

Participant Information Sheet (PIS)

Study Title: Effect of Cognitive Behavioral Therapy and Parent Psychoeducation on Internet Gaming Disorder among Adolescents

Thank you for your interest in helping with this research study.

What is this study about?

We are conducting a study to understand whether Cognitive Behavioral Therapy (CBT) and Parent Psychoeducation (PPE), alone or in combination, can help adolescents with Internet Gaming Disorder (IGD). IGD occurs when gaming affects school, relationships, and emotional well-being. This study will help us find ways to improve emotional and social well-being among adolescents who spend a lot of time gaming.

Why have I been invited?

You have been invited because:

- You are aged 16–19 years.
- You have been playing online games (e.g., PUBG, Free Fire) for more than 20 hours per week.
- Your IGD-20 Scale score indicates high levels of gaming disorder.

Participation is **entirely voluntary**, and you can withdraw at any time without any consequences.

What will happen if I take part?

1. **Screening:** You will first complete questionnaires including IGD-20, Hamilton Anxiety Scale, Beck Depression Inventory, and Youth Self-Report (YSR). This helps check whether you meet the study criteria.
2. **Random Assignment:** If eligible, you will be randomly assigned to one of four groups:
 - CBT only
 - Parent Psychoeducation (PPE) only
 - CBT + PPE
 - Control group (no intervention)
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3. Intervention:

- **CBT (3 stages):**

- Stage 1: Behaviour modification (reducing gaming hours, healthier habits)
- Stage 2: Cognitive restructuring (challenging irrational gaming beliefs)
- Stage 3: Harm reduction and relapse prevention

- **PPE (2 sessions):** Parents are guided on supporting healthy gaming habits and emotional well-being.

4. Assessments: You will complete the same questionnaires at **baseline, post-intervention (15 weeks), and 6-month follow-up.**

Risks and Discomforts

- You may feel some discomfort or frustration while answering questions about gaming habits, mood, or anxiety.
- CBT sessions may involve discussing personal gaming experiences, which might feel emotional at times.

Benefits

- Participation may help improve your emotional, social, and gaming habits.
- Your involvement may help researchers develop better interventions for adolescents with IGD.

Confidentiality

- Your identity will remain **anonymous**. You will be referred to by a **participant code**.
- All data will be stored securely and used only for research purposes.

Organizations Involved

- **Primary Institution: Christ University, Bengaluru**

Research Team:

Researcher: Shimil PV, PhD Scholar, Christ University, Bengaluru

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Supervisor: Dr. Palak Kanwar, PhD Supervisor, Christ University, Bengaluru

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Participant Recruitment Site: St. Aloysius College, Mangaluru, /
shimil_counsellor@stalloysius.edu.in

Further Questions

You will have the opportunity to ask questions at any time. Participation is voluntary, and you can leave the study whenever you wish.