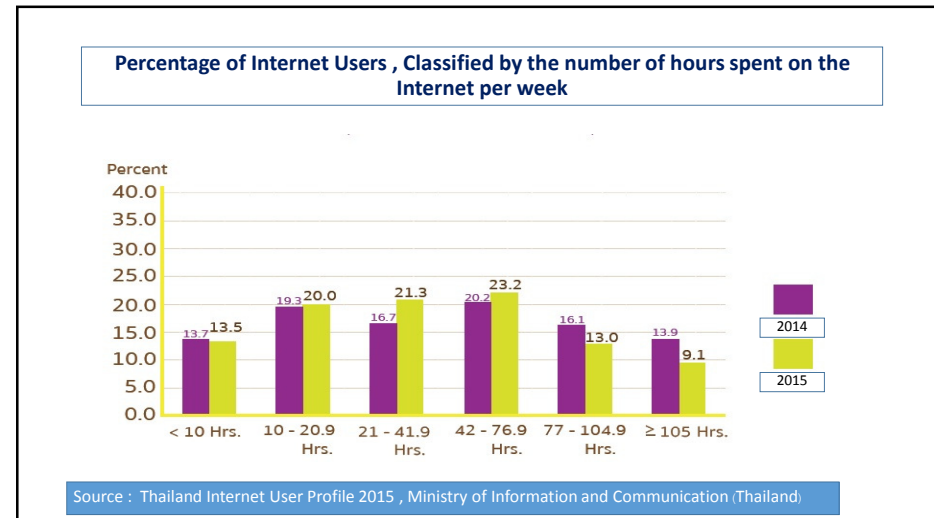
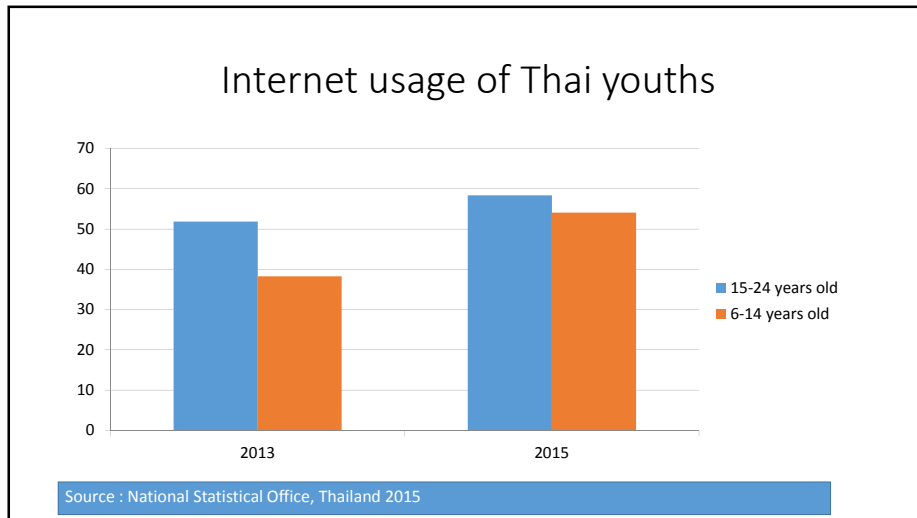




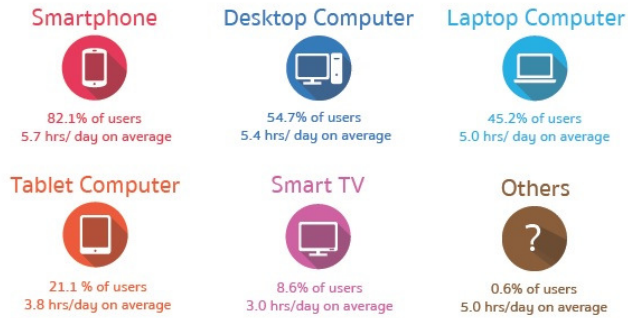
Prevention and Control of Health Problems associated with Excessive Use of Internet and Related Products Thailand Experience

Wimonrat Wanpen , MD
Child and Adolescent Mental Health Rajanagarindra Institute
Department of Mental Health , Thailand

Overview of the Situation in Thailand

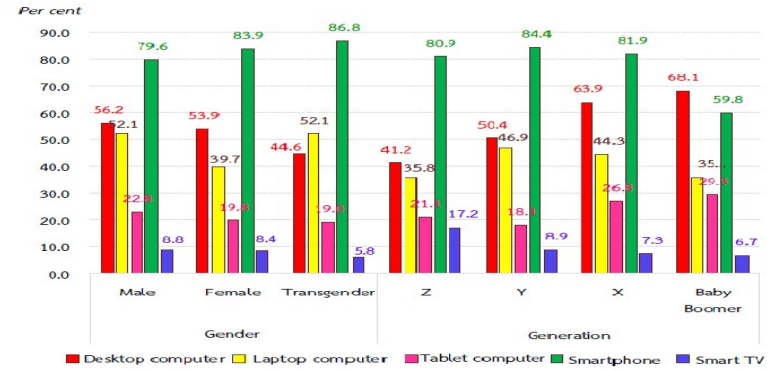


Devices used to access the Internet, classified by average number of hours used per day



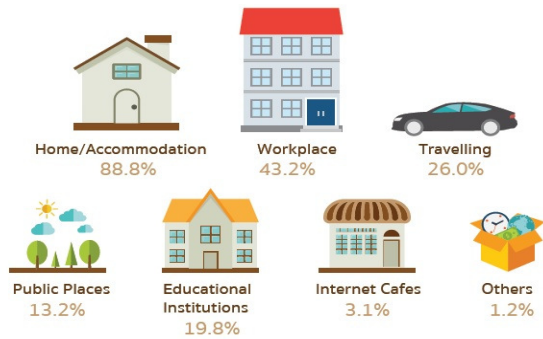
Source : Thailand Internet User Profile 2015 , Ministry of Information and Communication (Thailand)

Devices used access the Internet , classified by gender and generation



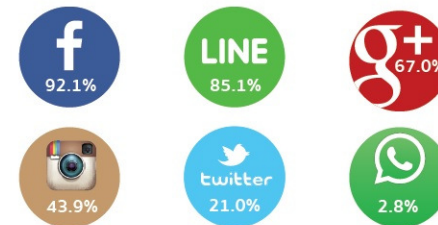
Source : Thailand Internet User Profile 2015 , Ministry of Information and Communication (Thailand)

Internet used , classified by Internet usage site



Source : Thailand Internet User Profile 2015 , Ministry of Information and Communication (Thailand)

Internet users ' Regularly used social media sites

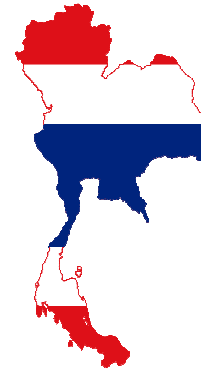


Source : Thailand Internet User Profile 2015 , Ministry of Information and Communication (Thailand)

Internet addiction prevalence

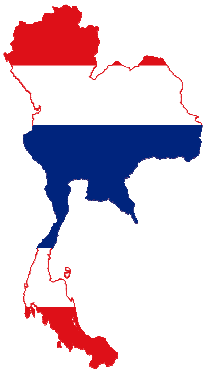
- Varied results across studies due to...
 - Definition
 - Study design
 - Demographic data of participants
 - Measurement – GAST, PVP, Game Addiction Protection Scale (GAME-P), Social Media Addiction Test (S-MAT), internet addiction scale (IA), Internet Addiction Diagnostic Questionnaire (IADQ)
- Internet addiction prevalence in Thailand: 2-30%
- Game addiction prevalence in Thailand: 15-50%

National school survey on health-risk behaviours of adolescents



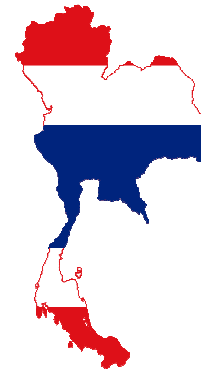
- 50,000 Thai students who are studying in grade 7, 9 and 11 or equivalent.
- Stratified random sampling from all over Thailand.
- 200 Schools from 40 provinces.
- Game addiction screening test (GAST)
 - Self-report
 - 24 items about preoccupation with game, loss of control and functional impairment.
 - 4-point Likert scale
 - No problem, started having problems and problematic played.

National school survey on health-risk behaviours of adolescents



	N = 38,160	No problem N = 34,899 (91.45%)	Started having problems N = 2,210 (5.79%)	Problematic played N = 1,051 (2.76%)
Male		92.5	5.5	2.0
Female		90.6	6.6	3.4
Grade 7		91.4	6.1	2.5
Grade 9		90.1	6.8	3.1
Grade 11		91.9	5.3	2.8
Vocational year 2		93.1	4.4	2.5
Had been suspended from school		91.6	5.7	2.7
Online game		91.9	5.3	2.8
Offline game		95.1	3.3	1.6
Both		90.8	6.3	2.9

National school survey on health-risk behaviours of adolescents



	N = 38,160	No problem N = 34,899 (91.45%)	Started having problems N = 2,210 (5.79%)	Problematic played N = 1,051 (2.76%)
Played time in last 30 days				
< 1 hour		94.2	4.5	1.3
1-2 hours		91.2	6.5	2.3
3-4 hours		87.2	8.8	4.0
>4 hours		79.3	14.3	9.4
Money spent for online game played (Baht/month)				
< 100		90.1	7.0	2.9
100-300		84.3	10.3	5.4
300-500		83.2	9.9	6.8
500-700		77.9	12.3	9.8
> 700		70.9	17.6	11.5

Linkages with gambling problem

Duration	Total	Gambling Problem	Percentage
Oct2013 – Sep2014 [12 months]	50,560	784 [FIFA World Cup]	1.56
Oct2014 – Sep2015 [12 months]	56,333	429	0.76
Oct2015 – July2016 [10 months]	45,280	352	0.78

Source : Hotline 1323 from Child and Adolescent Mental Health Rajanagarindra Institute

Major problems/challenges that Thailand facing

Impacts of game/internet addiction

- **Health:**
visual impairment, back pain, eating problem
- **Study:**
poor school performance, absenteeism
- **Emotion/behaviours:**
irritability, aggression, homicide, suicide
- **Relationship:**
family, friends
- **Social:**
economic
(spending 260 HKD/month for game)



"Thai kids are trapped with sex, drugs and games"

Source: www.healthygamer.net, Situational analysis of game addiction among youths 2014

What Thailand is doing to tackle these problems/challenges

responses

- Policy [Law , Strategy , Measure and Act about online used in youth]
- Professional Action

Policy responses

- Safe and Creative Media Development Act 2015
- The National Assembly on Child and Youth Development 2015
- Child Protection Act 2013
- National Health Assembly 2012
- Regulation of The Prime Minister with The Development of Creative Media and National Security 2008
- Promotion and Development of Child and Youth Act 2007
- Act on the Computer Crime Act 2007

Policy responses

- ◉ **2015 : Single Gateway**
- ◉ **2009:**
 - Limiting internet playing time for youths
 - Internet game shop licensing act
- ◉ **2008 : Rating Game**
- ◉ **2007: White Game Shops for Youths Project**
 - Supported by Ministry of Culture
 - Corporate social responsibility of the game shops
 - Making game shop as a self-learning venue, safe, constructive

Source : Ministry of Information and Communication Technology
Ministry of Culture

Rating Game

- Age : 3 , 6 , 13 , 15 , 18 and 20 years old
- Theme
- Language
- Blood
- Sex
- Violence
- Etc. : Alcohol , Cigarette , Drugs , Gambling

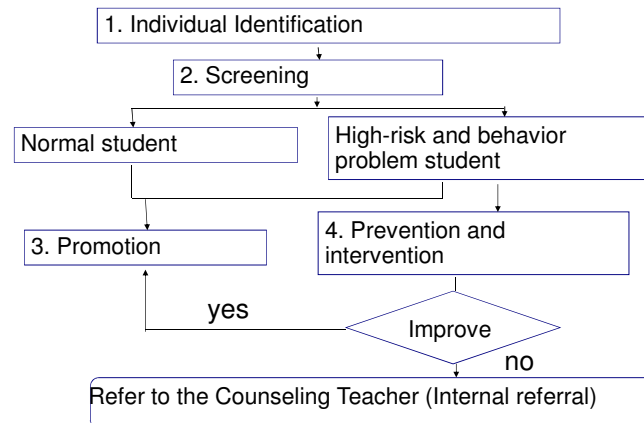
Ministry of Culture

- Age under 15 years : 2PM – 8PM and 10AM – 8PM at end of semester
- Age 15-18 years:2PM – 10PM and 10AM – 10PM at end of semester
- No Alcohol , Cigarette and Drugs
- No Gambling
- No Pornography

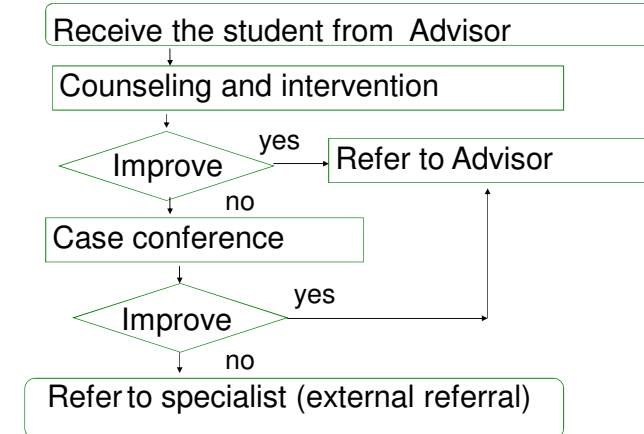
The Students Caring and Support Operation Systems Ministry of Education

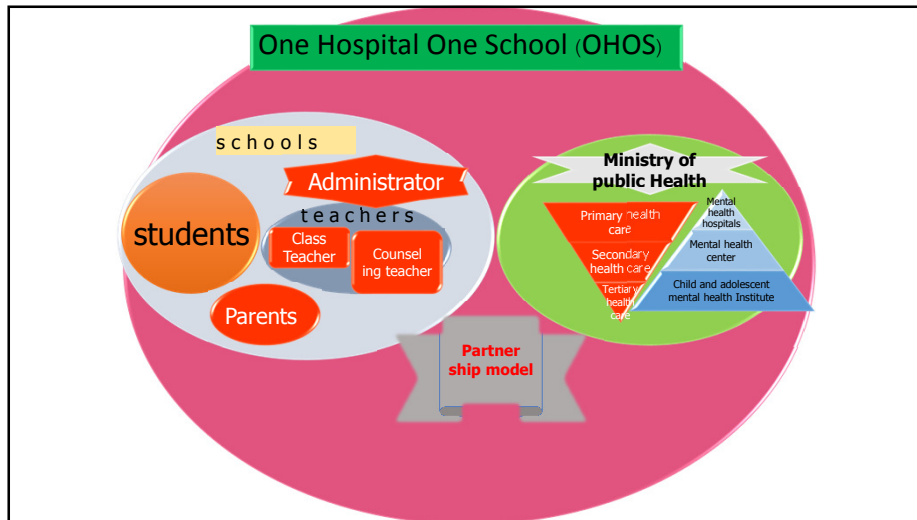


Guidline for the Advisor



Guidline for the Counselling Teacher





This block contains two images. On the left is a screenshot of the ThaiTeentaining.com website, showing a search bar and various content categories. On the right is a poster for 'หลักสูตรฝึกอบรมครูผู้สอนด้านสุขภาพสารสนเทศ' (Information Health Education Teacher Training Course) from ThaiTeentaining.com. The poster lists three modules:
 - Module 1: Training online (5-7 hours)
 - Module 2: Workshop (5 hours)
 - Module 3: Practice (2-3 hours)
 It also features photos of the course coordinators and a WHO logo with text in Thai.

- ## Professional Action
- www.healthygamer.net
 - www.thaihotline.org
 - Cyber Scout
 - Hotline 1756 (Ministry of Culture)
 - Hotline 1323 (Department of Mental Health)
 - Knowledge for parents , youths , teacher and community

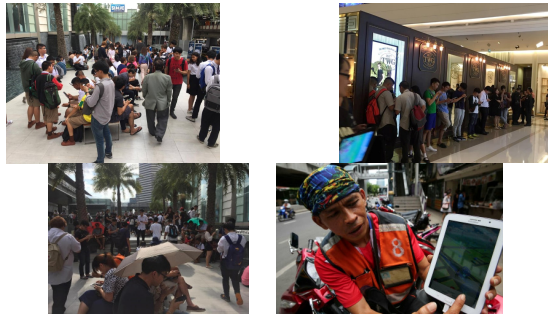
Gamer guard Program

- Positive game and internet use for Youths
- Surveillance and early warning programme
- For parents, game shop owners to prevent kids from
 - Overuse of internet
 - Using inappropriate games/websites

The bottom part of the slide shows two screenshots of the GAMER GUARD application. The left screenshot shows the main interface with a large 'G' logo and the text 'GAMER GUARD'. The right screenshot shows a 'GAME LIST FOR PARENTS' window with a table of game details.

Public awareness campaigns and prevention responses

Pokemon started on 6 Aug 2016




- Developed by Faculty of Medicine Siriraj hospital, Mahidol University in 2011, supported by the ministry of Culture
- Website aiming for public education and prevention of internet game addiction among youths
- Self-administered screening tests- children and guardian versions

Series on TV for Education and Change Attitude



Advices for parents and guardians on computer game playing among kids

คำแนะนำสำหรับผู้ปกครอง

เรื่อง การเล่นเกมของน้อง

Game addiction screening test

Child version

Parent version

"Spending time with children more important than making money"

ผมจริงจังแต่พ่อกับแม่ไม่จริงจัง

Listen earnestly to anything your children want to tell you, no matter how small it is.

Clinical Practice Guidelines for Treatment of Internet and Game Addiction

- One of the Prevalence of internet/game addiction in Thailand was 15% (2 million people)
- National Commission Office of Thailand and Child and Adolescent Psychiatric Society of Thailand
- Committee which comprised of Pornnoppadol C, Hongsanguansri S, TuntaSood B, Kiatrungrit K, Sinrachatanan A, Pavasuthipaisit C and Rattthaapha W
- Review literatures related to internet/game addiction and compose the clinical practice guideline for pediatricians and child and adolescent psychiatrists to...
 - Assessment
 - Diagnosis
 - Management and counselling with parent

Clinical Practice Guidelines for Treatment of Internet and Game Addiction

- The CPG comprise of 10 recommendations as following
 - Recommendation 1: Internet/game addiction is one of the major national problems which has an impact on health, academic achievement, working and social interaction. Organizations which involve with child and adolescent health should place an important to this issue and find the way to promote protective factors, reduce the risks and take care of a person who diagnosed as internet/game addiction.
 - Recommendation 2: Prevalence of internet/game addiction in Thailand is 15%, which reflects how big of this problem in Thai youth.
 - Recommendation 3: The found etiologies of internet/game addiction comprise of abnormal brain structure/functioning, temperament, mental health, discipline, self-control, family environment, parenting and social.
 - Recommendation 4: The risk factors associated with internet/game addiction can be categorized into child, family and social factors. The examiners should get information about internet/game addiction symptoms and assess about these risk factors.
 - Recommendation 5:
 - 5.1: Person who were diagnosed as an internet/game addiction have brain abnormality as well as person with substance use disorder. However, there is no indication to investigate with neuroimaging.
 - 5.2: Person who were diagnosed as an internet/game addiction have a risk to develop many physical health problems. The examiners should assess related problems such as obesity, accidental risks, sleep problems, visual problems and musculoskeletal problems.
 - 5.3: Person who were diagnosed as an internet/game addiction have a risk to develop attention, mood and behavioral problems. The examiners should assess attention, mood and behavioral problems such as depression, inattention, substance usage, eating problems, sexual problems, cyberbullying.

Clinical Practice Guidelines for Treatment of Internet and Game Addiction

- Recommendation 6: Person who were diagnosed as an internet/game addiction have co morbid with multiple mental health problems. The examiners should screen mental health problems such as attention-deficit/hyperactivity disorder, major depressive disorder, anxiety disorders and obsessive/compulsive disorder.
- Recommendation 7:
 - 7.1: To make an internet/game addiction diagnosis, the examiners should take history from both children/adolescents and their parent.
 - 7.2: The examiners should screen for internet/game addictions at 4th grade students and above children/adolescents who access to service.
- Recommendation 8:
 - 8.1: Prevention of internet/game addiction should be started at preschool age.
 - 8.2: School-based activities which promote life-skill, emotional regulation skills and psychoeducation about media usages in children and adolescents for parent can prevent internet/game addiction.
- Recommendation 9: Psychosocial intervention should be first line management for internet/game addiction. Pharmacological management can be used to treat other psychiatric comorbidities.
- Recommendation 10: Internet/game addiction is the chronic condition. A person who diagnosed with this condition should be followed-up for many years. Many individual, family and social factors impact on course and prognosis of this condition. The examiners should assess these factors to individually plan for treatment and management.

Conclusions

- Internet addiction problems are severe especially among youths in Thailand.
- “Youths Awareness” is the important thing.
 - Thai youths have smart skill in internet use.
 - Family have knowledge about update in internet use and can help their child to protect themselves from internet misuse.
 - Educational Institute have smart internet use in school.
 - Government policy provide appropriate control.
 - Appropriated mass media presentation.
 - NGO support created activity for youths and mass media monitoring.
 - Private sectors realize about appropriated internet use.

Thank you
for your attention!