



More than a Game? How Gamers Feel, Think and Play

Based on a global gaming survey | Draft v2

This site explores the relationship between gaming behavior and mental well-being, using data from thousands of gamers across different playstyles, regions, and age groups.

Median Hours / Week
20

Median Anxiety Score (0-21)
4

Median Life Satisfaction (0-35)
20

Survey report exploring the mental health landscape that has risen, getting this under a number amount of emotional distress. However, this suggests life satisfaction score and behavior anxiety playstyle indicate a potentially complex relationship between well-being and gaming habits – one that may vary by playstyle, age, or identity.

25% of Heavy Gamers experience High Anxiety

1 Are Some Ways of Playing Worse for Your Mental Health?

Bar chart showing frequency of anxiety by playstyle. Legend: Social (blue), Solitary (green), Competitive (red), Casual (purple), Hardcore (orange).

Playstyle	Frequency of Anxiety (n=212)
Solo - Solitary	22.5%
Singleplayer	22.5%
Ranked/Competitive	21.5%
Other	20.5%
Friends & Family	15.5%
Social Group	14.5%

Solo playstyle & competitive modes = higher anxiety
Gamers who primarily play solo or competitively report elevated anxiety (avg. 5.4/21).
Ranked/High comp = more anxiety
Anxiety reports vary by playstyle, suggesting that the most, getting this under a number amount of emotional distress. However, this suggests life satisfaction score and behavior anxiety playstyle indicate a potentially complex relationship between well-being and gaming habits – one that may vary by playstyle, age, or identity.
Playstyle: The social context, not just hours played, seems to affect emotional strain the most.

2 Is There a Link Between Playstyle, Time, and Anxiety?

Scatter plot showing frequency of anxiety by playstyle and time. Legend: Social (blue), Solitary (green), Competitive (red), Casual (purple), Hardcore (orange).

1 Gamers who play longer hours tend to report higher median anxiety regardless of their playstyle.
2 Anxiety levels rise most noticeably after 30-40 hours/week, with Ranked/Competitive and Solo/Solitary players showing the steepest climb.
3 In contrast, social group and friends & family gamers maintain lower, more stable anxiety levels across time.
4 Hardcore, high-pressure or ranked play seems more emotionally taxing, with social hours of gaming appearing to be linked to lower emotional outcomes.

3 Does Low Life Satisfaction Go Hand-in-Hand with High Anxiety?

Heatmap showing frequency of anxiety by playstyle and life satisfaction. Legend: Social (blue), Solitary (green), Competitive (red), Casual (purple), Hardcore (orange).

1 As observed in the Heatmap on the left, lower life satisfaction often overlaps with higher anxiety – especially among Solo or Competitive gamers.
2 Across the 0-35 life satisfaction range, Solo and Ranked/Competitive players often show a relatively higher concentration of gamers, with anxiety rates reaching over 40% in some clusters.
3 In contrast, social playstyle (Friends, Family, or group) tend to be more evenly distributed – with many reporting higher life satisfaction (20-30) and lower anxiety levels across the board.
4 The heatmap suggests reporting a cluster of low life satisfaction & high anxiety more common in more emotional or solo, while social gaming may help buffer against life satisfaction and related anxiety.

4 Gamers Who Play Together, Stay Happier?

Bar chart showing frequency of anxiety by playstyle and life satisfaction. Legend: Social (blue), Solitary (green), Competitive (red), Casual (purple), Hardcore (orange).

1 Gamers who play socially report the highest life satisfaction, while those who play solo or with strangers are more likely to report low satisfaction. This suggests that it's not just how much you game – but who you play with – that impacts mental well-being.

5 Do Regional Differences Shape the Mental Health of Gamers?

Text block explaining regional differences in mental health.

Across most regional individual habits and playstyle, the most visible shifts have to do with playstyle and culture – suggesting that a gamer's location could potentially influence their emotional well-being.

6 Where in the World Do Gamers Feel the Most Anxiety?

World map showing frequency of anxiety by region. Legend: Social (blue), Solitary (green), Competitive (red), Casual (purple), Hardcore (orange).

1 Anxiety levels vary significantly across regions, with some countries showing noticeably higher percentages of gamers reporting high anxiety – such as the Philippines (38%), Russia (32.5%), and Argentina (30.5%).
2 These differences may reflect cultural norms, social health awareness, or common gaming habits in each country.
3 Additionally, countries like the United States and South America, where the overall gaming population is much larger, may show more balanced or diluted anxiety percentages – highlighting how population size can influence statistical results.
4 In short, where you live – and how many gamers live with you – can meaningfully shape how gaming affects mental well-being.

1 Highlights 1 in 4 gamers experience high anxiety, with the majority report moderate or low levels.

2 Identifies regions to explore how anxiety levels vary across global regions.

3 Anxiety, around 17.5% of gamers report high anxiety.

4 Also (26.4%) and Africa (26.4%) show notably elevated rates, followed by South America (26.4%).

5 Europe (26.4%), Russia (27.7%), and North America (26.4%) trend slightly lower.

6 This representation reveals significant of all cancer – anxiety isn't evenly distributed. Factors like cultural practices, mental health awareness, and gaming environments may all influence how gamers experience emotional strain.

Regional Breakdown: Who Reports Higher Anxiety?

Donut chart showing frequency of anxiety by region. Legend: Social (blue), Solitary (green), Competitive (red), Casual (purple), Hardcore (orange).

1 Region Group: 26.4%

2 Anxiety: 17.5%

7 So... Does Gaming Affect Mental Health?

Text block explaining the relationship between gaming and mental health.

This analysis reveals that while most gamers report moderate well-being, certain patterns do raise flags.
Solo and Ranked/Competitive playstyles are consistently linked to higher anxiety.
Extended gaming hours (especially 30+ hours/week) show a clear upward trend in anxiety levels.
Regional disparities – with higher anxiety in Asia, Africa, and South America – suggest that cultural, economic, and social factors play a major role too.
3 These findings highlight the potential for targeted support – from offering stress-management resources to promoting digital well-being.
4 Whether it's competitive pressure, social isolation, or regional concerns, understanding how different games feel is key to improving digital well-being worldwide.

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Source: "The Gaming & Anxiety Survey"
Survey by: Digital Wellbeing | contact@digitalwellbeing.com | <https://www.digitalwellbeing.com>