to either reduce or stop your gaming activity?	☐	☐	☐	☐	☐
3. Do you feel the need to spend increasing amount of time engaged gaming in order to achieve satisfaction or pleasure?	☐	☐	☐	☐	☐
4. Do you systematically fail when trying to control or cease your gaming activity?	☐	☐	☐	☐	☐
5. Have you lost interests in previous hobbies and other entertainment activities as a result of your engagement with the game?	☐	☐	☐	☐	☐
6. Have you continued your gaming activity despite knowing it was causing problems between you and other people?	☐	☐	☐	☐	☐
7. Have you deceived any of your family members, therapists or others because the amount of your gaming activity?	☐	☐	☐	☐	☐
8. Do you play in order to temporarily escape or relieve a negative mood (e.g., helplessness, guilt, anxiety)?	☐	☐	☐	☐	☐
9. Have you jeopardized or lost an important relationship, job or an educational or career opportunity because of your gaming activity?	☐	☐	☐	☐	☐

Scoring information:

Total scores can be obtained by summing up all responses given to all nine items of the IGDS9-SF and can range from a minimum of 9 to a maximum of 45 points, with higher scores being indicative of a higher degree of Internet Gaming Disorder. In order to differentiate disordered gamers from non-disordered gamers, researchers should check if participants have endorsed at least five criteria out of the nine by taking into account answers as '5: Very Often', which translates as endorsement of the criterion.

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In this part of the questionnaire you have to answer that over the last two weeks, how often have you been bothered by the following problems?

You have to answer the following questions on the scale of 0 to 3.

- 0 = Not at all
1 = Several days
2 = More than half of the days
3 = Nearly every day

Feeling nervous, anxious, or on edge *

	0	1	2	3	
Not at all	☐	☐	☐	☐	Nearly every day

Not being able to stop or control worrying *

	0	1	2	3	
Not at all	☐	☐	☐	☐	Nearly every day

Worrying too much about different things *

	0	1	2	3	
Not at all	☐	☐	☐	☐	Nearly every day

Trouble relaxing *

	0	1	2	3	
Not at all	☐	☐	☐	☐	Nearly every day

Being so restless that it is hard to sit still *

	0	1	2	3	
Not at all	☐	☐	☐	☐	Nearly every day

Becoming easily annoyed or irritable *

	0	1	2	3	
Not at all	☐	☐	☐	☐	Nearly every day

Feeling afraid, as if something awful might happen *

	0	1	2	3	
Not at all	☐	☐	☐	☐	Nearly every day

Virtual Escapism: Role of Introversion and Anxiety in Internet Gaming Addiction

Demographic form

B *I* U  

Description (optional)

Age *

Short-answer text

Gender *

☐ Male

☐ Female

☐ Other

For how many years have you been playing video games? *

Short-answer text

Approximately, on average how many hours do you spend gaming per week?

☐ 6-14

☐ 15-28

Consent Form

B *I* U  

Description (optional)

I agree to participate in the research. I have understood the purpose and nature of this research and I confirm I have a right to withdraw at any time. *

☐ Yes

☐ No

Approximately, on average how many hours do you spend gaming per week?

☐ 6-14

☐ 15-28

☐ 29-40

☐ Other...

Number of siblings

Short-answer text

Birth Order

☐ 1st Child

☐ 2nd Child

☐ 3rd Child

☐ 4th Child

☐ Only Child

Effects of video gaming

B

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✖

It is requested that this page must be read carefully.

I, Student of Bahria University, Institute of Professional Psychology of 5th Semester are conducting a correlational study on "The Effect of Video Gaming on behavior". I would request for your participation in our study if you are a gamer. Your participation in this research is completely voluntary and you have the right to withdraw at any time. All personal information will be kept confidential, and the results will be used without mentioning names.

You are required to fill a demographic form and a questionnaire which takes approximately 10-12 minutes.

Thankyou for giving us your time and information to further our academic endeavors.