



MEET THE TEAM

CMA Vice President – Professor Wayne Warburton

Dr Wayne Warburton is a Professor of developmental psychology at Macquarie University and is also a registered psychologist. His publications in scientific journals and books are primarily on topics around aggressive behaviour, the impacts of media (especially on children and teens), and screen overuse and addiction. He is co-author of the book [Growing Up Fast and Furious](#), and of several statements by international panels of experts, including the [International Society for Research on Aggression Statement on Media Violence](#) and [Statement on Risk Factors for Youth Violence](#), the Society for Psychological Study of Social Issues [Research Summary on Media Violence](#), the American Psychological Association's report of the [Taskforce on the Sexualisation of Popular Music](#), and the world experts' [Statement on Video Game Violence](#) used in the US Supreme Court case of California vs. Entertainment Merchants. His work and his RES@T-A program (www.resataus.com.au) were the subject of a touching *Australian Story* on the ABC that followed two wonderful teen boys with a screen disorder through the program (March 6, 2023; <https://iview.abc.net.au/video/NC2302Q002S00>). He has won more than 25 awards for his scholarship and teaching, including four from the Australian Psychological Society, and most recently the 2018 Distinguished Scientific Contribution to Media Psychology and Technology Award from the American Psychological Association.



Wayne has been a member of CMA for nearly 20 years, has been a Board member since 2019 and Vice President since 2020.

What does CMA mean to Wayne?

I am passionate about parents and professionals who work with children having science-based advice, free from vested interests and disinformation. There is a lot of unhelpful noise about how children negotiate the digital world. CMA is an Australian organisation for Australian families that cuts through the noise and prides itself on providing clear, evidence-based information for parents, as well as services that help Australian families to make good decisions about media use (such as their movie review service). As a developmental psychologist I am impressed by the degree to which CMA are committed to helping parents help young people to use digital media in a way that allows them to get the most developmental benefit, and to avoid potential developmental pitfalls.

Selected recent publications

Coyne, S. M., **Warburton, W. A.**, Swit, C., Stockdale, L., & Dyer, J. (2023). Who is most at risk for developing physical aggression after playing violent video games? An individual differences perspective from early adolescence to emerging adulthood? *Journal of Youth and Adolescence*, 52(4), 719-733. <https://doi.org/10.1007/s10964-023-01739-0>.

Warburton, W. A., Parkes, S., & Sweller, N. (2022). Internet Gaming Disorder: Evidence for a risk and resilience approach. *International Journal of Environmental Research and Public Health*, 19, 5587. <https://doi.org/10.3390/ijerph19095587>.

Warburton, W. A., & Highfield, K. (2022). Children thriving and learning in a digital world. In R. Grace, J. Bowes, & C. Woodrow (Eds.), *Children, families and communities: Contexts and consequences* (6th ed., pp. 129-141). Oxford University Press.

Warburton, W. A., & Anderson, C. A. (2022). Children, Impact of media on. In L. Kurtz [Ed.] *Encyclopedia of Violence, Peace and Conflict* (Vol. 4)(pp. 195-208). <https://dx.doi.org/10.1016/B978-0-12-820195-4.00026-1>. Elsevier, Academic Press.

Samra, A., **Warburton, W. A.**, & Collins, A. (2022). Social comparison: A mechanism linking problematic social media use with depression. *Journal of Behavioral Addictions*, 11(2), 607-614. <https://doi.org/10.1556/2006.2022.00023>.

Bernstein, S., **Warburton, W. A.**, Bussey, K., & Sweller, N. (2022). Mind the Gap: Young Adulthood and the Hazard of Internet Pornography. *Sexuality Research and Social Policy*, 20, 599-613. <https://doi.org/10.1007/s13178-022-00698-8>.

Bernstein, S., **Warburton, W. A.**, Bussey, K., & Sweller, N. (2022). Pressure, preoccupation and porn: The relationship between internet pornography, gendered attitudes and sexual coercion in young adults. *Psychology of Popular Media*, 12(2), 159–172. <https://doi.org/10.1037/ppm0000393>.

Marshall, B., **Warburton, W.**, & Kangas, M. (2022). Internet Gaming Disorder (IGD) in children: Clinical treatment insights. *Annals of Case Reports*, 7(2), 816. <https://doi.org/10.29011/2574-7754.100816>.

Wright, C. L., Branch, R., Ey, L., Hopper, K. M., & **Warburton, W.** (2022). Popular music media literacy: A pilot study. *Journal of Media Literacy Education*, 14(3), 29-38. <https://doi.org/10.23860/JMLE-2022-14-3-3>.

Bernstein, S., **Warburton, W. A.**, Bussey, K., & Sweller, N. (2022). Beyond the screen: Violence and aggression towards women within an excepted online space. *Sexes*, 3, 78-96. <https://doi.org/10.3390/sexes3010007>.

Handsley, E., & **Warburton, W. A.** (2022). Material likely to harm or disturb them: Testing the alignment between film and game classification decisions and psychological research evidence. *Psychiatry, Psychology and Law*, 29(1), 68-92. <https://doi.org/10.1080/13218719.2021.1904446>.

Warburton, W. A. (2021). Should internet addiction and gaming addiction be categorized as disorders? In V. Strasburger [Ed.]. *Masters of media: Controversies and solutions* (pp. 43-58). Rowman & Littlefield.

Warburton, W. A. & Tam, P. (2019). *Untangling the weird, wired web of Gaming Disorder and its classification*. HealthEd Expert Monograph 43. Sydney: HealthEd. Available at: <https://www.healthed.com.au/wp-content/uploads/2019/09/043-Tam-Warburton-Gaming-Disorder-Final.pdf>

Bernstein, S., **Warburton, W. A.**, Bussey, K., & Sweller, N. (2021). "Rule 34: If it exists, there is porn of it..." Insights into the content choices, viewing reasons and attitudinal impact of internet pornography among young adults. *Sexual Health and Compulsivity*, 28(1-2), 1-28. <https://doi.org/10.1080/26929953.2021.1986763>.

Coyne, S.M., Davis, E. J., **Warburton, W. A.**, Stockdale, L., Abba, I., & Busby, D. M. (2021). Mirror, mirror on the Wall: The effect of listening to body positive music on implicit and explicit body esteem. *Psychology of Popular Media*, 10(1), 2-13. <https://doi.org/10.1037/ppm0000273>

Coyne, S. M., Stockdale, L. A., **Warburton, W. A.**, Gentile, D. A., Yang, C., & Merrill, B. M. (2020). Pathological video game use from adolescence to emerging adulthood: A six-year longitudinal study of trajectories, predictors and outcomes. *Developmental Psychology*. 56(7), 1385-1396. DOI: [10.1037/dev0000939](https://doi.org/10.1037/dev0000939)

Wright, C. L., Carpentier, F. D., Ey, L-A., Hall, C., Hopper, K. M., & **Warburton, W. A.** (2019). Popular-music media literacy: Recommendations for the education curriculum. *Policy Insights from the Behavioral and Brain Sciences*, 6(2), 186–193. <https://doi.org/10.1177/2372732219858631>.

Coyne, S. M., **Warburton, W. A.**, Essig, L. W., & Stockdale, L. A. (2018). Violent video games, externalizing behavior, and prosocial behavior: A five-year longitudinal study during adolescence. *Developmental Psychology*, 54, 1868-1880. DOI: 10.1037/dev0000574.

Selected recent awards and achievements

- 2023, March 6: Featured in *Australian Story* – the story focused on my journey to become a research psychologist through life adversity and my RES@T-A program for teens with problem gaming. It followed two teenage boys from before to after the program, documenting their life-changing experience.
- 2022: Elected incoming President, International Society for Research on Aggression (first President from outside North America and Europe).
- 2022: Co-founder and inaugural director, [Australian Gaming and Screens Alliance](#), a new body of Australia's leading researchers and clinicians in the field of screen disorders.
- 2018: "Distinguished Scientific Contribution to Media Psychology and Technology Award" from the American Psychological Association (very proud to be the first Australian to win this lifetime achievement award).
- 2018: NSW Parents Council Award for "Excellence in Research to Promote Positive Mental Wellbeing in Youth".