



# Inclusion of “gaming disorder” in ICD-11

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Clinical cases of gaming behaviour leading to distress or significant impairment in functioning have been reported in the academic press and clinical practice for many years. In 2013 “Internet Gaming Disorder” was included in the classification of mental and behavioural disorders of the American Psychiatric Association (DSM-5) as a condition for further study.

Since 2014 WHO has conducted activities relating to the public health implications of excessive use of the Internet, computers, smartphones and similar electronic devices in response to concerns expressed by professional groups, WHO collaborating centres, academics and clinicians about associated health consequences.

## Inclusion of “gaming disorder” in ICD-11

Gaming disorder, with its online and offline variants, has been included in the 11th edition of the International Classification of Diseases (ICD-11) as a clinically recognizable and clinically significant syndrome, when the pattern of gaming behaviour is of such a nature and intensity that it results in marked distress or significant impairment in personal, family, social, educational or occupational functioning.

ICD-11 was released in mid 2018.

Health concerns associated with gaming behaviour are not limited to gaming disorder, but also include other aspects of health (e.g. insufficient physical activity, unhealthy diet, problems with eyesight or hearing, musculoskeletal problems, sleep deprivation, aggressive behavior and depression) and psychosocial functioning.

Studies suggest that gaming disorder affects only a small proportion of people who engage in

digital- or video-gaming activities. However, people who partake in gaming should be alert to the amount of time they spend on gaming activities, particularly when it is to the exclusion of other daily activities, as well as to any changes in their physical or psychological health and social functioning that could be attributed to their pattern of gaming behaviour.

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