

Gambling & Gaming

Gambling and **video gaming** share many similarities, including immersive experiences, risk-reward mechanics, & elements of skill & chance. Like video games, gambling can be engaging and entertaining, offering players excitement through competition, strategy, & unpredictable outcomes. Both can also feature in-game currencies, rewards, & progression systems that intend to keep players engaged. Additionally, they often use similar psychological triggers, such as variable rewards & achievement milestones, to encourage continued play. In-game opportunities in video games mirror elements of gambling, including microtransactions, lootboxes, & other risky activities. This can lay the foundation for potential gaming ("Gaming Disorder") &/or gambling addiction ("Gambling Disorder").

Some signs of an issue with video gaming may include:

- **Preoccupation with video gaming**
- **Lack of sleep and self-care**
- **Absences from work &/or school due to time gaming**
- **Decline in work &/or school performance**
- **Lack of interest in non-gaming activities**
- **Social isolation outside of gaming communities**

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There is a clear pathway between gaming and gambling for people of ALL ages.

Additionally, the harms that may occur develop similarly. Whether an individual is wagering on a special loot box or eSports competitions, there is a need to be aware of the issues associated with Gaming Disorder, as well as how to address potential problems.

Here are five tips to reduce the risks of video gaming:

- 1. Set Time Limits** - Balance gaming with other activities.
- 2. Stay Active** - Incorporate physical activity to counteract long periods of sitting.
- 3. Prioritize Responsibilities** - Ensure gaming doesn't interfere with work, school, or personal commitments.
- 4. Maintain Social Balance** - Play with friends in moderation and engage in real-world social interactions.
- 5. Avoid In-Game Gambling Features** - Steer clear of loot boxes, casino-style mini-games, and pay-to-win mechanics. Focus on gameplay rather than spending money on randomized rewards.

Game for fun, Live for more!



**Gambling Research
and Policy Initiative**