Der Einfluss von durch Mental Imagery erzeugten flash-forwards und Augenbewegungen auf das Erleben von Craving bei Gamern

Suchtkongress 2019

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General Psychology: Cognition

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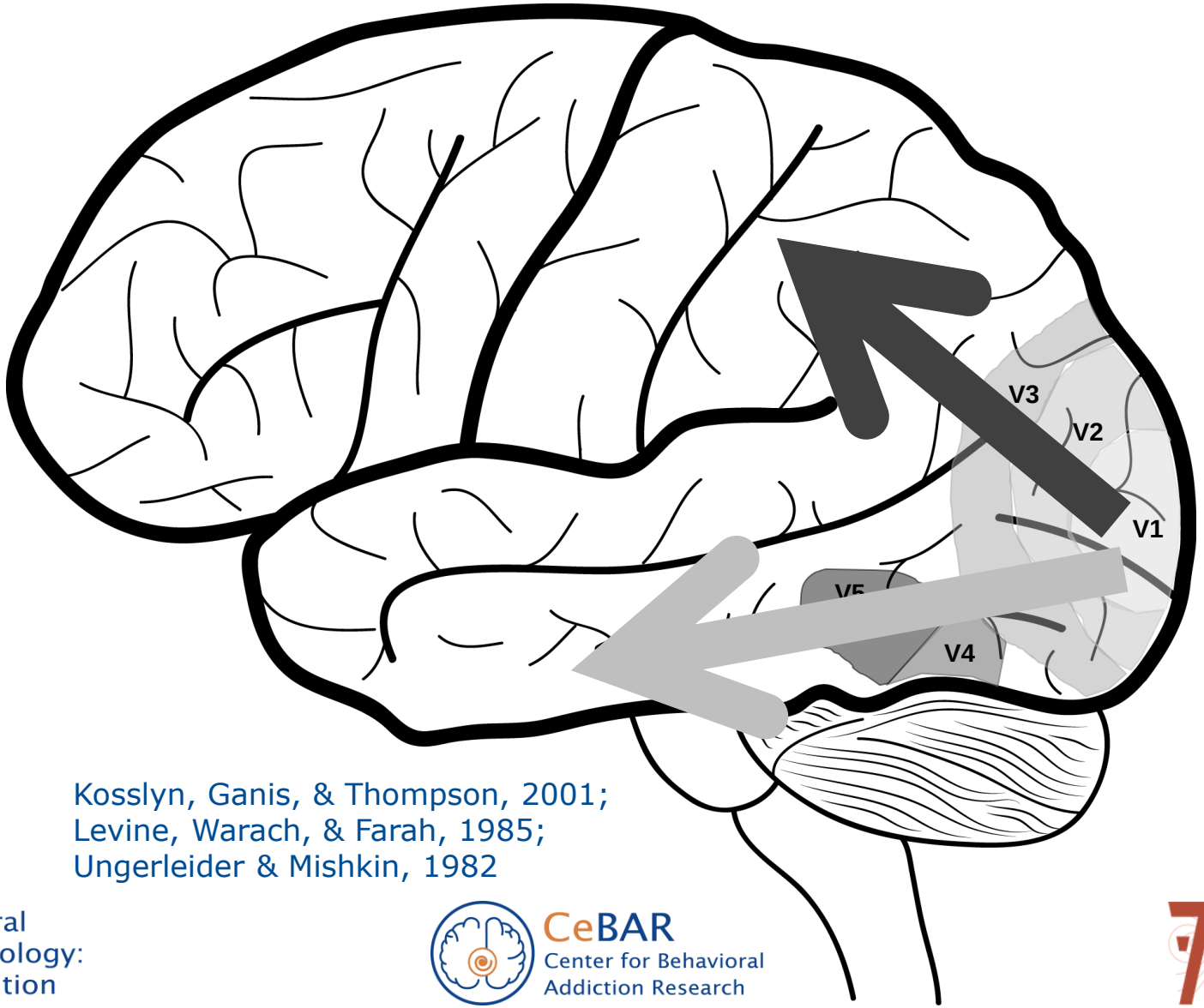
Mental Imagery



Kosslyn, Ganis, & Thompson, 2001;
Levine, Warach, & Farah, 1985;
Ungerleider & Mishkin, 1982

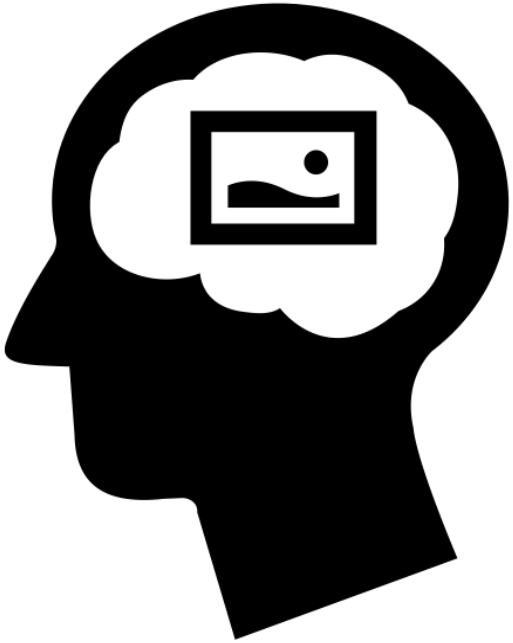
Mental Imagery

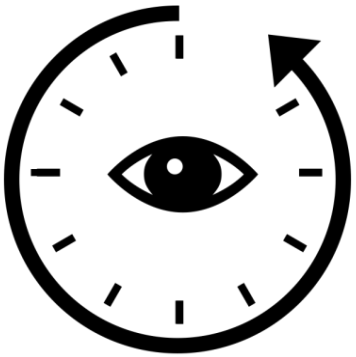
Murphy & Martin (2002)

Libby, Shaeffer, Eibach & Slemmer (2007)

Renner, Ji, Pictet, Holmes & Blackwell (2017)

Shaw & Porter (2015)





flash-backs

Ehlers, Hackmann, & Michael, 2004

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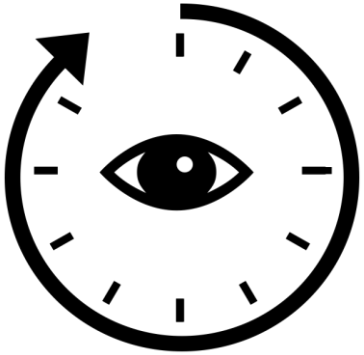

flash-forwards

Holmes, Crane, Fennell & Williams, 2007

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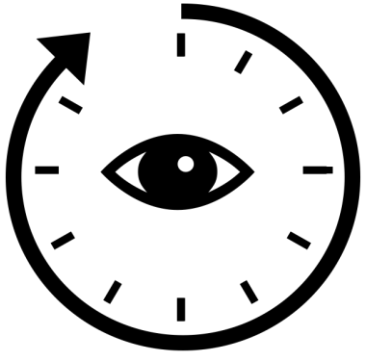

flash-forwards

Holmes, Crane, Fennell & Williams, 2007, S. 479, Tabelle 2

Gender	Content of image	Associated affect	Associated meaning
Male	Jumping from a cliff	Not scared, wanting to do it	Ultimate salvation, best prospect, my own choice. Escape from illness and psychotic idea I had spend eternity in hell on earth
Female	At the road side looking at aftermath of a crash I had been killed in	Initially relief. Later guilt and anxiety	It is over, I do not have to worry anymore
Male	Jumping in front of a train; emergency services at the scene; family at the funeral	Sad, tearful, fear, anger, comfort	I can escape my problems, get comfort

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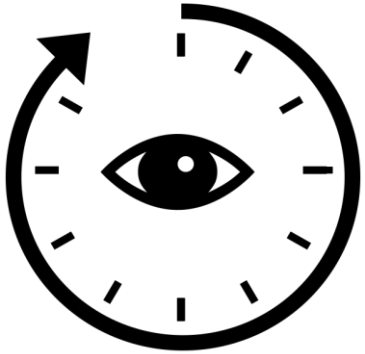
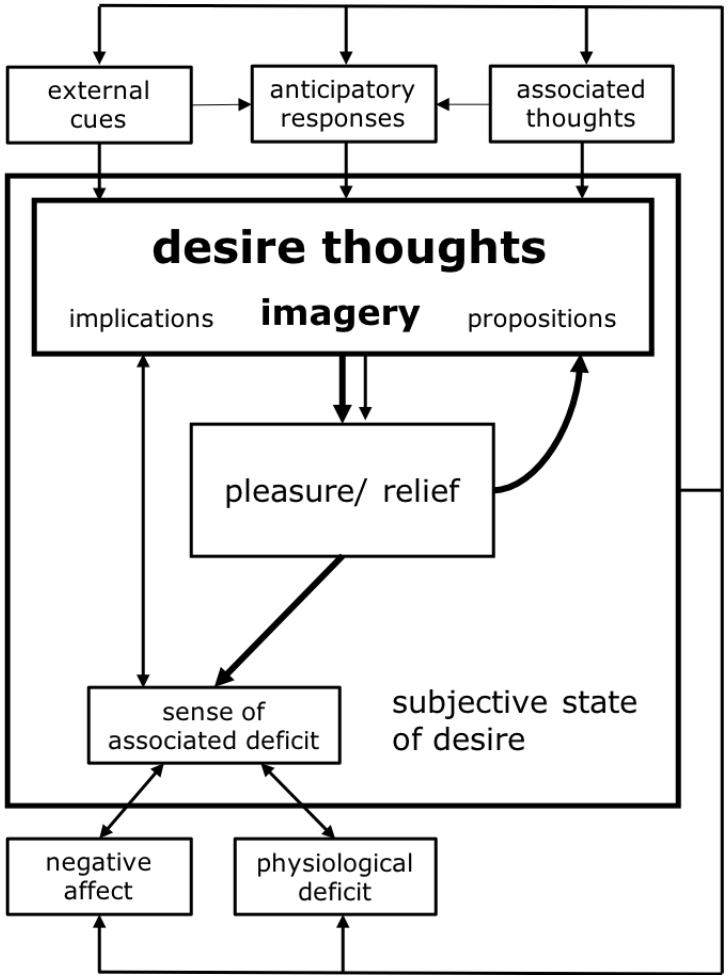


flash-forwards

Engelhard, van den Hout, Janssen, & van der Beek (2010)

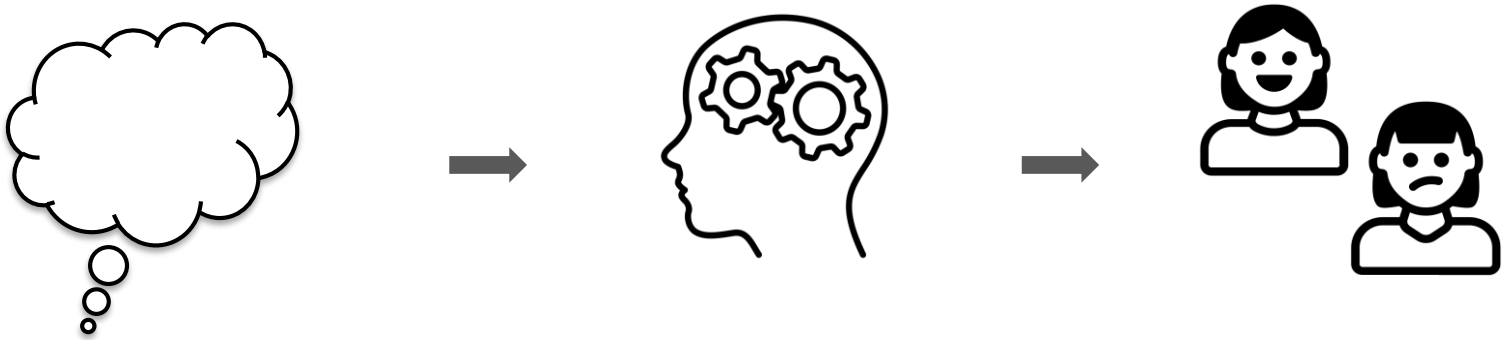
sich unwillentlich aufdrängende mentale Bilder von gefürchteten Ereignissen in der Zukunft

Elaborated Intrusion Theory of Desire



Kavanagh, Andrade, & May (2005);
May, Kavanagh, & Andrade (2015)

Elaborated Intrusion Theory of Desire



Kavanagh, Andrade, & May (2005);
May, Kavanagh, & Andrade (2015)

Forschungsfragen

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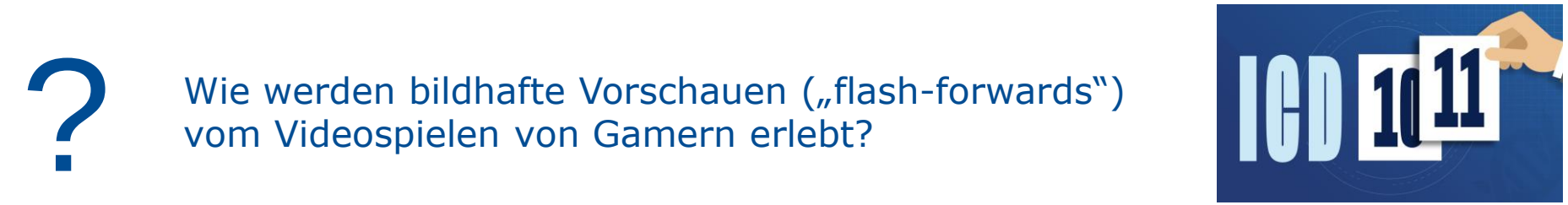
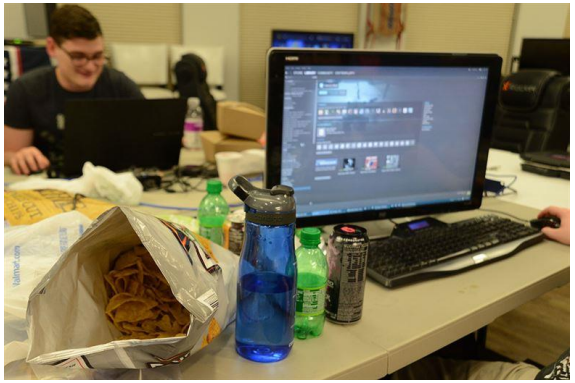
? Wie werden bildhafte Vorschauen („flash-forwards“) vom Videospielen von Gamern erlebt?





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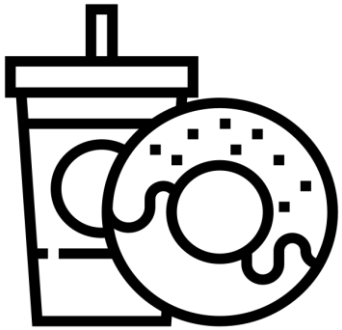
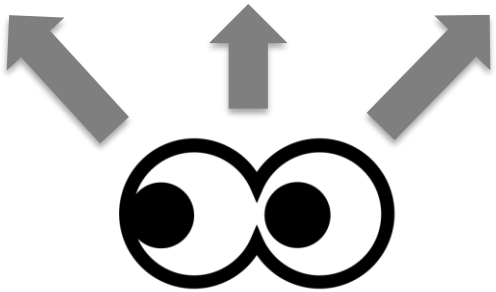
Effekte durch Augenbewegungen

Engelhard et al., 2010

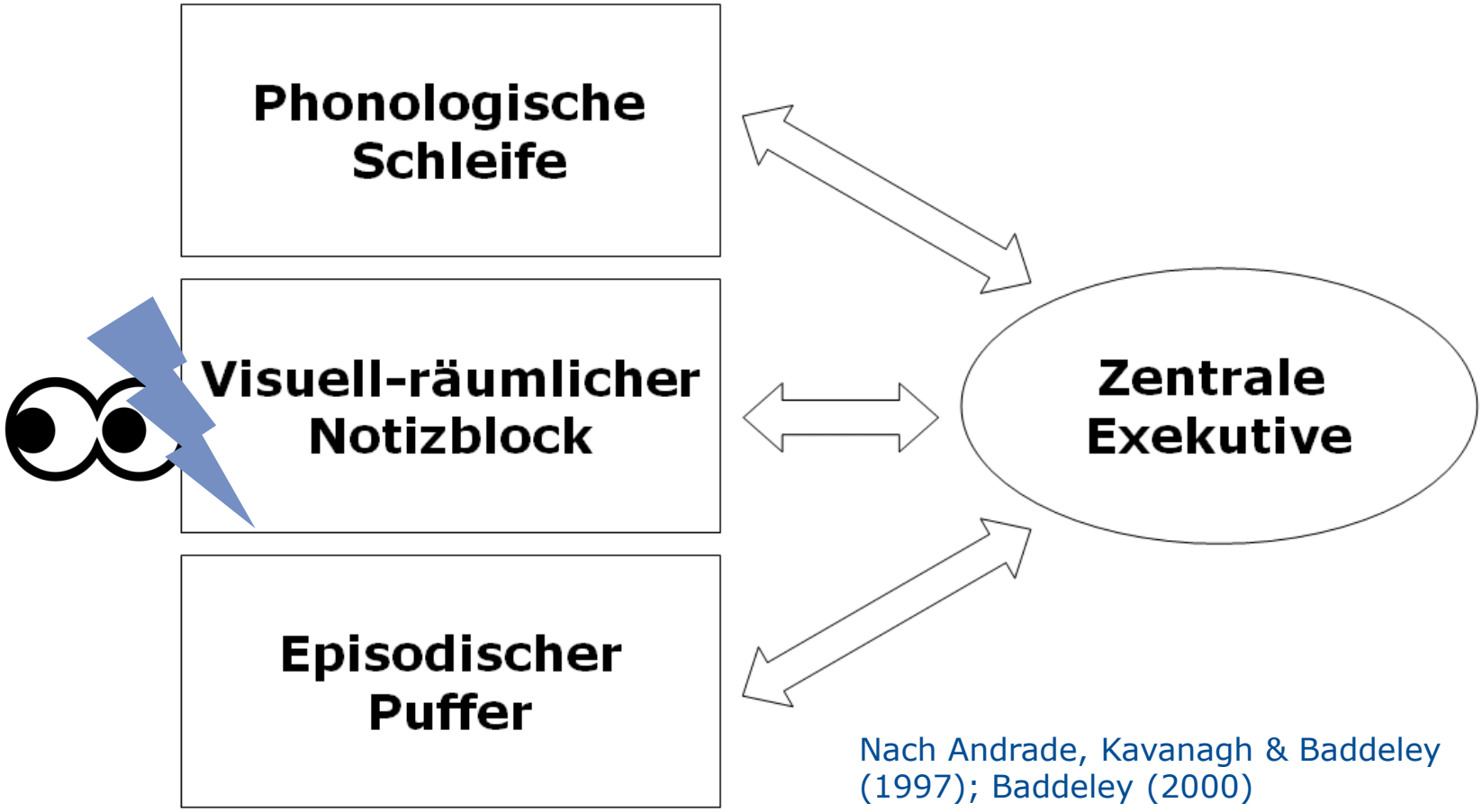
Rooijmans, Rosenkamp, Verholt, & Visser, 2012



McClelland, Kemps & Tiggemann (2006)



Baddeley's Working Memory Model



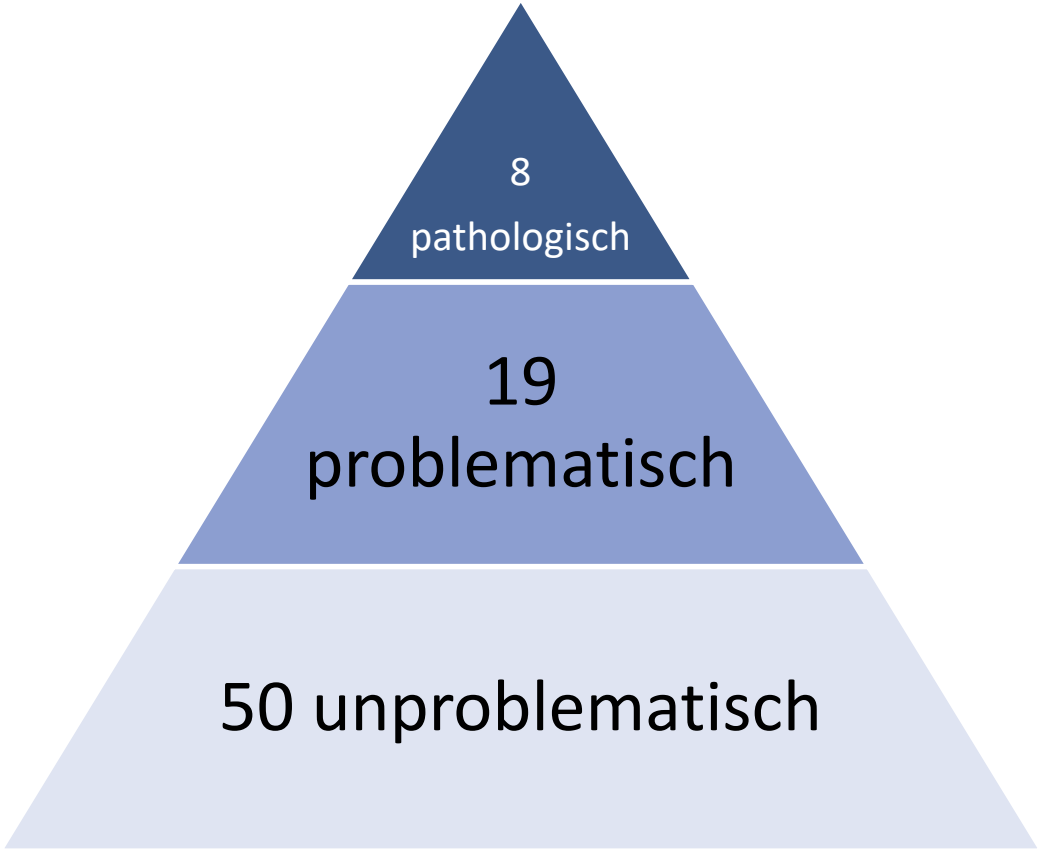
Nach Andrade, Kavanagh & Baddeley (1997); Baddeley (2000)

Forschungsfragen

? Wie werden bildhafte Vorschauen („flash-forwards“) vom Videospielen von Gamern erlebt?

? Kann eine räumlich-visuelle Aufgabe während eines imagery-induzierten „flash-forwards“ dessen Intensität und sogar das Craving nach Gaming verringern?

Methode



klassifiziert nach sIATgaming cut-off Werten (Pawlikowski & Brand, 2011)

N = 77

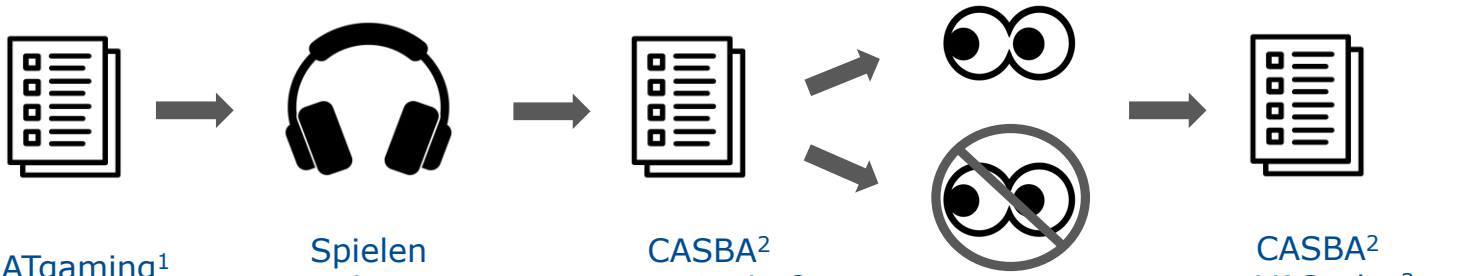
Ø ~23 Jahre alt
(Range: 18-49)

Gamer spielen Ø 4.25 Tage pro Woche und Ø 2.94 Stunden pro Session

♀ 32

♂ 45

Versuchsaufbau



sIATgaming[1]

Spielen des Lieblings-spiels in der Zukunft

CASBA[2]
VAScales[3]
- Lebhaftigkeit
- Emotionalität
- Craving

CASBA[2]
VAScales[3]
- Lebhaftigkeit
- Emotionalität
- Craving

Demographie

[1] sIATgaming = short Internet Addiction Test, modified for gaming (Pawlikowski & Brand, 2011)
[2] VAScale = Visuelle Analog Skala
[3] CASBA = Craving Assessment Scale for Behavioral Addictions (Antons, Trotzke, Wegmann, & Brand, 2019)

Ergebnisse

Korrelationen innerhalb der gesamten Stichprobe, *N* = 77

	(1)	(2)	(3)	(4)	(5)	(6)
(1) Symptome	1	-.056	-.030	.157	.522**	.305**
(2) Lebhaftigkeit		1	.474**	-.065	.146	.356**
(3) Positive Emotionalität			1	-.232*	.201	.264*
(4) Negative Emotionalität				1	.072	.022
(5) General craving					1	.595**
(6) Image-specific craving						1

Anmerkung. *$p < .05$, **$p < .01$.

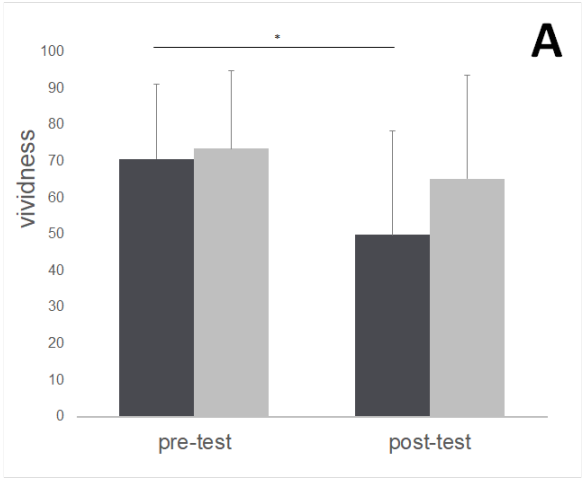
Ergebnisse

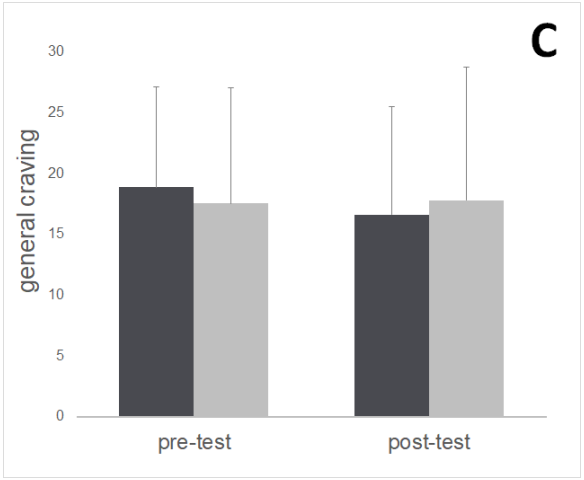
Korrelationen innerhalb der mind. problematischen Gamer, *N* = 27

	(1)	(2)	(3)	(4)	(5)	(6)
(1) Symptome	1	-.454*	-.402*	.311	.185	-.106
(2) Lebhaftigkeit		1	.544**	-.249	.036	.420*
(3) Positive Emotionalität			1	-.497**	.133	.366
(4) Negative Emotionalität				1	-.157	-.171
(5) General craving					1	.510*
(6) Image-specific craving						1

Anmerkung. *$p < .05$, **$p < .01$.

Ergebnisse





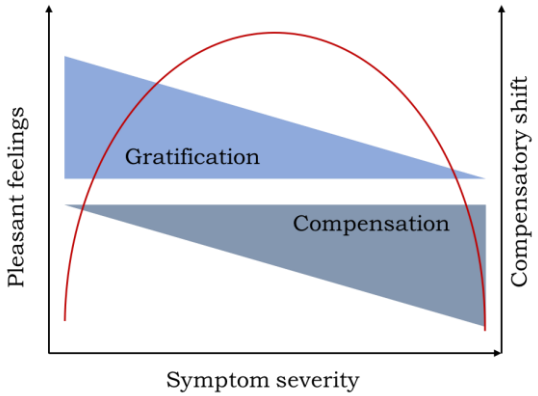
* $p < .0125$ nach Bonferroni Korrektur

Diskussion

- **Lebhaftere flash-forwards sind mit mehr bildspezifischem Craving assoziiert**
  (Harvey, Kemps, & Tiggemann, 2005; Kemps & Tiggemann, 2015)

- **Flash-forwards im Suchtkontext (hier: im Gaming-Kontext) scheinen angenehme Eigenschaften zu haben**
  (Cornil, Lopez-Fernandez, Devos, de Timary, Goudriaan, & Billieux, 2018)

- **Teilstichprobe: je mehr Symptome, desto weniger angenehm der flash-forward**



Der Shift von Gratifikation zu Kompensation, modifiziert nach Brand, Young, Laier, Wölfling, & Potenza (2016)

Diskussion

- **Horizontale Augenbewegungen reduzieren die Lebhaftigkeit von flash-forwards**
  Andrade, Kavanagh, & Baddeley, 1997; Engelhard, van den Hout, et al., 2010

- **Horizontale Augenbewegungen reduzieren bildspezifisches Craving**
  (Littel, van den Hout, & Engelhard, 2016; McClelland, Kemps, & Tiggemann, 2006)

- **Ausblick: Was sind Inhalte von flash-forwards bei Gamern?**

Vielen Dank!

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GfK Verein

lfm: Landesanstalt für Medien Nordrhein-Westfalen (LfM)

Bundesministerium für Bildung und Forschung

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