

Video Game Demand Scale (VGDS) data

Description:

The Video Game Demand Scale was developed by Bowman, et al. (2018). The Germany version was developed by Koban and Bowman (2021). The data consisted of N = 560 participants (M = 24.83 years, SD = 4.38, range: 18–63 years) with n = 137 identifying themselves as female (24.5%), n = 404 as male (72.1%), and n = 19 who decided not to specify their biological sex (3.4%). Players were recruited at a mid-sized German university via a campus-wide email invitation.

Format:

The original VGDS consisted of 26 items loading onto five factors: cognitive, emotional, physical (broken into controller demands and physical exertion), and social demands. Items were answered on a 7-point Likert scale (1 = strongly disagree, 7 = strongly agree), in response to the participants most recent gaming experience.

Description of the 26-item scale:

Cognitive (COG)

- **COG1** – The game was cognitively demanding.
 - **COG2** – I had to think very hard when playing the game.
 - **COG3** – The game required a lot of mental gymnastics.
 - **COG4** – This game doesn't require a lot of mental effort.
 - **COG5** – The game made me draw on all of my mental resources.
 - **COG6** – The mental challenges in this game had an impact on how I played.
 - **COG7** – The game really stimulated my brain.
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Emotional (EMOT)

- **EMOT1** – The game tugged at my heartstrings.
 - **EMOT2** – The game gave me the feels.
 - **EMOT3** – I was moved by the game.
 - **EMOT4** – I had a strong emotional bond with the game content.
 - **EMOT5** – I had a lot of unexpected feelings during gameplay.
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Control (CON) (*Assumed as a control-related physical dimension*)

- **CON1** – The controls were very natural to me.
- **CON2** – The game's controls were like second nature to me.
- **CON3** – The game controls were easy to handle for me.

- **CON4** – The game controls tripped me up.
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Physical (PHY)

- **PHY1** – I was physically exhausted after playing.
 - **PHY2** – I felt strained after playing.
 - **PHY3** – My body felt drained after gameplay.
 - **PHY4** – The game was physically demanding.
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Social (SOC)

- **SOC1** – Socializing was an important part of playing this game.
- **SOC2** – While playing, I was aware of others in the game.
- **SOC3** – I was compelled to interact with others in the game.
- **SOC4** – I felt obligated to others, while playing.
- **SOC5** – Being around others in the game had an impact on how I played.
- **SOC6** – This game was socially demanding.

The data were retrieved from <https://osf.io/x5jch> on Aug 7, 2025. The datafile contains 560 participants from Germany and 660 participants from U.S. (indicated by GROUP variable).

References

Bowman, N. D., Wasserman, J., & Banks, J. (2018). Development of the video game demand scale. In *Video games* (pp. 208-233). Routledge.

Koban, K., & Bowman, N. D. (2021). Further validation and cross-cultural replication of the video game demand scale. *Journal of Media Psychology: Theories, Methods, and Applications*, 33(1), 39-48. <https://doi.org/10.1027/1864-1105/a000280>