

Table 1: Content of the CBT-treatment for gaming disorder together with measure points.

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|--------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| First visit                    | Assessment                                                                                        | Diagnostic assessment of Internet Gaming Disorder according to DSM-5<br>Anamnestic information<br>Assessment of other psychiatric conditions<br>Assessment of psychosocial resources<br>Assessment of health and lifestyle factors                                                                                                                                             | Baseline                                  |
| Phase 1:<br>Initial stages     | Introduction and goal-setting                                                                     | Motivational interviewing<br>Goal setting                                                                                                                                                                                                                                                                                                                                      | Weekly gaming calendar                    |
| Phase 2:<br>New skills         | Learning new skills to gain control over the gaming activity and to initiate alternate activities | Psycho education<br>Identification of individual triggers for gaming<br>Time-management<br>Stimulus control<br>Behavioural activation<br>Using skills from gaming to reach treatment goals<br>Strategies to identify and handle feelings<br>Strategies to identify and handle unhelpful thoughts<br>Problem solving                                                            | Weekly gaming calendar +<br>Mid-treatment |
| Phase 3:<br>Relapse prevention | Making plans to maintain changes                                                                  | Evaluation of treatment<br>Individual plan to maintain changes and to handle relapses                                                                                                                                                                                                                                                                                          | End of treatment                          |
| Follow-up                      |                                                                                                   | Follow-up on how changes made during treatment has been maintained<br>If needed: 2 booster sessions to revise the relapse prevention plan                                                                                                                                                                                                                                      | Follow up after 3 and 6 months            |
| Optional                       | Additional support                                                                                | Family sessions (1-3 sessions with the patient and his/her family members to formulate a plan on how to work together to reach the patient's treatment goals).<br>Additional session for support regarding psychosocial resources<br>Additional session for support regarding health and lifestyle factors<br>1 session with support on how to work with home-work assignments |                                           |