

Addiction Behaviour can be a Mental Disorder among Children and Adolescents

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EDITORIAL

Behavioral addictions are a relatively new idea in the field of psychiatry. It wasn't until 2010 that the phrase "behavioural addictions" was included to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition's formal classification of psychiatric illnesses. Gambling, which is usually associated with adults, has become increasingly popular among teenagers. Despite the fact that technological advancements have made information and communication more accessible, excessive use of the Internet and cell phones can lead to a variety of mental and physical health problems. During childhood and adolescence, gambling disorders, gaming disorders, Internet use disorder, and excessive smartphone use are all common. Should excessive and troublesome non-substance use behaviours be classified as mental disorders? Gambling disorder was relegated to the substance use disorders section of the

Diagnostic and Statistical Manual of Mental Disorders (DSM-5) in the fifth edition, and Internet gaming disorder was added to the research appendix; the International Classification of Diseases (ICD-11) is also considering it.

This article discusses the advantages and disadvantages of treating behavioural addictions as mental diseases, as well as the DSM-5 decision-making procedures. Gambling problem, Internet gaming disorder (IGD), and Internet addiction are the three illnesses addressed (IA). We go through assessment methodologies and prevalence rates, as well as psychiatric comorbidities, demographics, and biological risk factors. We also touch on other ostensibly behavioural addictions, such as eating/food, sex, exercise, shopping, and tanning. Overall, the evidence is equivocal, and additional research is needed to completely identify and analyse these illnesses before designating them mental disorders.

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