

# 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.

This paper delves into a thought-provoking topic stemming from real-life observations from teachers, parents, and caregivers.

I do have several recommendations:

- Please expand the cited literature to include Dr Griffith's works, a pioneer in studying Internet Gaming Addiction;
- The Authors state: "The type of game being played constitutes a significant factor influencing online gaming addiction" yet do not elaborate on that, despite the existence of interesting works related to game genre and game mechanics and addiction. This is also reflected few lines below, as the Authors cite FPS and puzzle games indiscriminately;
- Please clarify the sampling method. It is said that "adolescents addicted to online gaming and experiencing insomnia within the past three months" were recruited, yet they were asked to respond to Game Addiction Scale. Suppose the initial sample was higher than the 246 youngsters. In that case, addiction should not be listed as the inclusion criteria for the study, as non-addicted teenagers were also asked to participate and were excluded later on.
- Please provide references to justify the assertion: "Adolescents often exhibit a propensity for seeking personal enjoyment, coupled with a practical outlook. This disposition renders them less mature and experienced in exercising self-control over the potential adverse consequences arising from excessive online gaming."
- The following section represents a dangerous oversimplification: "The factors driving the escalation of gaming levels lead adolescents to feel intrigued to continuously play at more challenging stages with new obstacles, ultimately contributing to online gaming addiction[1]. This study revealed that out of 180 adolescents, 73.2% exhibited severe online gaming addiction. Surbakti's research (2019) also unveiled that indulging in prolonged gaming sessions propels adolescents into heightened curiosity, compelling them to persist in playing, sidelining other activities and thus resulting in addiction[18]. Online games hold considerable allure, as they not only enable individuals to compete with those beside them but also facilitate gameplay with multiple participants situated in various locations globally.". It has been demonstrated that the source of addiction is a combination of game characteristics, the gamer's personality and comorbidity with anxiety and depression, and the gamer's social web, comprising friends and caregivers.
- The Authors quote "engrossment" in the Discussion, yet they do not mention Csikszentmihalyi's Flow.