Health in eSports Survey

Introduction

Block Options

Q37

**The following survey will ask questions on  health and experiences in your time in eSports as part of the fulfillment of a \*\*\*\*\*\*\*\*\*\*\* with the department of \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*at \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*. Questions are broken up into four blocks, and will take 10 minutes to complete.**

*All answers will remain completely anonymous. The following is completely optional, and if at any point you do not want to answer, you may exit and leave the survey. By completing the survey, you agree all information may be used in data analysis for acadmic purposes only.*  
  
For any questions, you may email me at anonymous@anonymous.anonymous  
Thank you for your participation!

Daily Routine

Block Options

Q1

On a normal day, how many hours are spent:

*  Practicing eSports
*  Sleeping
*  Exercising

Q12

Write the time of day you do each of the following:

|  |  |
| --- | --- |
| Go to Bed |  |
| Wake Up |  |
| Begin Training |  |

Q14

Select how many days during the week you train...

|  |  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| In an Average Week |  |  |  |  |  |  |  |  |  |
| In the Off Season |  |  |  |  |  |  |  |  |  |
| Leading up to a Tournament |  |  |  |  |  |  |  |  |  |

Q33

Do you stream when you are gaming?

* All the Time
* Most of the Time
* Sometimes
* Rarely
* Never

Q30

What do you think is the biggest health issue eSports players face?

Physical Health

Block Options

Q18

How true or false are the following statements for you?

|  |  |  | Definitely True | Mostly True | Don't Know | Mostly False | Definitely False |
| --- | --- | --- | --- | --- | --- | --- | --- |
| I seem to get sick easier than other people |  |  |  |  |  |  |  |
| I am as healthy as anybody I know |  |  |  |  |  |  |  |
| I expect my health to get worse |  |  |  |  |  |  |  |
| My Health is excellent |  |  |  |  |  |  |  |

Q21

Select any of the following you've experienced during or after playing eSports

|  |  |  |  |
| --- | --- | --- | --- |
|  | Hand Pain |  | Eye Fatigue |
|  | Wrist Pain |  | General Fatigue/Drowsiness |
|  | Back Pain |  | Dehydration |
|  | Neck Pain |  | Other |

Q19

How much body pain have you felt in the past related to eSports?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| None | Mild | Moderate | Severe | Very Severe |
|  |  |  |  |  |

Q22

Have you ever received help for physical health related to eSports?

* Yes
* No

|  |  |  |
| --- | --- | --- |
|  | Display This Question:  If Have you ever received help for physical health related to eSports? Yes Is Selected |  |

Q42

Explain the help received.

Psychological Health

Block Options

Q25

In the past month, select how often you've felt the following statements:

|  |  |  | Never | Almost Never | Sometimes | Fairly Often | Often |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Confident in your abilities to handle your personal problems |  |  |  |  |  |  |  |
| You were unable to control things that happened in your life |  |  |  |  |  |  |  |
| You have felt nervous or stressed |  |  |  |  |  |  |  |
| You felt things were going your way |  |  |  |  |  |  |  |
| You were angered by things that happened outside of your control |  |  |  |  |  |  |  |
| Difficulties were piling up so high that you could not overcome them |  |  |  |  |  |  |  |
| Have been upset because of something that happened unexpectedly |  |  |  |  |  |  |  |
| You have been able to control irritations in your life |  |  |  |  |  |  |  |
| You were on top of things |  |  |  |  |  |  |  |
| You were unable to cope with the things you had to do |  |  |  |  |  |  |  |

Q26

During the past month how often have you felt the following ways:

|  |  |  | Never | Once a Week | 2-3 Times a Week | Almost Every Day | Every Day |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Happy |  |  |  |  |  |  |  |
| Satisfied with Life |  |  |  |  |  |  |  |
| You belonged to a community |  |  |  |  |  |  |  |
| That you had something important to contribute to your team |  |  |  |  |  |  |  |
| Good at managing the daily responsibilities of your life |  |  |  |  |  |  |  |
| You had trusting relationships with your teammates |  |  |  |  |  |  |  |
| Confident to express your own ideas and opinions |  |  |  |  |  |  |  |
| You felt a sense of purpose in your daily life |  |  |  |  |  |  |  |
| Interested in Life |  |  |  |  |  |  |  |
| You belonged to a community |  |  |  |  |  |  |  |
| Experiences pushed you and challenged you to grow |  |  |  |  |  |  |  |

Q36

What factors contribute to your motivation to participate in eSports?

Q37

Select the level of stress you feel from each group  (1 being little to no stress , 7 being constant stress)

|  |  |  | 1- Little to no Stress | 2 | 3 | 4 | 5 | 6 | 7- Constant Stress |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Family |  |  |  |  |  |  |  |  |  |
| Friends |  |  |  |  |  |  |  |  |  |
| Self |  |  |  |  |  |  |  |  |  |
| Coaches |  |  |  |  |  |  |  |  |  |
| Teammates |  |  |  |  |  |  |  |  |  |
| Spectators |  |  |  |  |  |  |  |  |  |

Q39

Rank the level of support you receive from each of the following groups (1 being little to no support, 7 being constant support)

|  |  |  | 1- Little to No Support | 2 | 3 | 4 | 5 | 6 | 7- Constant Support |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Family |  |  |  |  |  |  |  |  |  |
| Friends |  |  |  |  |  |  |  |  |  |
| Self |  |  |  |  |  |  |  |  |  |
| Coaches |  |  |  |  |  |  |  |  |  |
| Teammates |  |  |  |  |  |  |  |  |  |
| Spectators |  |  |  |  |  |  |  |  |  |

Q38

Select any of the following you've experienced relating to eSports.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Anxiety |  | Other |
|  | Panic Attacks |  | None of the Above |
|  | Depression |  |  |

Q34

Have you received psychological help related to eSports?

* Yes
* No

|  |  |  |
| --- | --- | --- |
|  | Display This Question:  If Have you received psychological help related to eSports? Yes Is Selected |  |

Q35

Please explain the help you received:

General Information

Block Options

Q31

Write down the highest level of eSports competitions you've participated in:



Q10

You identify as:

* Male
* Female
* Click to write Choice 5
* Not Listed:



* Prefer not to Say

Q12

How old are you?



Q11

Which Region do you most often compete in?

* North America
* Europe
* Asia
* South America
* Pacific Islands/Australia
* Africa/Middle East

Q28

What type of games do you play competitively?

|  |  |  |  |
| --- | --- | --- | --- |
|  | FPS |  | Mobile |
|  | MOBA |  | Strategy |
|  | Cards |  | Racing |
|  | Sports |  | Other |

Q31

Would you be interested in a follow up interview?

* Yes
* No

|  |  |  |
| --- | --- | --- |
|  | Display This Question:  If Would you be interested in a follow up interview? Yes Is Selected |  |

Q32

Please share your e-mail or Discord, and I will reach out to you with further information. Thank you!

