



REPUBLIC OF SLOVENIA
MINISTRY OF HEALTH
PUBLIC HEALTH DIRECTORATE

Challenges in Slovenia: Preventing and Addressing Digital Addictions

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TSI project „Online gaming and gambling“
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Co-funded
by the European Union



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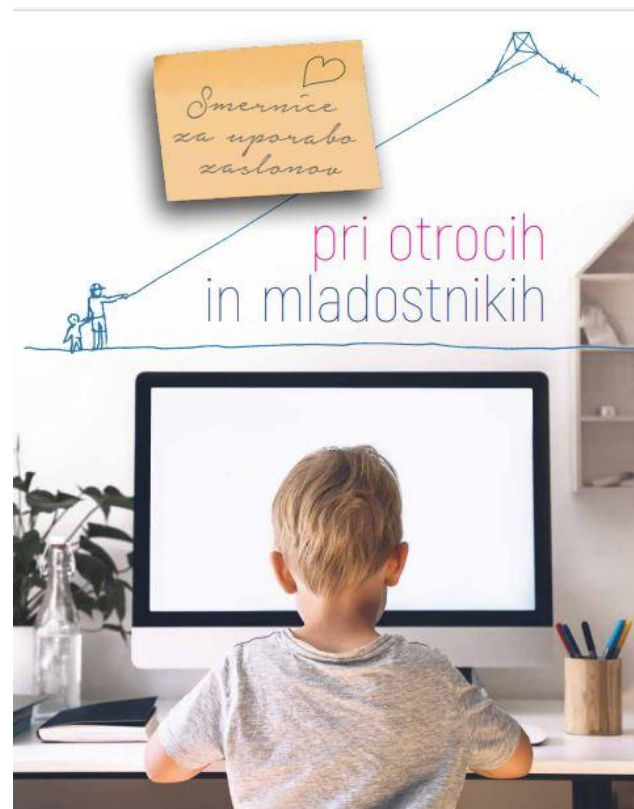
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Co-funded and implemented
by the Council of Europe

1. Situation in Slovenia
2. Some research data
3. Existing measures
4. Ongoing activities
5. Challenges nad TSI project activities



Research data

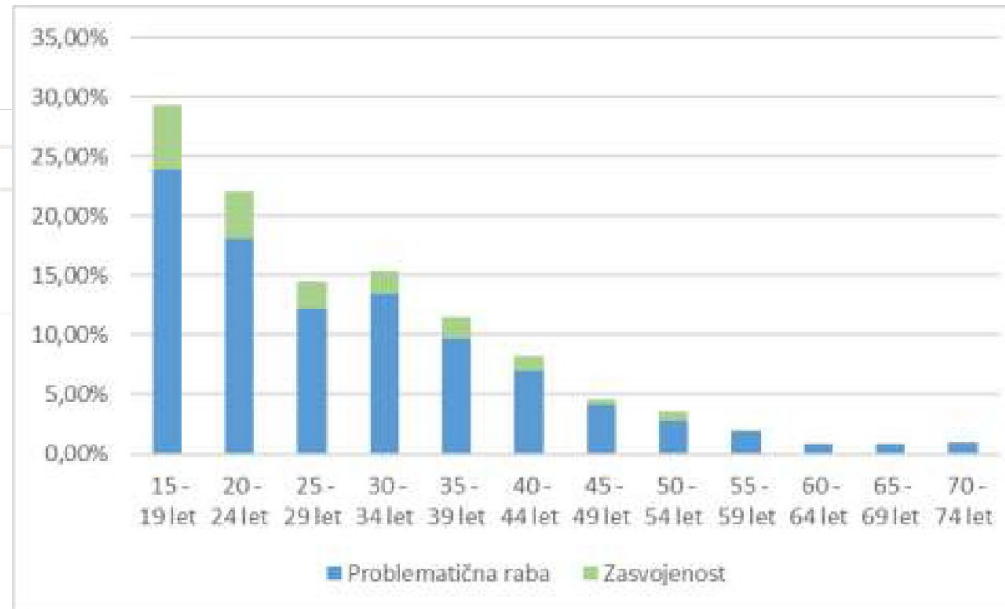
- We have data on prevalence among adolescents and adults
- Involved in international research projects
 - HBSC - adolescents
 - ESPAD - adolescents
- National research Alcohol, Tobacco and other drugs, which include also digital behaviour and gambling, age 15-74 years
- We lack of evaluation studies regarding the preventive and treatment programme





Current situation in Slovenia

- Problematic internet use: 8,2% report symptoms, 1,5% show addiction criteria. Mostly among younger age groups (15-19).



Graph: Internet use - The problematic use and addiction symptoms (National institute for public health, 2024)

Video gaming

- Daily gaming: 24,1 % of adult population (15-74 years) engaged in video gaming □ great differences between sex: 29,9 % men, 18,0 % women (ATADD, 2024)
- 65 % play video games in the 15-19 age group, after 30 years strongly decreasing
- Men engage in video gaming 7 hours or more, more than 30 hours/week 6,8 % men and 2,9 % women
- 7 % 15-19 years play more than 30 hours/week, and 16,7 % of 20-24 years
- Video gaming disorder □ only 0,4 % in general report addiction symptoms (Gaming disorder test, Pontes et al. 2021), among 15-19 years and 20-24 years around 1,0%
- HBSC, 2023: 23.5% adolescents game daily, 57% exceed 2–3 hours/day.

Gambling

- 15.8 % men and 6.0 % among women (average 11,1 % of population 15-74 years) engaged in gambling (ATADD, 2024)
- age groups: among 15-19 5,9 %, 20-24 years 11,5 %, highest rates among 30-34 years 15,9 %;
- Differences regarding the types of gambling: most played are lottery (80 %, more women), sports betting 19,5 %, mostly men (25.7 % of men), slot machine games 6 % (more men), lottery tickets 16,6 % (more women), card gambling 7 %, gambling within video games 2,9 %; other less
- Sport betting: 57 % among 15-19 years and 48,7 % 20-24 years

Strategies and legislation

- Digital addictions and problematic use is included in the **Strategy of mental health 2018-2028** more general goals, targeting all non-substance behaviours
- No special targets regarding videogaming and online gambling
- 2 action plans: 1st 2022/23, 2nd 2025-2028
- Gambling legislation is under the Ministry of finance,
- online gambling included in 2014, only linked to concession holders, no special obligations
- video games are also not specifically regulated





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Prevention

- No general prevention program, some **media information**
- **Preventive Guidelines on the use of screens for children and adolescents** adopted in 2021 by Medical chambers of Slovenia, pediatricians, national public health institute and others
- **National expert conference** each year in November, foreign lecturers and good practice, 250 part
- some school activities, children and parents
- Ministry of health support **5 programs of NGO**, around 300.000 eur / year:
 - Logout
 - Young hazarder
 - Healthy game
 - Familija

KJK PREDAVANJE ZA STARŠE
Kamniška Javna Agencija za varstvo zdravja

PREDAVATELJ
MIHA KRAMLJ

Zasvojenost s tehnologijo

Spoznajte več o zasvojenosti s spletom, socialnimi omrežji, računalniškimi igrami itd.

sreda, 27. 3. 2024

17:00

JEDILNICA ŠOLE

Vljudno vabljeni!

Foto: Uroš Kobovar
Vir: <https://radio.ogljive.si/5/200/odlaga/27074/miha-kramli-est-boli-delamo-kar-je-fajn-in-ne-kar-je-prejeto>

Treatment

- **Youth treatment center Rakitna** □ in-hospital programme for children and adolescents 12-19 years, special programme for digital excessive use and addiction, cooperation with NGO Logouty
- **Psychiatric hospital Idrija** □ in-hospital program for adults, specialized program for non-substance addictions, mostly gambling, pornography, excessive shopping etc.
- **Center for addiction treatment** □ 1 center Nova Gorica is working with gamblers and digital addictions, adults, out-patient treatment
- **Centers for mental health** □ general mental health issues, out-patient treatment, regional, primary care
CDZOM centers for children and adolescents □ 20 established centers,
CDZO Centers for adults □ 19 centers,
- Also **some NGOs** are dealing with treatment



Ongoing activities

- **Action plan of Strategy of mental health for 2025-2028** □ in preparation, including some measures regarding digital addictions
- **Research project** regarding the analysis and evaluation of intervention of digital and non-substance addictions □ ongoing till 2026
- New research project regarding the digital addictions in education system □ to be, 2025-2027
- **Education and training and support of the professionals** in health system, education and social workers □ cofinanced by Ministry of health, within Recovery and resilience plan mechanism, duration 2024-2026, around 300 professionals involved
- **Cofinancing programmes of NGO** regarding prevention and intervention programme for children, adolescents and youth □ new public call, from 2025-2027

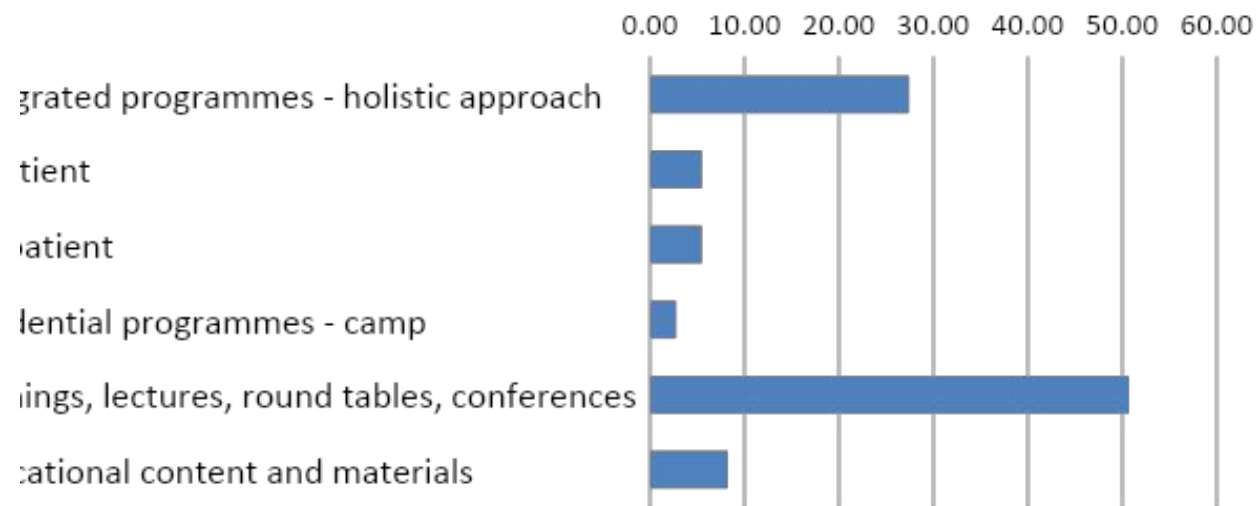


Existing intervention

- **Analysis of existing programmes and interventions** □ research, data from web pages, reports from national bodies and short questionnaire (National public health institute, 2024)
- identified 71 different activities/interventions from 22 different organisations □ 1 public health institution, 7 health centers and 14 NGOs
- Mostly address use of digital devices – 60% (43), general digital addictions 29 % (21) and gambling 11 % (8) interventions
- Mostly preventive intervention 62 %, treatment 36 %, reintegration just 1 %
- Some gaps in regional coverage

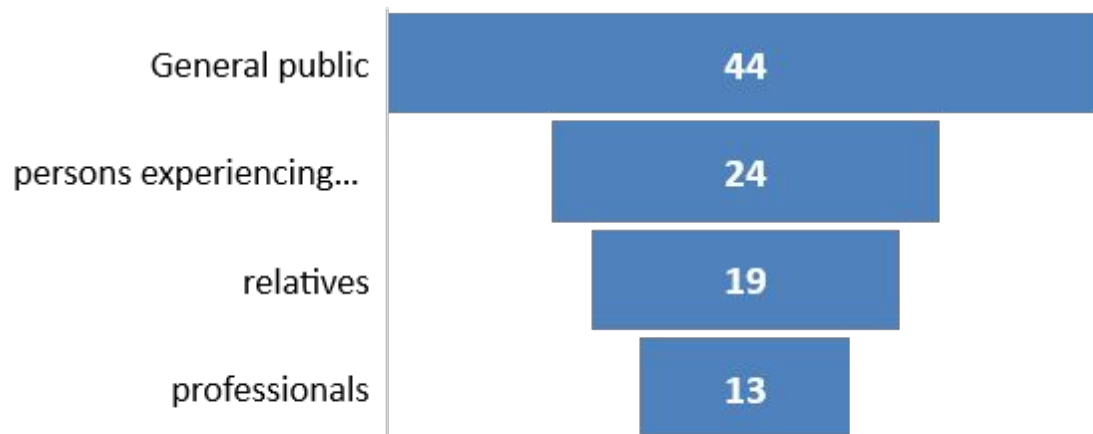
Existing intervention

Form of intervention (%)



Target groups

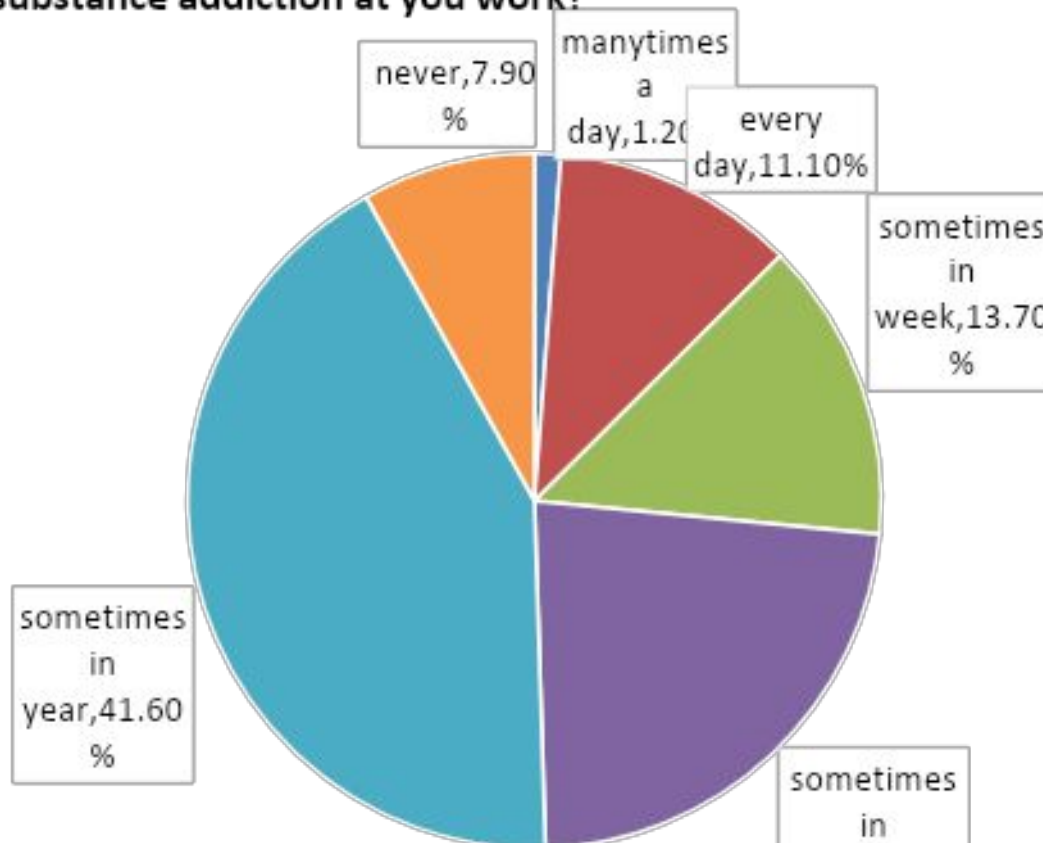
(1 intervention more target groups)



Needs of professionals

- **Analysis regarding education about the digital addiction (Logout, 2024)**
small research, N = 313, health, education, social care professionals
(not exactly dealing with non-substance addictions)

How often you meet person with some problem behaviour of non-substance addiction at you work?

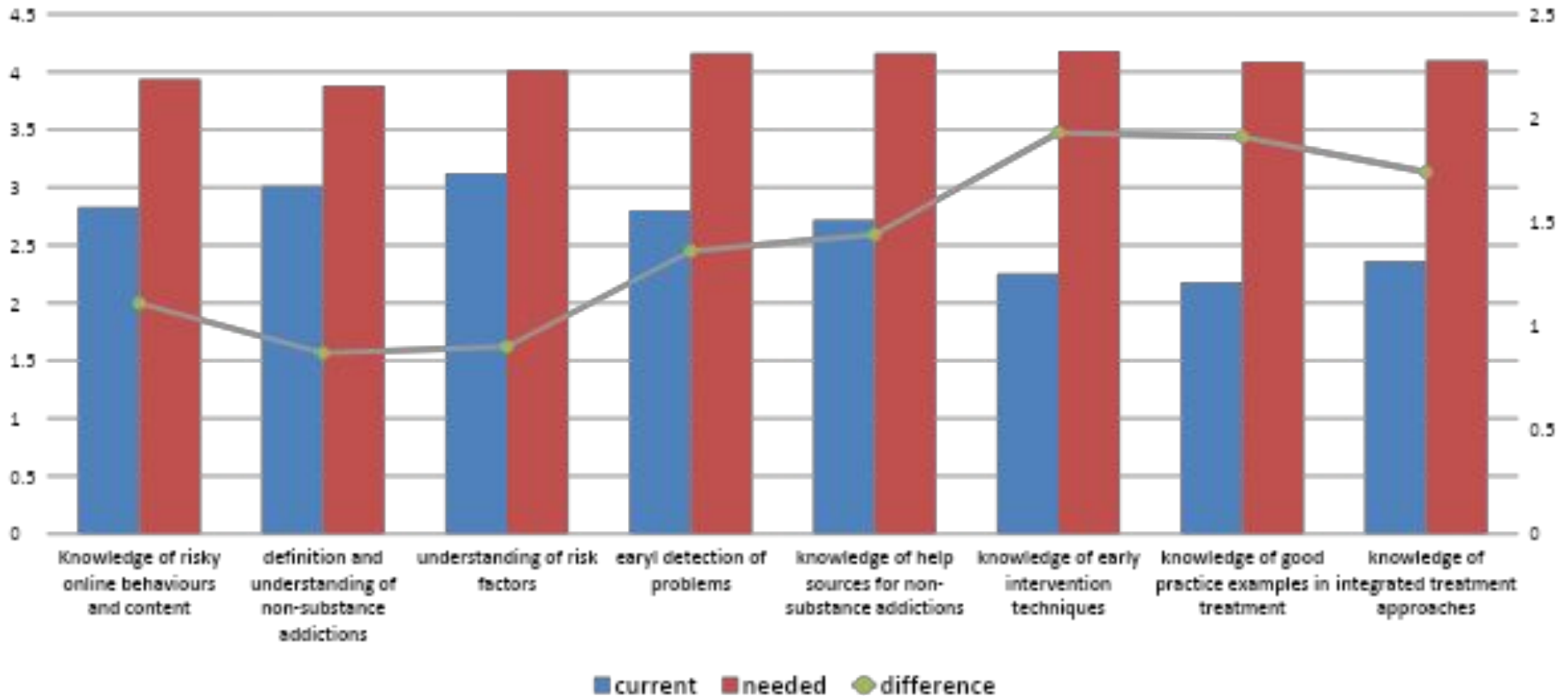




Needs of professionals

- Assessment of knowledge □ current knowledge mostly under 3 □ difference for needed knowledge for 1 rate higher (around 4)
- mostly they lack the knowledge of early interventions and good practice examples

Assessment of existing and required knowledge among professionals (1= very small, 5= very much)





TSI planned activities

Policy:

- Strategical level □ to follow recommendations and good practice from other countries and exchange our experience
- Exchange regarding the legislation, specially for online gambling

Interventions:

- Gather more knowledge and information about the prevention and treatment programs for dealing with video gaming and gambling – specially for online
- Exchange of good practices among countries
- to encourage the development of future programmes in line with the recommendations and guidelines from the TSI project

Media:

- Preparation for broader media activities and awareness media campaign: video, social media, posters, leaflets

Stakeholders

- invited institutions planned to be involved in TSI project on national level

Public bodies	Prevention and Treatment	NGOs:
Ministry of health, Directorate for public health and Sector for mental health	Centers for mental health of children and adolescents CDZOM	Logout, Center Šteker, Zavod etnika, Društvo familija, Zdrava igra
National Public Health Institute	Center for addiction Nova Gorica CPZOPD	
Clinical institute for work, sport and traffic medicine	Youth treatment center Digital Detox program	Other
Ministry of education	Psychiatric hospital Idrija	Psychology Department, University of Maribor
Ministry of labour, family, social affairs and equal opportunities	Health center for primary care - pediatrician	Faculty of social sciences
Ministry of finance		RTV National radio Tv Slovenija
Institute for education		Single experts and researcher
Ministry of Digital Transformation		

Challenges

CHALLENGES REGARDING DIGITAL ADDICTION

FAMILY, NORMS

Knowledge, family rules,
support

STRATEGY

Complex, multisectorial,
mental health

EARLY DETECTION

Questionnaires,
competences of experts,
systematic approach

PREVENTION

Evidence based, school
programs, universal, NGO

LEGISLATION

Efficient, systematic,
multisectorial, surveillance

INTERVENTION

Health services, mental
health centers, out-patient
programs, NGO and help
sources

TREATMENT

In-hospital programmes,
health insurance, age
and target group specific,
rehabilitation



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Thank you for your attention

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