INTRODUCTION

FACTORS FAVORING THE RISK OF ADDICTION TO VIDEO GAMES
- Access to the Internet
- New digital devices, increasingly cheap
- Lack of parental control
- COVID-19 lockdown

OBJECTIVE
To discover the addiction to videogames among Spanish university students during the first wave of the COVID-19 pandemic.

Secondary objectives
a) To determine whether such addiction is related to socio-demographic factors, or addictions to social media and/or toxic substances.
b) To check whether a problem of incidence exists in the university context and, should that be the case, to suggest that the university authorities create prevention and assistance programs.

METHOD
310 students
69.9% women
30.1% men
23.7% average age

TOOLS
GASA ASSIST ARS

RESULTS (RISK OF ADDICTION)

<table>
<thead>
<tr>
<th>Tool</th>
<th>Risk of Addiction</th>
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<tbody>
<tr>
<td>Social networks</td>
<td>16.6%</td>
</tr>
<tr>
<td>Alcohol</td>
<td>36.2%</td>
</tr>
<tr>
<td>Tobacco</td>
<td>33.2%</td>
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<tr>
<td>Cannabis</td>
<td>22.9%</td>
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<tr>
<td>Sedatives without a doctor's prescription</td>
<td>10.3%</td>
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CONCLUSIONS
Men: Greater likelihood of becoming addicted to video games
Toxic substances: No connection to video game addiction.

The educational world must develop and apply different digital literacy strategies that allow students to face the dangers involved in an excessive consumption of digital technologies and media.