

Parents' Perspectives on Lifestyle Changes among Video Game-Addicted Teenagers Attending the Child Psychiatric Clinic at Colombo South Teaching Hospital, Sri Lanka

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Video game addiction among teenagers is a growing concern worldwide, with potential consequences on various aspects of their lives. This study explores the viewpoints of parents whose teenagers are undergoing treatment for video game addiction at the Child Psychiatric Clinic of the Colombo South Teaching Hospital (CSTH), Sri Lanka. A descriptive cross-sectional study with a qualitative component was carried out to investigate the parents' perspectives on lifestyle changes among video game-addicted teenagers attending the Child Psychiatric Clinic, CSTH. A purposive sampling technique was used to select the study participants and an in-depth interview method was used to collect data. Data saturation was achieved after twelve in-depth interviews. Interviews were transcribed and analysis was carried out with the thematic analysis method. The findings revealed several prominent issues observed by parents, categorized under three key themes: physical, psychological, and social-relationship changes. Opting for unhealthy snacks and fast food, neglecting balanced meals, refusing physical activities, and decreasing physical growth were found as the main physical changes observed by the parents. Sleep deprivation, daytime napping, changes in their mental status, and refusing studies were reported as psychological changes. Social isolation and decreasing social interpersonal bonds were also emphasized as parents reported a tendency among addicted teenagers to isolate themselves and to prefer spending extended periods alone, immersed in video games. The parents' perspectives highlighted the multifaceted influences of video game addiction on teenagers encompassing physical, psychological and social dimensions. These findings underscore the importance of recognizing video game addiction as a complex issue and the need for comprehensive interventions. Hence it is recommended to implement a structured daily routine that balances gaming with physical activity, social interaction, and educational tasks while actively involving affected teenagers in setting and adhering to the given guidelines for healthier lifestyles.

Keywords: *video game addiction, parents' perspectives, lifestyle changes, teenagers*