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HARM REDUCTION IN NON-SUBSTANCE RELATED ADDICTIONS

G. Thorens, S. Achab, S. Rothen, Y. Khaazal and D. Zullino
Addictology Division, Department of Mental Health and Psychiatry, Geneva University Hospitals, Switzerland

Behavioral addictions (gambling, gaming, internet use) are new challenges for policy makers, and the question arises if harm reduction is an applicable concept. Gambling addiction policies are trying to include harm reduction models (limitation of the amount of money you can bet, limitation in access to gambling venues). We will discuss if these models are valid in gaming addiction.

I.E. If we only consider the classical policy models applied for reducing

substances harm: supply reduction, demand reduction and harm reduction, limitations arise: for example: applying these concepts to gaming addiction is impossible. If heroin is an identified substance, games are heterogeneous in nature and are described from cognitive enhancers to highly addictive. The concept of supply should include the complex nature of video games.

Reducing demand could be considered as a censure directly in conflict with human nature to produce the best and most attractive games (should unattractive cars be produced to reduce global warming). And finally harm reduction concepts in gaming will be discussed.