

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

Chor Lam Chau¹

¹ University College London, University of London

Potential competing interests: No potential competing interests to declare.

Undoubtedly, this research is of current relevance, attending to an emergent social problem and the concomitant ramifications. Overall, this article is very well written and presented an interesting perspective into the deleterious effects of excessive online gaming.

Though, there are instances where the paper can benefit from further substantiations. Please allow me the opportunity to offer some suggestions to further enhance your work.

In the introduction, the authors may consider further conceptualising online gaming addiction and insomnia. For instance, this study focused on addiction to online games only, but not offline games. One may ask why is online games generally more harmful than offline games? If that is the case, what are the etiological basis and psychological mechanisms underlying the observed phenomenon?

In the methods section, the authors delineated that only adolescents "addicted to gaming" was sampled. In this case, I wonder if pre-screening was conducted? If so, what measures were administered to determine whether the adolescents are addicted to online gaming? Moreover, can you provide a stronger justification for adopting such an inclusion criteria? Furthermore, what are the psychometric properties of the scales used? Are both of the measures validated among individuals with similar demographic characteristics as the participants of your study?

Concerning the results, I have some reservations over stating "adolescents addicted to online gaming" in table 1. This would indicate that the prevalence rate of online gaming addiction is 100% among the sampled adolescents. I am unsure if the measure used was appropriate for the sample of this study, and whether the cut-off scores for online gaming addiction has been well-established.

In the latter parts of the discussion, the writing can benefit from establishment of stronger links between pre-existing findings / theories with your result. The discussion of your findings may be enhanced with further reference to relevant theoretical and conceptual constructs.

Finally, I am unsure if it is appropriate for the research implications to be stated after the conclusion. Moreover, I am uncertain whether if listing the implications in point form adheres to the formal stylistic conventions.

Lastly, I believe that the research caveats have not been clearly stated at present.

