

Video Gaming Assessment Checklist
How much is the child gaming?
Does it take away from jobs, academic responsibilities, or socialization with family?
How much control does the child have over their use? Can they stop?
Is it perseverative and highly prioritized, or does the child have a range of activities and interests?
Is it the only thing the child is talking about at the dinner table and on car rides?
How long has it been going on? Is there withdrawal when it's time to stop gaming?
Has the child lost interest in doing anything else? Are they skipping basic needs like nutrition, sleep, and hygiene?
Is the child lying about their use?

Source: *Dilley JB. The Game Is Playing Your Kid: How to Unplug and Reconnect in the Digital Age. Bascom Hill; 2015.*

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