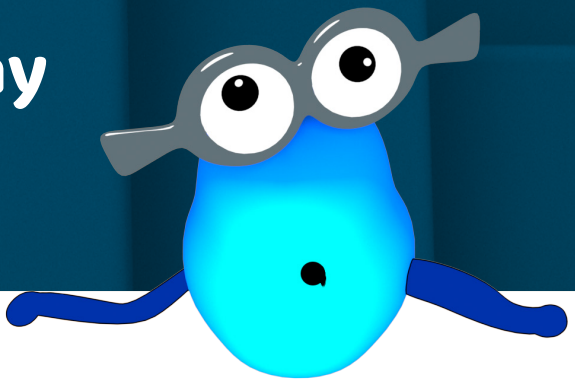
Responsible Gameplay

Mobile games

As at 22 July 2021



When might gameplay be a problem

If you, a friend or a family member has concerns about your relationship with video games, please take a moment to ask yourself the below questions. While this list of questions is not meant to be comprehensive, or serve as a medical or psychological diagnostic test, answering yes to one or more of the following questions may help you identify the need to set limits, take a break from video games, and/or seek help from a trusted professional.

- Is your gameplay interfering with your work?
- Is your gameplay negatively impacting your home life?
- Have you lost interest in hobbies and activities you previously enjoyed, preferring to play video games instead?
- Do you find it difficult to limit the amount of time you spend playing video games?
- Have you ever felt sad or remorseful after playing a video game?
- Does playing video games decrease your ambition or efficiency?
- Do you ever spend more money on video games than you can afford?
- Do you lie about or hide how much time or money you spend playing video games?
- Do your real life problems and challenges create an urge to play video games?
- Have you ever considered harming yourself as a result of your gameplay?