

A pilot study of a mindfulness-based cognitive therapy for internet gaming disorder among college-aged students in South Korea

Submission date 16/11/2025	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 19/11/2025	Overall study status Completed	☐ Statistical analysis plan ☐ Results
Last Edited 18/11/2025	Condition category Other	☐ Individual participant data ☒ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Principal investigator, Scientific, Public

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Study information

Scientific Title

A pilot study of mindfulness-based cognitive therapy for internet gaming disorder among college students in South Korea: Effects on IGD symptoms and related psychological outcomes

Acronym

MBCT-G

Study objectives

This study pilot-tested the effectiveness of mindfulness-based cognitive therapy for internet gaming disorder (MBCT-G) among college-aged students, focusing on reducing symptoms of internet gaming disorder and secondarily psychological benefits.

Ethics approval required

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Ethics approval(s)

approved 23/12/2024, The institutional review board of the Sungkyunkwan university (25-2, Sungkyunkwan-Ro, Jongno-Gu, Seoul, 03063, Korea, South; +82 312996711; pbh7943@skku.edu), ref: SKKU-2024-12-023

Primary study design

Interventional

Allocation

Randomized controlled trial

Masking

Open (masking not used)

Control

Uncontrolled

Assignment

Parallel

Purpose

Treatment

Study type(s)**Health condition(s) or problem(s) studied**

Internet gaming disorder

Interventions

The intervention group (n = 24) participated in eight group sessions of MBCT-G and a control group (n = 22) received no intervention. This intervention involved the following eight session themes: (a) waking up from autopilot, (b) another way of being: keeping the body in mind, (c) gathering the scattered mind, (d) recognizing reactivity, (e) allowing and letting be, (f) responding skillfully to realize that thoughts are not facts, (g) how can I take care of myself, and (h) mindfulness of life (Bernard et al., 2020; Feldman & Kuyken, 2019).

Participants were randomly assigned using Microsoft Excel software to generate a list of random numbers. Randomization was performed by a research team member, but the principal investigator who conducted the intervention was blinded regarding group assignment. When

recruiting participants, it was announced that those assigned to the intervention group must attend eight sessions, with the schedule provided in advance. Participants were blinded to the study hypotheses.

Intervention Type

Behavioural

Primary outcome(s)

1. IGD symptoms measured using Internet Gaming Disorder-20 at pre-test, post-test, one month follow-up test

Key secondary outcome(s))**Completion date**

30/06/2025

Eligibility**Key inclusion criteria**

1. Enrolled in college or university
2. High risk of IGD
3. Between the ages of 19 and 24 years

Healthy volunteers allowed

Yes

Age group

Adult

Lower age limit

19 years

Upper age limit

24 years

Sex

All

Total final enrolment

46

Key exclusion criteria

History of psychosis, intellectual disabilities (intelligence quotient of 70 or less), or risk of suicidal attempts

Date of first enrolment

31/12/2024

Date of final enrolment

12/01/2025

Locations

Countries of recruitment

Korea, South

Study participating centre

Sungkyunkwan University

25-2, Sungkyunkwan-Ro, Jongno-Gu

Seoul

Korea, South

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Sponsor information

Organisation

Culture, Sports and Tourism R&D Program through the Korea Creative Content Agency

Funder(s)

Funder type

Funder Name

Culture, Sports and Tourism R&D Program through the Korea Creative Content Agency

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not expected to be made available