**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.

**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.

**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.

**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.

**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](https://osf.io/x5jch%20on%20Aug%207), 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