

Evaluation of a school-based group work intervention program for adolescents with excessive video-gaming

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Venue: FASS Faculty Lounge

This study aimed to determine the effectiveness of a school-based group work intervention program for secondary school students presenting pathological symptoms of excessive gaming. The intervention, designed and implemented by TOUCH Cyber-Wellness, was a 2 to 3.5 day long school-based program, consisting of a gaming behaviour awareness session, multiple intelligence profiling, structured team building and adventure learning sessions, outdoor activity engagement, and parent consultations, with the primary objective of reducing pathological/addiction symptoms of gaming and parent-child conflict, and the secondary objectives of reducing depression symptoms and improving resilience and self-regulation. A quasi-experimental study was executed with an intervention group of 75 secondary school students and a non-intervention group of 82. The post-intervention test was conducted with both of the groups at one month after completion of the program. Results from a series of t-tests and repeated measures ANOVA indicate that the program was effective in reducing gaming hours, gaming addiction symptoms and depression symptoms and increasing resilience and self-regulation scores after intervention, when compared to the non-intervention group. Findings from qualitative focus group data and recommendations for improving the intervention program will also be discussed.