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The experimental analysis of problematic video gaming and cognitive skills: A systematic review

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Background: There is now a growing literature base demonstrating excessive gaming can have detrimental effects on a small minority of gamers. This has led to much debate in the psychological literature on both the positive and negative effects of gaming. One specific area that has been investigated is the effect of gaming on different types of cognitive skills.

Methods: Systematic review of the studies that have examined the impact of problematic gaming on cognitive skills. The inclusion criteria were: (i) dating from 2000 (because videogames have greatly evolved since then), (ii) including problematic/excessive gamers in the sample, (iii) utilizing an experimental design, (iv) evaluating cognitive processes, (v) published in English or French (the languages spoken by the co-authors), and (vi) peer-reviewed. Results: A total of 18 studies were identified that investigated three specific cognitive skills: (i) multi-second time perception (4 studies), inhibition (7 studies), and decision-making (7 studies). Conclusion: Based on the studies reviewed, the findings demonstrate that the pathological and/or excessive use of videogames leads to negative consequences on cognitive processes.

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The role of Sense of Coherence in behavioral addictions

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Introduction: A strong sense of coherence (SOC) is associated with less risk-taking behavior and more health-orientated behavior. To date, there is a lack of studies focusing on the role of SOC in the context of behavioral addictions. The aim of the present study is to investigate the association between SOC and pathological gambling as well as Internet use. We hypothesized that a strong SOC is a protective factor for these disorders. Methods: An unselected sample (n = 6718) has been screened pro-actively and systematically in vocational schools. We assessed the Brief Assessment of Sense of Coherence (BASOC), the Stinchfield questionnaire for pathological gambling, and the Short Compulsive Internet Use Scale (Short-CIUS) for pathological Internet use. Results: A lower score on the BASOC is associated with being classified as a pathological gamber (≥ 4 DSM-5 criteria, n = 250) Odds Ratio, OR = .922; 95%-confidence interval, CI=.87-.98). Further, a lower score on BASOC is re-