Title	Summary	Who are our gamers	Question Answer Averages	Hours vs. Questions	Age/Gender/Work Status	Game/Platform vs. Totals	What is Most Important	Why do you play	Insight

Mental Health and Gamers

What are the warning signs?..

Dataset : https://www.kaggle.com/datasets/divyansh22/online-g..

Story 1

Title	Summary	Who are our gamers	Question Answer Averages	Hours vs. Questions	Age/Gender/Work Status	Game/Platform vs. Totals	What is Most Important	Why do you play	Insight

Problem Summary:
Center for Open Science sent out a survey to over 13,000 gamers through various means, mainly Reddit, to see if there are any trends to help curate more mental health help for gamers in the next year.
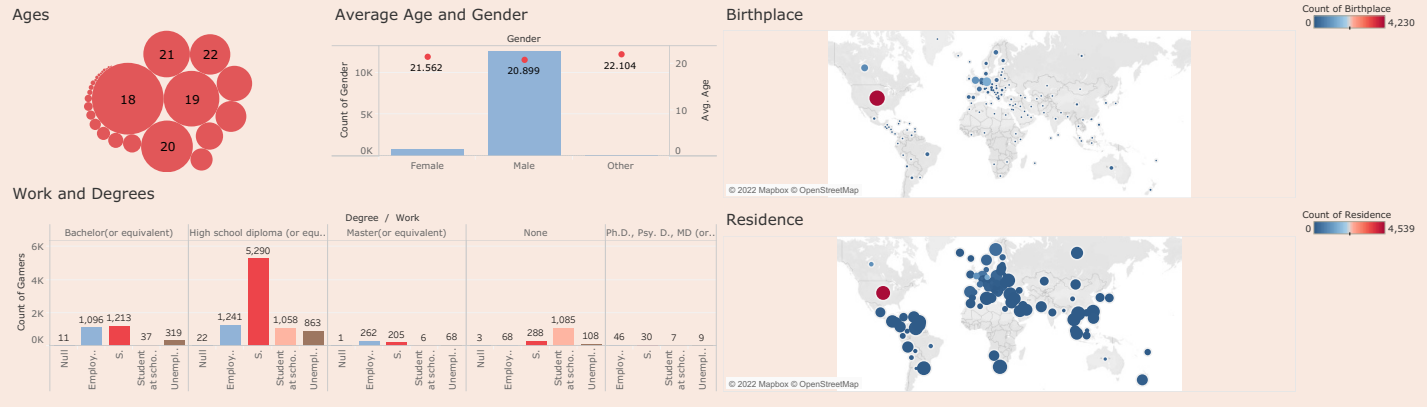
Executive Summary:
Several trends have become apparent, most notably in hours spent playing and/or consuming gaming content. Other trends are also seen in age, the platform the game is played on, why they play, and whats most important to them about playing.

Story 1

The demographic for the gamers who took the survey is not surprising, but important. The most common age is 18, however this is not the average. The average for females is 21.56, male is 20.89, and those who identify as other is 22.10. As suspected, there are more men than women. These gamers are mostly college kids who are in their first 4 years or are continuing college after their bachelor, but also employed with a highschool diploma or bachelor. We have gamers who are born and live all over the world, but most are born and/or live in the United States.

Ages

Average Age and Gender

Female: 21.562 Male: 20.899 Other: 22.104

Birthplace

Count of Birthplace 0 — 4,230

© 2022 Mapbox © OpenStreetMap

Work and Degrees

Degree / Work

	Bachelor(or equivalent)	High school diploma (or equ..)	Master(or equivalent)	None	Ph.D., Psy. D., MD (or..)
Null	11	22	1	3	
Employ..	1,096	1,241	262	68	46
S..	1,213	5,290	205	288	30
Student at scho..	37	1,058	6	1,085	7
Unempl..	319	863	68	108	9

Residence

Count of Residence 0 — 4,539

© 2022 Mapbox © OpenStreetMap

Story 1

These are the averages for each catagory of questions; General Anxiety (GAD), Satisfaction With Life (SWL), and Social Phobias (SPIN). These catagories will always been in this order for the rest of the presentation.

Low average scores for General Anxiety and Social phobia is good. There are some questions that rank higher though. Gamers seem to have issues with "Worrying too much about different things" in GAD and are more likely to "Avoids talking to strangers", "Avoids being the centre of attention", and "Avoids speeches" in SPIN.

GAD Averages

GAD Questions

SWL Averages

SWL Questions

SPIN Averages

SPIN Questions

Title	Summary	Who are our gamers	Question Answer Averages	Hours vs. Questions	Age/Gender/Work Status	Game/Platform vs. Totals	What is Most Important	Why do you play	Insight

At around 35-40 hours*, the graphs go from a consistant line to all over the place. This trend could point to people who play more than 35-40 hours a week are at a higher chance of mental health issues.

* The spike happening at 33 hours is from just one persons answers for ..

These graphs indicate slightly different trends for each question type. For GAD, the cut off point for consistancy is around the 20 hour mark, while SWL is more 25 hours and SPIN is even less at around giver or take 18 hours but doesent get intense till closer to 30 hours.

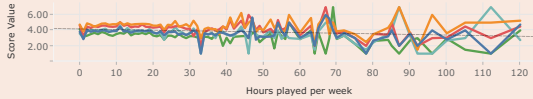Average Hours Playing vs. GAD Questions
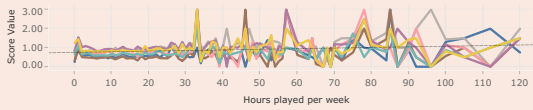
Average Hours Consuming Content vs. GAD Questions

Average Hours Playing vs. SWL Questions

Average Hours Consuming Content vs. SWL Questions

Average Hours Playing vs. SPIN Questions
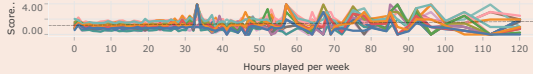
Average Hours Consuming Content vs. SPIN Questions

GAD
- Feeling nervous, anxious, or on edge
- Not being able to stop or control worrying
- Worrying too much about different things
- Trouble relaxing
- Being so restless thats its hard to sit still
- Becoming easily annoyed or irritable
- Feeling afraid as if something awful might happen

SWL
- In most ways, my life is close to my ideal
- The conditions of my life are excellent
- I am satisfied with life
- So far, I have gotten the important things I want in life
- If I could live my life over, I would change almost nothing

SPIN
- Fear of people..
- Avoids being t..
- Distressed by ..
- Bothered by bl..
- Fear of talking..
- Fear of parties..
- Avoids speech..
- Avoids talking ..
- Avoids criticism
- Fear of criticism
- Distressed by ..
- Avoids embarr..
- Fear of others ..
- Distressed by ..
- Fear of embar..
- Avoids parties
- Avoids talking ..

Story 1

The affect age has on scores differs within gender and work statuses. Some genders there seems to be no corralation, where as others there is a trend. This is most likely due to the specific population of gamers surveyed. They could be a trend for female if there were more data collected on them.

Overall, each work status has non-consistant lines after a certain age, but **unemployed / between jobs** seems to have worst. It seems that this work status at most risk for mental health issues after 25.

** Click the drop down menu to change the gender!**

Age, Gender, Work Status vs. Average Totals

Story 1

Note - Most of these games have toxic communities which could affect the mental health of those who interact with those communities for an extended period of time. These communitys are only considered an aspect if you must interact with these communities to play the game. Therefor, Skyrim is not considered toxic. Also, Guilded Wars 2 is reportedly a friendly community. The rest are reported as toxic. This is not the end all be all in the analysis.

Console - Second highest in average GAD and SPIN totals. However has the highest average SWL totals.

Pc - Rankes lowest in all of the totals. ..

Platform

Game, Platform, Hours Playing vs. Average Totals

Platform

GAD Totals: Console (PS, Xbox, …) 5.370, PC 5.193, Smartphone / Tablet 8.045

SWL Totals: Console (PS, Xbox, …) 20.6667, PC 19.8053, Smartphone / Tablet 20.5000

SPIN Totals: Console (PS, Xbox, …) 21.298, PC 19.774, Smartphone / Tablet 26.900

Console (PS, Xbox, ...)

Avg. GAD Totals: Counter Strike 9.500, Starcraft 2 10.500, League of Legends 5.075, Other 5.500, Skyrim 6.000, Destiny 3.714, Hearthsto.. 5.000

Avg. SWL Totals: Counter Strike 14.50, Starcraft 2 19.50, League of Legends 20.58, Other 20.62, Skyrim 21.00, Destiny 22.21, Hearthsto.. 24.00

Avg. SPIN Totals: Counter Strike 45.00, Starcraft 2 16.50, League of Legends 20.38, Other 21.73, Skyrim 13.00, Destiny 19.36, Hearthsto.. 23.00

PC

Avg. GAD Totals: Diablo 3 5.784, Counter Strike 5.109, Heroes of the Storm 5.415, World of Warcraft 5.161, Destiny 2.250, Other 5.355, League of Legends 5.196, Hearthsto.. 5.800, Guild Wars 2 4.270, Starcraft 2 4.618, Skyrim 4.640

Avg. SWL Totals: Diablo 3 18.32, Counter Strike 18.69, Heroes of the Storm 18.76, World of Warcraft 19.10, Destiny 19.25, Other 19.33, League of Legends 19.85, Hearthsto.. 19.89, Guild Wars 2 20.16, Starcraft 2 21.20, Skyrim 21.40

Avg. SPIN Totals: Diablo 3 24.32, Counter Strike 19.32, Heroes of the Storm 21.80, World of Warcraft 21.22, Destiny 10.50, Other 20.29, League of Legends 19.73, Hearthsto.. 18.79, Guild Wars 2 20.22, Starcraft 2 18.24, Skyrim 25.20

Smartphone / Tablet

Avg. Hours pla..: Other 8.917, Hearthsto.. 7.600, League of Legends 6.400

Avg. Hours pla..: Other 17.17, Hearthsto.. 24.20, League of Legends 24.80

Avg. Hours pla..: Other 24.73, Hearthsto.. 28.50, League of Legends 30.40
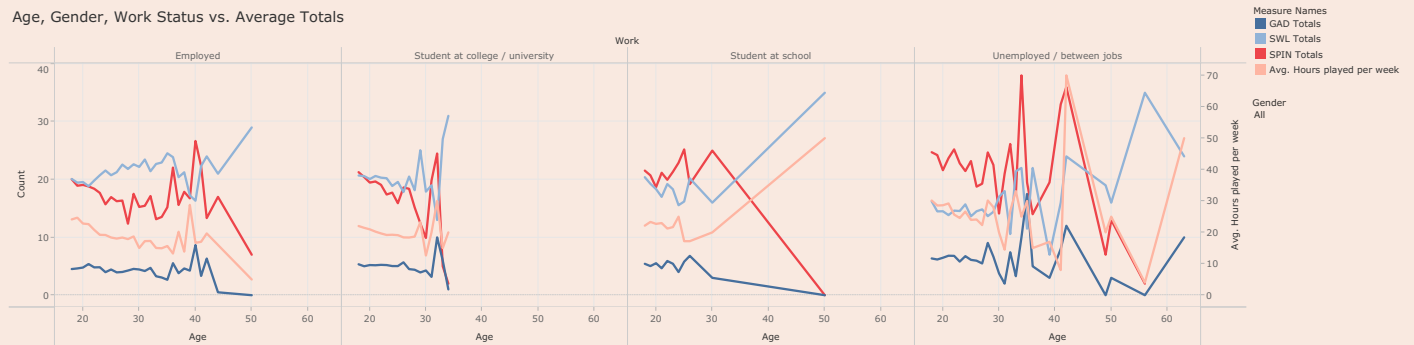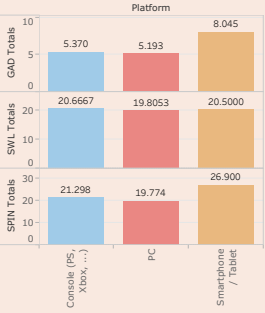
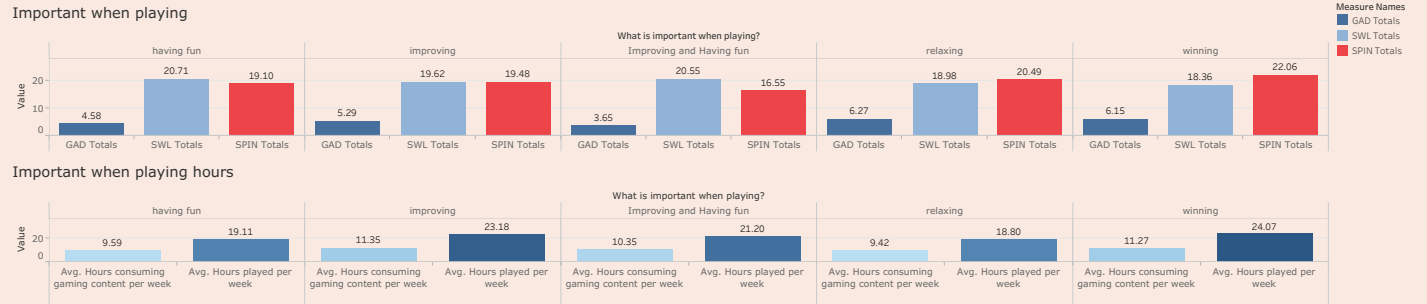| Title	Summary	Who are our gamers	Question Answer Averages	Hours vs. Questions	Age/Gender/Work Status	Game/Platform vs. Totals	What is Most Important	Why do you play	Insight

The order of what is important when playing for the average **GAD** scores are **relaxing** (6.27), **winning** (6.15), **improving** (5.29), **having fun** (4.58) and **improving and having fun** (3.65).

The order of what is important when playing for the average **SWL** scores are **having fun** (20.71), **improving and having fun** (20.55), **improving** (19.62), **relaxing** (18.98) and **winning** (18.36).

The orders of whatis important when playing for the average **SPIN** scores are **winning** (22.06), **relaxing** (20.49), **improving** (19.48), **having fun** (19.10), and **improving and having fun** (16.55).
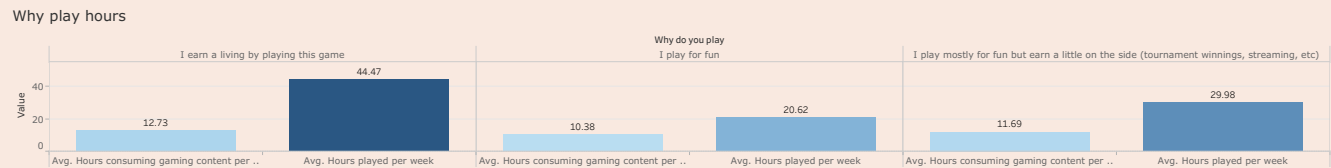
..

Important when playing

Important when playing hours

Story 1

Gamers who **play games for a living** have the highest GAD and SPIN scores, and the lowest SWL scares. They play the most hours and watch the most hours.

Gamers who **play for fun** have a higher SWL score, however rank 2nd for GAD and 1st for SPIN. They play and consume the least hours.

Those who **play for fun and earn money on the side** have the lowest GAD and are in the middle for SWL and SPIN scores. They are in the middle range for playing and watching hours.

Playing for a living is the worst reason to play.

Why play?

Measure Names
- GAD Totals
- SWL Totals
- SPIN Totals

Why do you play

I earn a living by playing this game	I play for fun	I play mostly for fun but earn a little on the side (tournament winnings, streaming, etc)
GAD Totals SWL Totals SPIN Totals	GAD Totals SWL Totals SPIN Totals	GAD Totals SWL Totals SPIN Totals

Why play hours

Why do you play

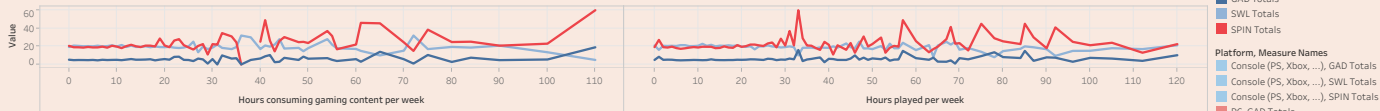| I earn a living by playing this game	I play for fun	I play mostly for fun but earn a little on the side (tournament winnings, streaming, etc)
Avg. Hours consuming gaming content per .. 12.73 — Avg. Hours played per week 44.47	Avg. Hours consuming gaming content per .. 10.38 — Avg. Hours played per week 20.62	Avg. Hours consuming gaming content per .. 11.69 — Avg. Hours played per week 29.98

Story 1

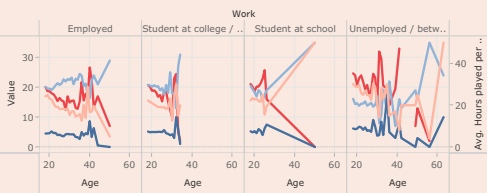| Title	Summary	Who are our gamers	Question Answer Averages	Hours vs. Questions	Age/Gender/Work Status	Game/Platform vs. Totals	What is Most Important	Why do you play	Insight

Through my analysis many possible warning signs have been identified and should be considered when curating a better way to help gamers with their mental health.

Possible warning signs lie within **how many hours gamers are playing games and/or consuming gaming content**. Gamers of **certain ages with certain work statuses** (especually those who are unemployed) should be having more check ins with their doctors to see if they are struggling. People should be warned of the effects **playing games on smartphones/tablet** may have on their general anxiety and social phobia. Those who **play games for a living** should take extra steps in maintaining their mental health.
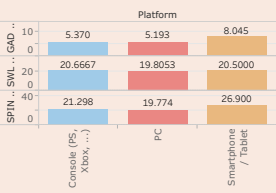
Average Hours Playing/Consuming vs. Average Totals

Measure Names
- GAD Totals
- SWL Totals
- SPIN Totals

Platform, Measure Names
- Console (PS, Xbox, …), GAD Totals
- Console (PS, Xbox, …), SWL Totals
- Console (PS, Xbox, …), SPIN Totals
- PC, GAD Totals
- PC, SWL Totals
- PC, SPIN Totals
- Smartphone / Tablet, GAD Totals
- Smartphone / Tablet, SWL Totals
- Smartphone / Tablet, SPIN Totals

Age/Gender/Work Status vs. Average Totals (Male)

Platform

Platform	GAD	SPIN … SWL …

Console (PS, Xbox, …)	PC	Smartphone / Tablet
5.370	5.193	8.045
20.6667	19.8053	20.5000
21.298	19.774	26.900

Why play?

Why do you play

I earn a living by playing this game			I play for fun			I play mostly for fun but earn a little on the side (tournament winnings, streaming, etc)		
GAD Totals	SWL Totals	SPIN Totals	GAD Totals	SWL Totals	SPIN Totals	GAD Totals	SWL Totals	SPIN Totals
7.16	18.09	20.28	5.11	19.95	19.86	5.64	19.30	18.29