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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

Registration date
19/11/2025

Overall study status
Completed

Last Edited
18/11/2025

Condition category
Other

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] 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
Ethics approval required

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
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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