

Questionnaire and The Quality of Life Questionnaire. *Results:* A stepwise regression among VGP and FVGP revealed a significant model. The final regression model indicated that addiction, strategy, graphics and cooperation are significant predictors of wellbeing, explaining 9.6% of variance in wellbeing. *Conclusion:* We aimed to explain the relationship between structural characteristics and wellbeing. The final regression model explained a proportion of the variance in wellbeing, indicating that addiction, strategy, graphics, and cooperation may be important predictors of wellbeing among VGP and FVGP. Addiction and graphics were negatively associated with wellbeing, which could be due to unrealistic expectation of gameplay based on high resolution graphics. Preference for strategy and cooperation was positively associated with wellbeing. Strategic and cooperative features may enhance the gaming experience and support players' mental health. Further research in this area is needed to understand other variables that may influence wellbeing.

Keywords: gaming, wellbeing, structural characteristics

S-2B3

Toward a classification of technology design features promoting potentially addictive online behaviours

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Background: Following the official recognition of gaming disorder as an addictive disorder in the ICD-11, other problematic online behaviours have been discussed as possible further candidates. However, further study is needed to understand the psychological mechanisms involved in their emergence and maintenance. An important but underdeveloped research line is the ways in which technology design features of web-based sites and applications may affect users' capacity to control uses, thereby amplifying dysregulated and, perhaps, addictive involvement in online activities. *Method:* We examined the available evidence on the relationships between technology design features and loss of control in various online activities, including online video gaming, online gambling, cybersexual activities, online buying-shopping, social networking, and on-demand streaming of TV series. We then proposed a theory-driven taxonomy of design features of online applications that facilitate dysregulated and potentially addictive online behaviours. *Results:* We classified the identified design features in theory-informed categories including: a) reinforcement schedules, b) personalized

triggers, c) overvaluation of positive outcomes, d) features interfering with deliberation, e) partial goal fulfilment, and f) features boosting cognitive biases. We thus emphasized common psychological mechanisms contributing to the development of potentially addictive online behaviours, and the specific design features that promote such mechanisms in online activities. *Conclusions:* The current taxonomy enriches understanding of the underlying drivers of problematic and addictive involvement in online activities, which can help prevention and intervention efforts.

Keywords: structural characteristics, technology design features, taxonomy, addictive online behaviours, behavioural addictions

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A longitudinal study on the convergence of gambling, gaming, and problems of excess

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In recent years, gambling and digital games have increasingly shared some of their core elements with each other. Electronic Gaming Machines now have character and story arcs, whereas some digital games encourage players to make monetary microtransactions for in-game benefit. This longitudinal study focused on the convergence of these two game types, investigating how gambling- and gaming-related problems predict later problems within and across their respective domains on a population-level. Representative survey data of 18–75-year-olds from mainland Finland were collected in 6-month intervals between April 2021 and May 2023. A total of 4,060 observations from 812 individuals were analyzed. Cross-lagged models were formed using the Problem Gambling Severity Index (PGSI) to measure gambling problems and the Ten-Item Internet Gaming Disorder Test (IGDT-10) to measure gaming problems. The results indicate that while both gambling and gaming problems predict later problems of the same type, gambling problems can also exacerbate gaming problems. In conclusion, the convergence of gambling and gaming seems to mainly make those who experience gambling-related problems also vulnerable to problematic digital gameplay. The results emphasize the importance of addressing gambling-related issues as they might contribute to or intensify problematic behaviors in gaming and accumulate the harms experienced by these individuals.

Keywords: gambling problems, gaming problems, cross-lagged model