

Review of: "The Instances of Insomnia among Adolescents in High School Addicted to Online Games"

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Potential competing interests: No potential competing interests to declare.

Thank you for the opportunity to review this paper. This paper addresses very real concerns of parents and caregivers of their adolescent children with regard to their online gaming behaviour and its impact on general physical and mental health.

While the writing style is good, I do have concerns about the quality of the research. Unless this has been addressed, I am afraid the paper does not necessarily add value to what we already know, i.e. excessive or pathological online gaming can cause adolescents to sacrifice sleep for gaming and thus contribute to insomnia.

1. The study group is a small sample of school-going adolescents from a particular region of Indonesia in South Sulawesi. The results cannot therefore be generalizable to the bigger population of students from whole of Indonesia. Hence the title of the paper is misleading and should be changed to better reflect the specific population studied.
2. A hypothesis should be generated and included in the introduction section.
3. There is no description of how the schools were randomized and stratified so that the students are representative of the adolescent population in that region.
4. It is unclear how the sample size of 246 was derived and how consent was obtained from the students. Was parental consent taken or was it waived?
5. It is unclear why the duration of 1 hour was chosen as the cut-off for measurement of time spent on online gaming. Past research has shown that using duration of time spent may not be a good determinant of addictive behaviour. Some studies have cited ≥ 4 hours a day as being excessive instead. Please elaborate and explain choice of using 1 hour as cut-off.
6. Is the Game Addiction Scale questionnaire validated in Indonesian adolescent population? It might be good to also include sample questions in the text or include the scale as an appendix.
7. I notice that the following variables are not controlled for, such as presence of depression, anxiety and other mental disorders including Internet addiction. These conditions are often comorbid with insomnia and would confound the study findings.
8. Appropriate statistical analyses can be performed to mitigate the biases arising from the associated covariates.
9. A section of strengths and limitations of the study should be included into the paper.
10. A short paragraph on institutional IRB and ethical approval should be included.

