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Altered States of consciousness (flow - state, game trance) in gambling disorder (GD) and internet gaming disorder (IGD) and disruption of self-identification as a risk factor for the development of addiction, negative psycho - social consequences and comorbid psychopathology.**Tetiana Zinchenko***International association for the study of game addictions (IASGA), Switzerland*

In GD and IGD, both at the preclinical level of problem game and at the clinical level of pathological game, altered States of consciousness are observed during the game and shortly before. In the scientific literature, they are called flow-state, dark flow, game trance, game intoxication, and so on. During these States, the person loses touch with reality, the real life situation completely detached from life's problems and concerns, and associated emotional experiences and is transformed into the space of the game. Self-identification is disrupted, as a result of which the player identifies with the game character, the avatar-hero of the game, or with the network character. In addition, the perception of time and memory of events during the game is disrupted. These States themselves become very desirable and attractive to players and contribute to the emergence of a pathological desire to constantly participate in the game in order to repeat an unusual experience. In this study, based on the materials of numerous researches and own clinical practice, it is demonstrated that such altered States of consciousness can contribute to the formation of addiction, lead to negative psychosocial consequences and comorbid psychopathology. It also shows how the game industry induces such States with certain psychotechnical methods. Materials from clinical and neurobiological studies were used for the analysis. Electronic literature search was conducted using PubMed, PsychINFO, ScienceDirect, Web of Science и Google Scholar.

Biography

Dr.Tetiana Zinchenko, the president of the International association for the study of game addictions (IASGA)/Switzerland, PhD, psychotherapist, psychologist, rehabilitologist, practicing doctor in private practice. Practical experience of 20 years in psychiatry, psychotherapy, psychological counseling. Experience in specialized clinics. Last 10 years in private practice and public organizations. Over the last 5 years, I have been specializing in group and individual psychotherapy and rehabilitation of people with various behavioral addictions.