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「戒賭、絕打機，先要身心健康」 Stop Gambling & Gaming with Healthy Living

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OBJECTIVES

- This booklet is to raise public awareness of dangers and risks of gambling or gaming activities in Hong Kong.
- Tips and advice will be provided to help addicts stop their urges; overcome shame, increase their self esteem and encourage a healthy lifestyle, adopting moral values without gambling or gaming.

目標

- 印製這本小冊子的目的在於提高公眾對香港賭博或博彩活動的危險以及風險的認識
- 為成癮者提供建議和提示，協助他們停止強烈的衝動慾、克服內疚感、加強自尊、鼓勵健康的生活模式、採用道德價值觀，同時遠離賭博或遊戲



What is Problem Gambling? (PG)



PG is an addictive behavior, a preoccupation with gambling, that people engaged into heavy and problematic gambling that causes financial, physical, mental, familial & occupational difficulties. The problem gamblers have tolerance built-up, experience relapses, urges and withdrawal symptoms.

問題賭博是一種專注賭博的上癮行為，人們沉溺於極度和問題賭博上，導致財政、身體、精神、家庭和工作上出現困難。問題賭徒對賭博的渴求和衝動會令其愈賭愈多，並產生斷癮症狀和戒賭後重賭的情況。

Types of Gambling

賭博種類

- Horse betting
- Football betting and sports betting
- Casino games
- Online gaming and gambling
- Credit betting
- Betting through junkets
- 賭馬
- 賭波、其他運動比賽
- 賭場
- 網上遊戲及賭博
- 電話投注
- 投注站
- 外圍
- 打麻雀
- 六合彩

What is Internet Addiction Disorder? (IGD)



It is an addictive behavior characterized a preoccupation and repetitive use of internet based games on mobiles or computers. This causes physical, mental, familial, academic difficulties. Shows levels of tolerance, problems of urges and withdrawal.

什麼是遊戲障礙？

這是一種上癮行為，人們專注於利用手機或電腦，重複玩網絡上的遊戲，導致身體、精神、家庭和學業上出現困難。網絡遊戲會愈玩愈多，產生對網絡遊戲的渴求和斷癮症狀的問題。

Types of Internet use

網上活動

Different usage

- Emails
- Social media (blogs)
- School work
- Games - free
- Games - pay/ loot box
- Gambling -free/pay
- Movies
- Pornography

不同用途

- 電郵聯絡
- 社交媒體（產生/ 分享資訊、交友、即時網絡通訊、討論區）
- 學習/ 工作需要
- 電子網上/手機遊戲（免費）
- 電子網上遊戲（付費）
- 賭博（免費/ 付費）
- 電影、劇集、動畫
- 色情資訊

Why is Gaming or Gambling an addictive behavior?

Addictive behavior has 4 important aspects:

- Salience of the behavior
- Has Withdrawal symptoms
- Has severe Mood changes
- Has Financial problems

上癮行為具備四個重要面向：

- 行為非常顯著
- 有斷癮症狀
- 有嚴重的情緒變化
- 有財務問題

Relationship between Internet Gaming & Gambling

(Wood 2013)

- Strong relationship between game players and gambling.
- Precursor to slot machine playing (Griffiths 1991) - video game play is non-financial form of gambling (points)

網絡遊戲與賭博的關係

- 兩者有著強烈的關聯性
- 網絡遊戲是玩角子老虎機遊戲的光兆
- 網絡遊戲是「非金錢形式」的賭博（點數）

Similarities between IGD and PG?

Buehler & Mann (2017)

Internet Gaming Disorder And Problem Gambling

1. Large overlap in neurobiological evidence impulsivity, compulsivity
2. Both are less sensitive to loss, more sensitive to reward & punishment
3. Impaired decision making in risky situations
4. Abnormal reward based learning
5. Less flexibility in cognition

「遊戲障礙」與「問題賭博」

- 衝動性、強迫性，在神經生物學上有大量實證重疊
- 兩者對所失去的都不太敏感，反而對獎賞和懲罰更敏感
- 具風險情況下的決策能力受損
- 以獎賞形式學習的異常
- 認知能力的靈活性較差

also in Yilmaz E, Yel s, Griffiths M (2018) The impact of heavy (excessive) video gaming students on peers and teachers in the school environment: A Qualitative study. Addita Turkish Journal of Addiction

Impulsivity and MOAB gameplay

Nuyens F, Deleuze J, Maurage P (2016)

- Multiplayer Online Battle Arena (MOAB) games - popular worldwide supersede Multiplayer Online Roleplaying Game and First Person Shooter games.
- Research results showed links between impulsivity-traits and excessive MOAB game play.

「多人線上戰鬥競技場遊戲」
(MOAB)

- 全球非常流行
- 取替「多人線上角色扮演遊戲」
- 取替「第一人身分射擊遊戲」
- 研究顯示，衝動的性格特徵和過度參與「多人線上戰鬥競技場遊戲」有一定的關聯

Psychological damage and IGD

Torres-Rodriguez, A, Griffiths, M, Carbonell X, Oberst, U.
(2018) Internet gaming disorder in adolescence: psychological characteristics of a clinical sample (J of beh addictions 7(3), 1-12

- Results showed that adolescents with Internet Gaming Disorder (IGD) and their relatives reported a high number of hours per week and high presence of stressful life events.
- High scores on Depression, anxiety, somatic disorders.
- Global patterns of key psychological characteristics (social problems, low emotional inhibition, dysfunctional family relationships).

遊戲障礙與心理傷害

- 結果顯示，患有遊戲障礙 (IGD) 青少年的親屬，指出他們每週都使用許多時間玩網上遊戲，並在生活上面對很多有壓力的事件
- 患有高度抑鬱、焦慮、身體其他毛病
- 普遍關鍵性心理特徵（社交問題、情緒抑制能力低、家庭關係功能失調）

Psychological and behavioral problems

Yilmaz E, Yel s, Griffiths M (2018) The impact of heavy (excessive) video gaming students on peers and teachers in the school environment: A Qualitative study. Addita Turkish Journal of Addiction

- Study showed that heavy video game players display communication and behavioral problems at home and in school.
- Also heavy gaming students prefer staying at home and playing video games rather than attending school activities. Heavy gamers prefer spending time with other gamers.
- Teachers reported that heavy gamers have low school performance.

心理和行為問題

- 研究顯示，極度沉迷遊戲的人，在家裡和學校都會出現溝通和行為上的問題
- 極度沉迷遊戲的人，寧可呆在家裡玩遊戲，也不願意參加學校的活動。他們更想與其他人玩遊戲來消磨時間
- 老師發現，極度沉迷遊戲的學生，其學業成績也比較差

Similarities of Harms

Video Gaming addiction

- Physical (sitting postures, carpal syndrome, eyesight, no exercises)
- Dietary (poor, skip meals)
- Sleep (poor)
- Neglect of school work
- Morals (lying cheating, stealing, lacks responsibility)
- Psychological (low self esteem, guilt shame)
- Financial (debts)

Gambling addiction

- Lacks exercise, poor postures, no sunlight
- No time to eat, poor diet
- Lacks sleep plays into the night
- Misses work
- dishonesty, Integrity, responsibility
- Low self esteem, guilt, shame
- Debts, bankruptcy

擁有類似的危害

遊戲成癮

- 身體（坐姿、腕管綜合症、視力、欠缺運動）
- 飲食（不良飲食、不進食）
- 睡覺（缺乏睡眠）
- 荒廢學業/ 工作
- 道德（說謊、作弊、偷竊、缺乏責任感）
- 心理（低自尊、內疚、羞恥）
- 財務（欠債）

賭博成癮

- 缺乏運動、不良姿勢、沒見陽光
- 沒時間進食、飲食不良
- 欠缺睡眠、賭博至深夜
- 放棄工作
- 不誠實、沒誠信、缺乏責任感
- 低自尊、內疚、羞恥
- 財務（欠債、破產）

Ladder to ruin of Gambling and Gaming -- 賭博及打機敗壞之梯

Excessive time spent 消耗時光、沉迷戲樂、忘記痛苦、忘記自己

Physical harm 茶飯不思、睡眠不足、手部眼神受損

Psychological harm 心神仿忽、情緒波動

Irresponsible 不負責任、不返工、放棄學業、不與家人溝通

Moral bearings lost 失去良知

Integrity lost 不顧尊嚴

Dishonesty 偷呃拐騙，不擇手段找賭本或打機錢

In debt, no job, no prospect 負債累累，失業失學，失前途

Irreparable situation 不能自拔

Familial disharmony 家庭不和

Family disintegration 家散人亡

Lack of means of redress 後悔莫及

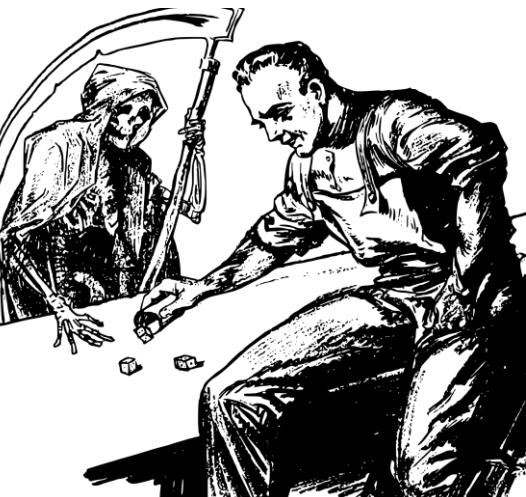
Shameful 無面目見人

Lack of self respect 自視不起

Loss of purpose in life 失去人生樂趣

Inexpressible sorrow 欲哭無淚

Loss of the will to live 絕望自殺



8 Ways to Stop Gambling and Gaming

8個停止賭博或網絡遊戲的步驟

SOLUTIONS

NEW CONCEPT (Leung, GM. 2019)

用衣食住行自拔自救
保持節制
放棄賭博和遊戲

NEW CONCEPT (Leung,GM. 2019)

8 Ways to stop Gambling and Gaming



Step 1

衣/外表

PHYSICAL WELLNESS

APPEARANCE

SELF ESTEEM

- Positive appearances, increase confidence and be proud In what you have achieved
- Once you feel calm and good in yourself, self esteem increases
- Engage in physical exercises daily
- keeping fit



8個停止賭博或遊戲的步驟

第1步 關顧自己 外表 自尊

- 良好的外表能增加信心，更能使你在努力獲得的成就當中感到自豪
- 當你感到內心平靜以及正面的自我，自尊心便能加強
- 每天也參與體能鍛煉
- 保持良好體格

Increase Self-esteem

增長自我價值 {個人對自己作為的評估}

- Assert yourself , know your values
- 確認自我, 建立正向的個人價值,
- Recognise your shortcomings, develop your strength
- 認識自己的長短處, 培養以下的五點:
- like academic abilities 學術能力
- connecting with people 聯繫社會
- Ability to build up your strength 運動能力
- Conduct your wellness behaviour 行為儀表



Physical Exercises

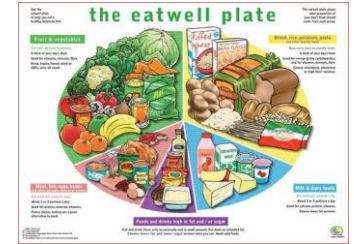
身體鍛煉

- SWIMMING
 - TAICHI
 - STRENGTH TRAINING
 - WALKING
 - PLAYING SPORTS
 - DANCING
- 游泳
 - 太極
 - 耐力訓練
 - 步行
 - 進行體育運動
 - 跳舞

STEPS TO STOP GAMBLING/GAMING

STEP 2

Nutrition 食



- Take a healthy and balanced diet, (lots of liquids-milky drinks, water, tea. Fruits, Green vegetable, Lean Meat, Eggs, Fish, Beans, carbohydrates)
- Take time to eat what you have, stop thinking or playing on mobiles

停止賭博或遊戲的步驟

第2步 飲食與營養

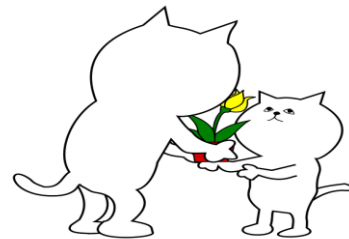
- 選擇健康及均衡的飲食
- （大量的乳液飲料，水，茶，綠色蔬菜，瘦肉，雞蛋，魚，豆類，碳水化合物）
- 用餐時專注進食，停止思考及使用手機

Step 3 Promote an Enriched Environment 住

Try to promote a warm, forgiving, relaxed, loving and supportive home for family members and the addict.

Learn to enhance your strengths, reduce deficits.

Cherish what one has and don't linger on what you lost or the past



第3步 營造一個豐盛的環境

- 鼓勵家庭成員和成癮者營造一個溫暖，寬容，放鬆，有愛和互相支持的家
- 學會增強自己的優勢及改善不足
- 珍惜自己所擁有的東西，不要停滯或糾纏於過住的損失

STEP 4 Practise Moral Behaviors 行

第4步 道德行為

- Moral values are set of principles guiding us to evaluate what is right or wrong, can shape our personality and help us to make decisions. Children learn through moral stories. Honesty, responsibility, Integrity, Fairness, not hurting society or others.
- 認識道德是為人處世的基本規範；故此做人須有誠信；負責任、厚道、良心；不損害他或社會

道德行為

HONESTY 誠信

No stealing, cheating, lying

But as Solzhenitsyn (Nobel Prize writer) pointed out :

“ We know he is lying,

He knows he is lying,

He knows we know he is lying,

But he is still lying”

不偷不騙，路不拾遺，不說謊

但有些人卻犯上索爾仁尼琴(諾貝爾獎作家)指出的弊病：

我們知道他在說謊，

他自己也知道自己在說謊，

他也知道我們知道他在說謊，但他仍然說謊

道德行為 Responsibility

- We take responsibility and consequences of our choices. Set good examples and commit no crimes.
 - Students: need to study and help parents
 - Self: admit mistakes/failures and change
 - Parents : to provide care and education
 - “once your child has taken on a task, you have to supervise, guide. But not like some who would give up or don’t care”
-
- 以身作則，責無旁貸，不做犯法的事，不同身份有它的責任
 - 學生的責任：勤學、幫父母
 - 自我的責任：做事盡責，知錯能改
 - 家長的責任：兒女起居飲食和教育
 - 作為家長，一旦決定將某事情交給孩子做，給孩子負責，父母就要「監督」孩子做事的進度，不能採取「不管」或「無所謂」的態度。不然會滋長孩子不負責的心態

Integrity 廉潔

- Self disciplined, stand up for what is right
行為端正，潔身自律：
- Telling the truth and keep promise
說真話，一諾千金
- Acting on confidence without betraying others
開心見誠



COMPASSION and FORGIVENESS 同情心及寬容

- Actively caring, altruistic, respectful behaviors and develop empathy and sympathy

培養憐憫心及同理心

- Can forgive self, Letting go of your own mistakes and forgive others

能夠原諒自己及他人



STEP 5 SELF REGULATION

第5步 自律

- Self-regulation is an ability to manage one's emotion and behavior in accordance with situational demands. It consists of a set of skills with which one can resist highly emotional reactions to upsetting stimuli (urges). Methods include having clear life goals, proceeding with it, self reflect and resist temptations to change.
- 「自制力」指有自覺力，和能靈活地控制自己的情緒，和約束自己的言行。培養自制力的方法是：
 - 1) 明確人生目標、
 - 2) 堅持執行計劃、
 - 3) 決不遷就自己
 - 4) 克服引誘、
 - 5) 反省

第六步 應付衝動/保持節制

STEP 6 Coping with urges/To control



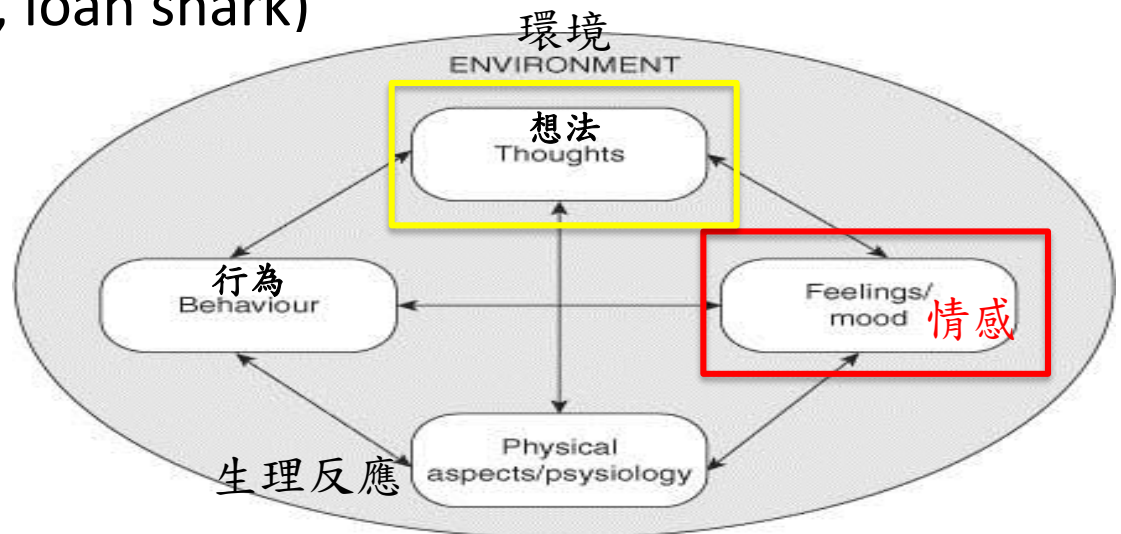
$$V = \frac{A}{1 + kD}$$

第六步 應付衝動/保持節制

STEP 6 Coping with urges/To control

- 刪除所有有關賭博或遊戲網站的連結 (Stop all links and access to gambling or gaming sites)
- 想像一下失敗和負債的感覺 (Think of the feeling of failure and debts)
- 想像一下被停學，警察拘留，因債務及高利貸而無法正常生活 (Think of the fear of being suspended from school, police, debts, loan shark)

Padesky's 5-aspect model



第六步 應付衝動/保持節制

STEP 6 Coping with urges/To control

- 停一停，深呼吸一口氣，專注並尋找替代方案 (Take a deep breath and concentrate on replacement)
- 嘗試持續運動鍛煉，工作/學習或其他項目 (continue to exercise, job/study or other projects)
- 尋找處理財務問題的方法 (Think of ways to managing financial problems) ***
- 提醒自己有關積極的自我和道德價值觀 誠實，正直，善良和愛 (Remind yourself of positive self and moral values, e.g. Honesty, integrity, kindness and love)

第七步 應付內疚

STEP 7 Coping with Guilt

- 內疚可以幫助你作出改變 Guilt can help you change
- 承認自己在賭博/遊戲中犯了錯誤，並傷害了自己和身邊的他人 Admit that you have made mistakes in gambling/gaming, hurting yourself and others
- 嘗試使用解難的方法，鍛煉你的前額葉來做出決定（在遊戲或賭博時，你的「中腦」(midbrain)正在主導控制中) Try to use problem solving, exercise your forebrain to make decisions (when gaming or gambling, your midbrain was in control)

第七步 應付內疚

STEP 7 Coping with Guilt

- 感到抱歉並作出修改 (Feel sorry and make amendments)
- 制定放棄賭博和遊戲的計劃 (set a plan to give up gambling and gaming)
- 讓家人鬆一口氣以，安頓下來並恢復常規 (To give family relief and settle back to routine)
- 不要再賭博/遊戲 (Don't gamble/gaming again)

第八步 打破羞愧

STEP 8 SHREDDING SHAME

- 惡性的羞恥心是一種維持嚴重賭博和遊戲的情緒
惡性的羞恥會利用「妄念，成為追逐夢想的借口」
(Toxic Shame is an emotion that maintains severe gambling and gaming using Distortions like “wishful thinking; chasing the dream..”)
- 利用認知行為方法來挑戰並轉化那些惡性和扭曲的羞恥思維 (Cognitive behavioral methods are needed to challenge those SHAMEFUL thoughts and distortions)

第八步 打破羞愧

STEP 8 SHREDDING SHAME cont'd

- 誘導出一種意識，接受自己意識
「你不是一個壞人，只是你的賭博/遊戲行為會令你很糟糕」 (Induce awareness, accept self "you are not a bad person but your gambling/gaming are bad")
- 承認錯誤並重建積極的想法以進行補償 (Admit mistakes and reconstruct positive thoughts to make reparations.)
- 放棄賭博和遊戲 (Give up gambling and games)

CONCLUSION

Healthy new lifestyle, NO GAMBLING OR GAMING 自拔自救

衣 IMPROVE SELF APPEARANCE, ASSERTION & SELF ESTEEM

Assert yourself, be proud of what you have achieved.

Engage in exercises or sports you enjoy.

At least __30__ minutes every day. 每天至少做 __30__ 分鐘你喜歡的運動

Do not Engage in either gambling nor gaming ***

不賭博，不打機***

Make new friends through sports.

藉參與運動交友

食 Take Healthy and well balanced diet

Don't get distracted by your cell phone while you eat.

不好邊用膳邊用手機

Interact with your family at meal times.

用膳時與家人溝通

Neither binge nor impulsive eating.

忌暴飲暴食

住 ENRICHED ENVIRONMENT

Families provide a warm, loving, forgiving environment Give support and listen to each other.

Sufficient sleep

足夠睡眠

Reduce deficits; enhance strength

固本培元

Cherish what you have; don't linger over what you have lost

珍惜現有，勿左縈迴右拂過去所有

行 Practise Moral values and behavior

Honesty, integrity, responsibility

行為道德：誠懇、廉正、負責

Be helpful to each other in the community

Fostered by an appropriate sense of guilt and get rid of shame

要有羞耻之心才懂道德

A prospective sense of well-being

守道德可調整好個人內心

Self Regulate

自制力

CONCLUSIONS

- For parents, counsellors and teachers
- Induce a warm, caring, moral working environment, advise healthy living styles to cope with gaming & gambling problems
- 給家長和教師的提示：
- 在家或學校或工作環境內，要用平和及寬容的心態，創造個溫和愛護的環境，好能培育合道德的言行。這一來同時可以改造和控制賭博或打機等壞習慣

WHAT IS MORAL & HEALTHY LIVING



Eat an apple a day and have healthy diet



Be Responsible to self



CONTROLLED Gaming and NO gambling



Walk a mile a day, sleeps well



Do your work well



You feel on top of world



Be honest in your daily living



Help others



This a wise & successful Being