

# 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.

The study addresses a relevant topic of considerable interest, but presents some weaknesses:

## Results section

The authors talk about the time spent playing online by adolescents distinguishing those who spend less than an hour online from those who spend an hour or more; considering what is stated in the introduction, with some studies reporting much more alarming internet usage times, a higher threshold value could have provided a more relevant picture of the condition of the sample.

## Discussion section

It is stated that "67.0% of adolescents were addicted to online gaming for more than one hour per day", however what emerges from the study is that generically the duration of daily gaming is equal or greater than one hour for those subjects. It seems that the authors automatically considered the time spent gaming as time dictated by addiction but this is not necessarily true, or it should at least be explained.

## Conclusions section

The authors write "A significant relationship is observed between online gaming addiction and the incidence of insomnia among adolescents, with a p of 0.026. Thus, it is concluded that adolescents addicted to online gaming experience insomnia", this is possibly true but it is a result conditioned by the fact that the sample was made up of "adolescents addicted to online gaming and experiencing insomnia within the past three months"; in order to verify the accuracy of this statement, the study should be repeated with adolescents addicted to online gaming but not only with those who are known to have experienced insomnia within the past few months.