

Gaming and Mental Health

The impact of online video gaming on anxiety, social phobia, and satisfaction with life

Purpose:

Does the amount of time spent gaming per week affect mental health?

Questionnaire

GAD - General Anxiety Disorder

Over the last 2 weeks, how often have you been bothered by the following problems? *

	Not at all	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Not being able to stop or control worrying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Worrying too much about different things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Trouble relaxing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Being so restless that it's hard to sit still	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Becoming easily annoyed or irritable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Feeling afraid as if something awful might happen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Social Phobia Inventory

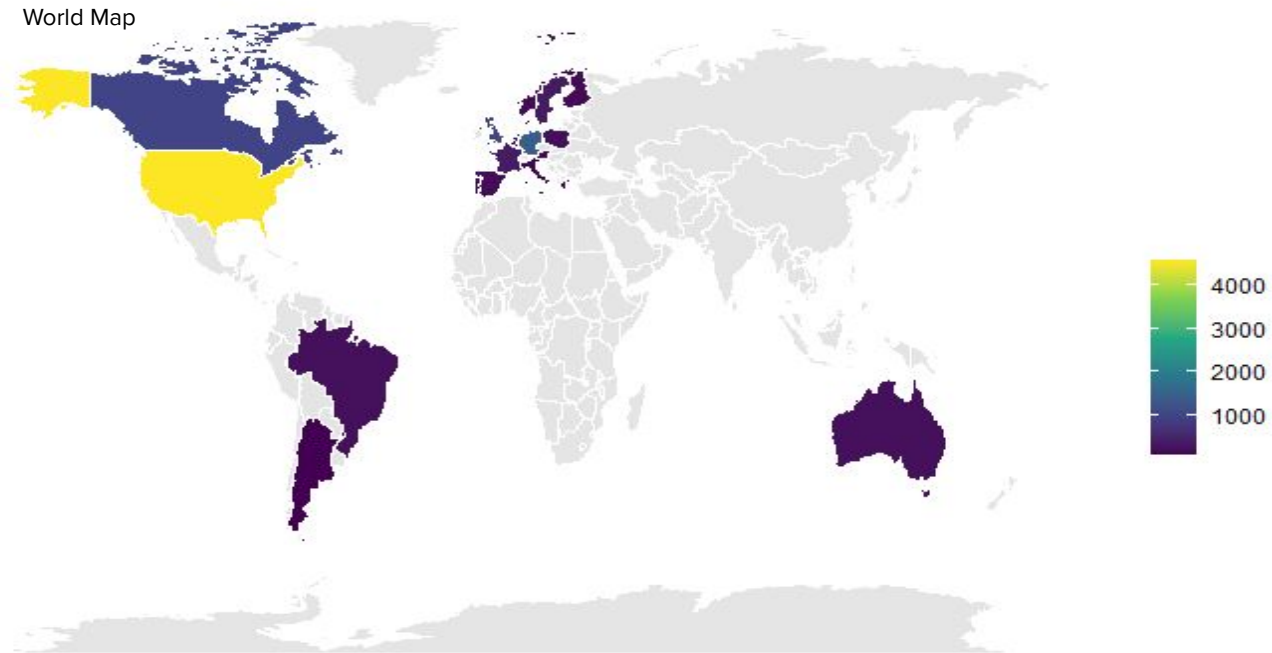
	Not At All	A Little Bit	Somewhat	Very Much	Extremely
1. I am afraid of people in authority.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I am bothered by blushing in front of people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Parties and social events scare me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I avoid talking to people I don't know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Being criticized scares me a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I avoid doing things or speaking to people for fear of embarrassment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Sweating in front of people causes me distress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I avoid going to parties.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I avoid activities in which I am the center of attention.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Talking to strangers scares me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I avoid having to give speeches.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I would do anything to avoid being criticized.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Heart palpitations bother me when I am around people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I am afraid of doing things when people might be watching.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Being embarrassed or looking stupid are among my worst fears.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I avoid speaking to anyone in authority.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Trembling or shaking in front of others is distressing to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SWL - Satisfaction With Life

[illegible]

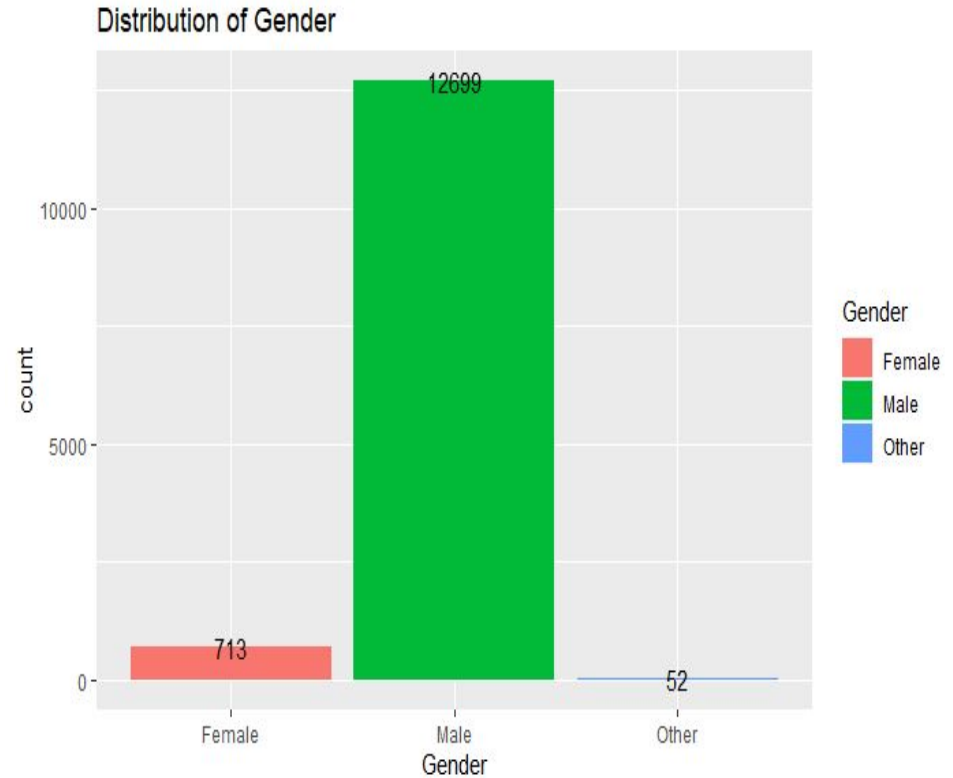
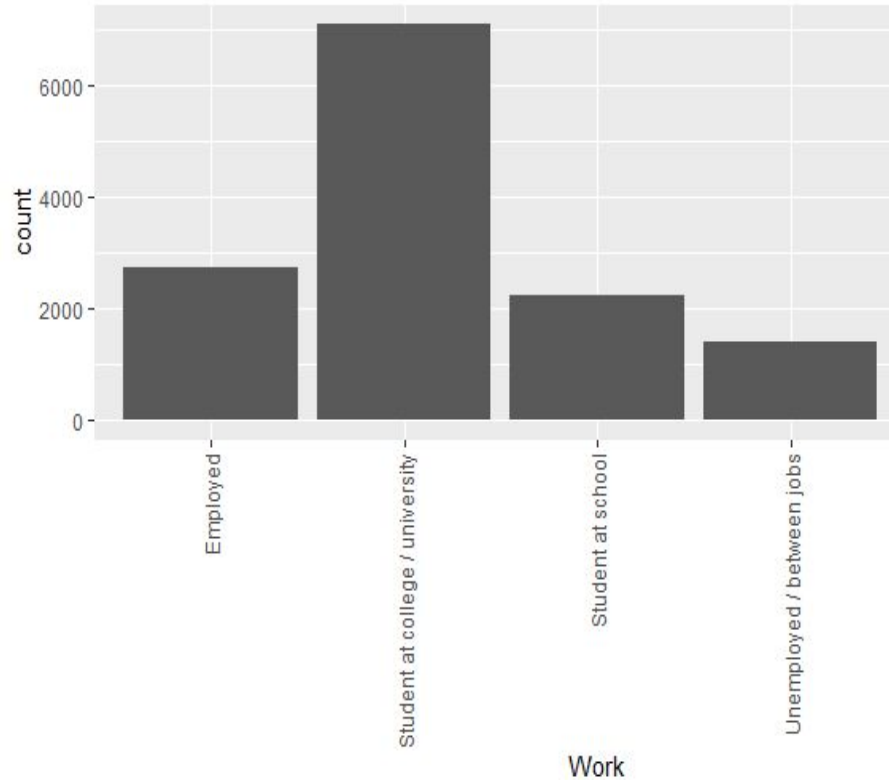
Demographics

Current Residence of Survey Participants as a Heat Map

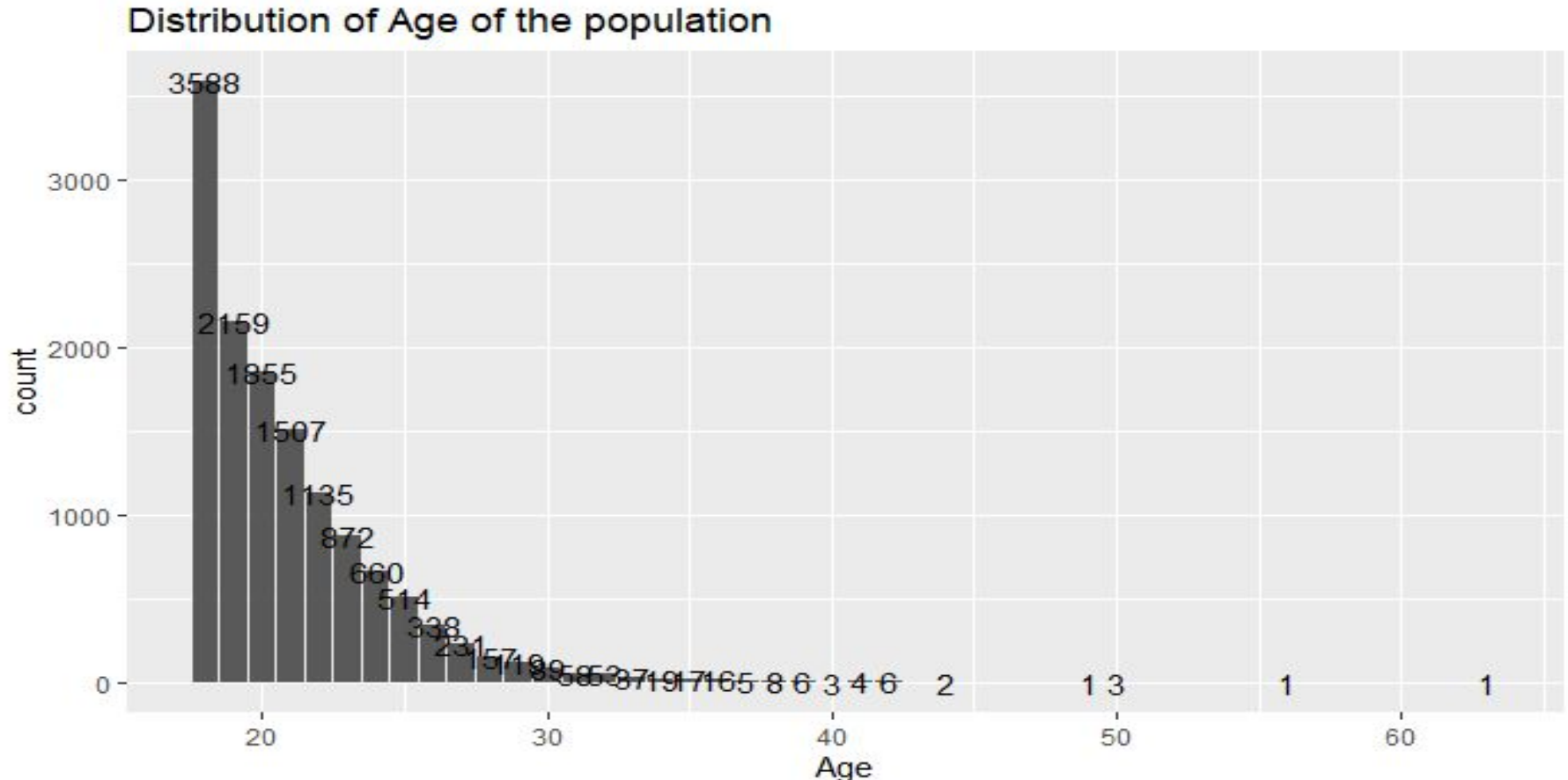


Countries with at least 100 participants

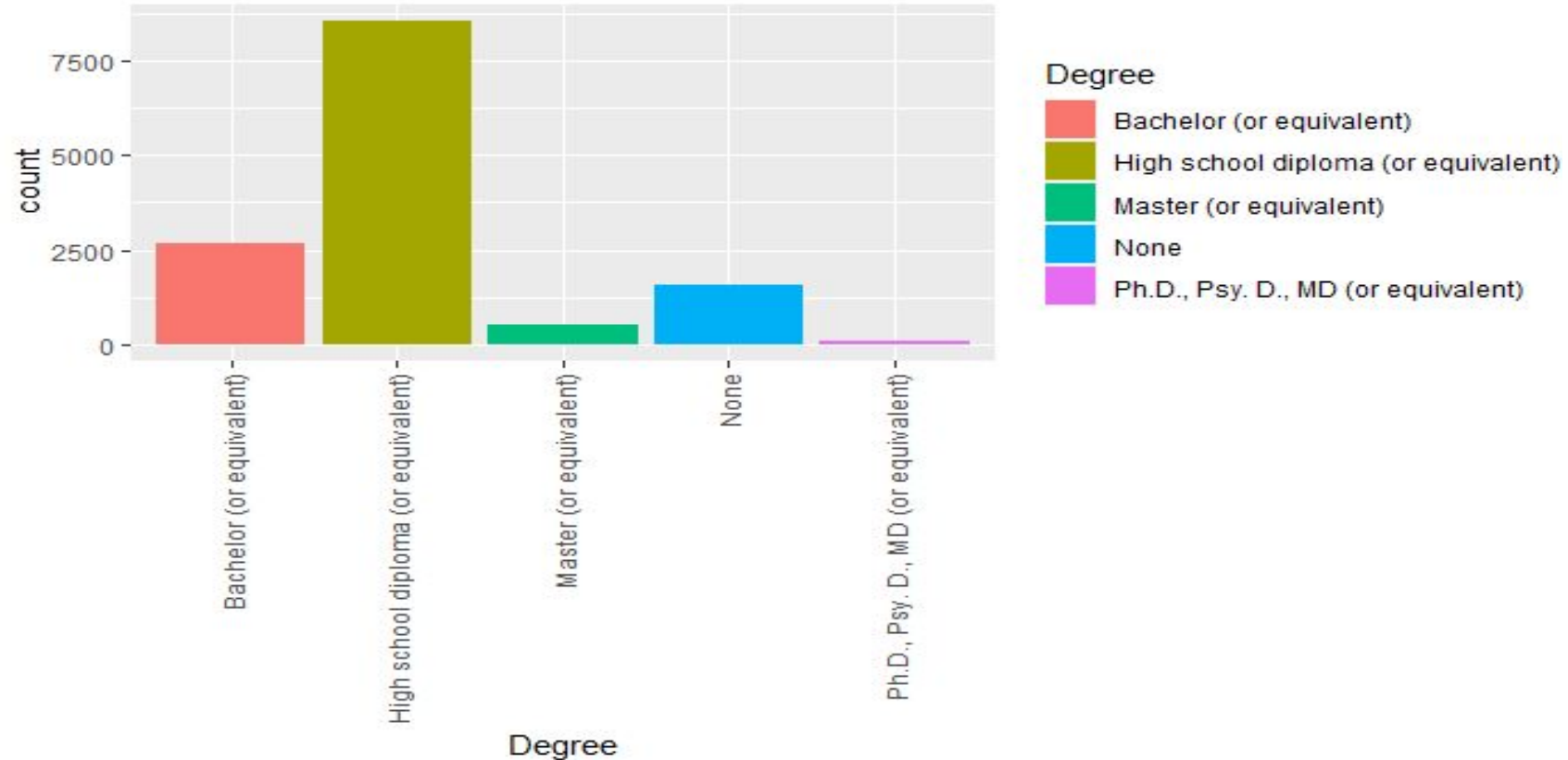
Gender Influence in the Survey



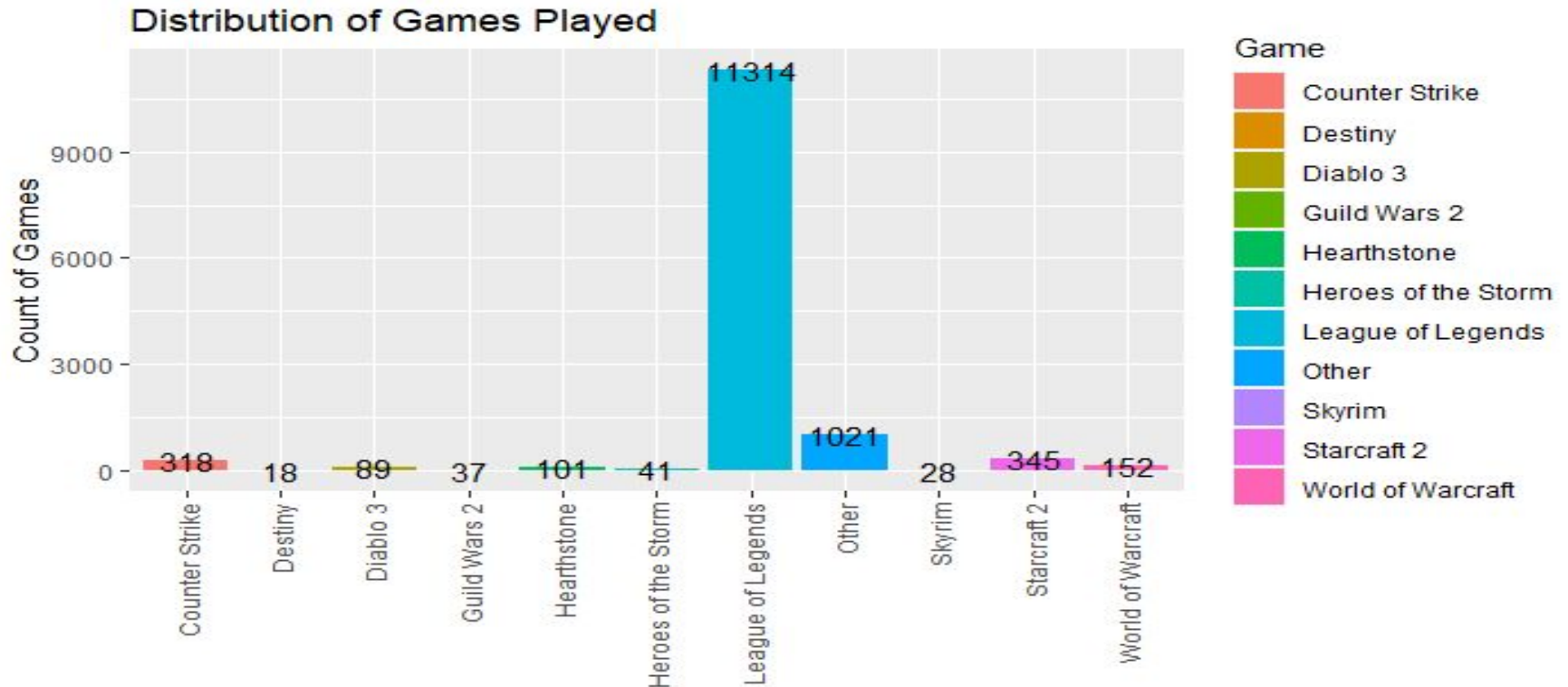
Age Influence in the Survey



Education Level of the Demographics

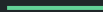


Games Played from Around the World

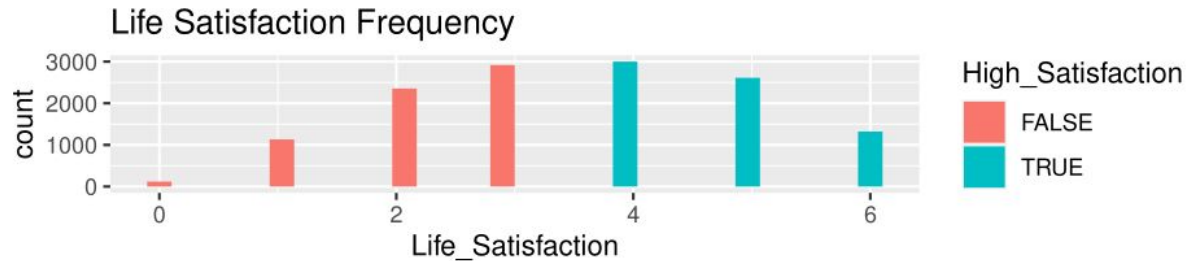
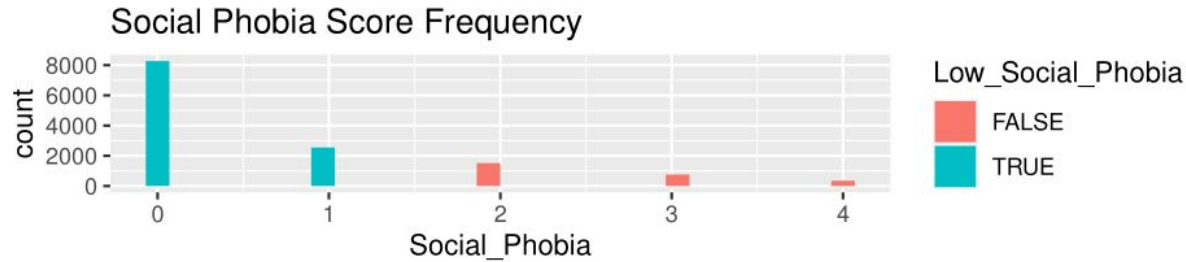
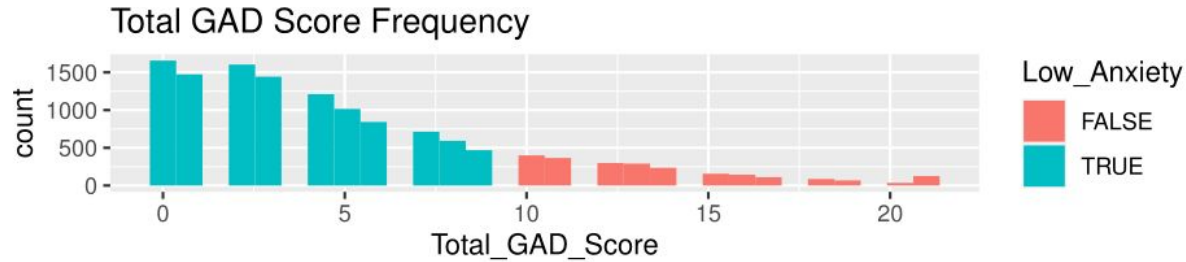


Analysis

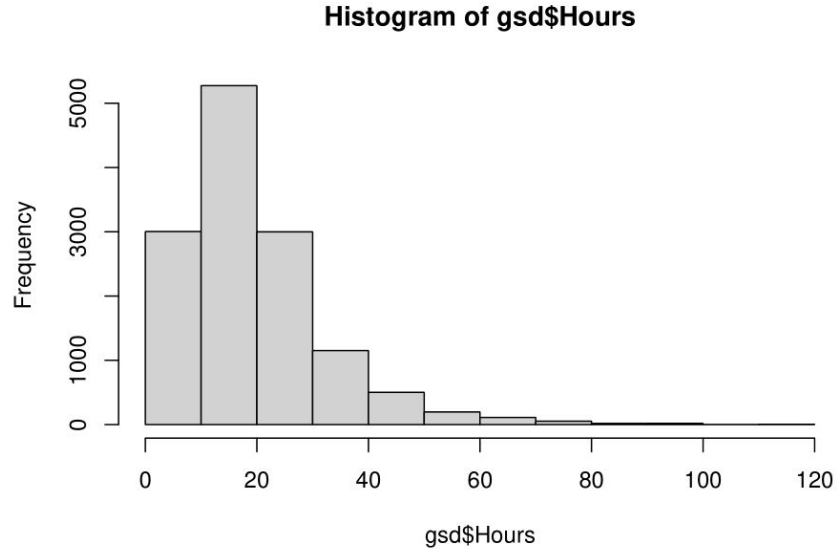
- Survey Score Frequencies
- Hours Spent Gaming vs Scores
- Modeling



Overview of Survey Scores

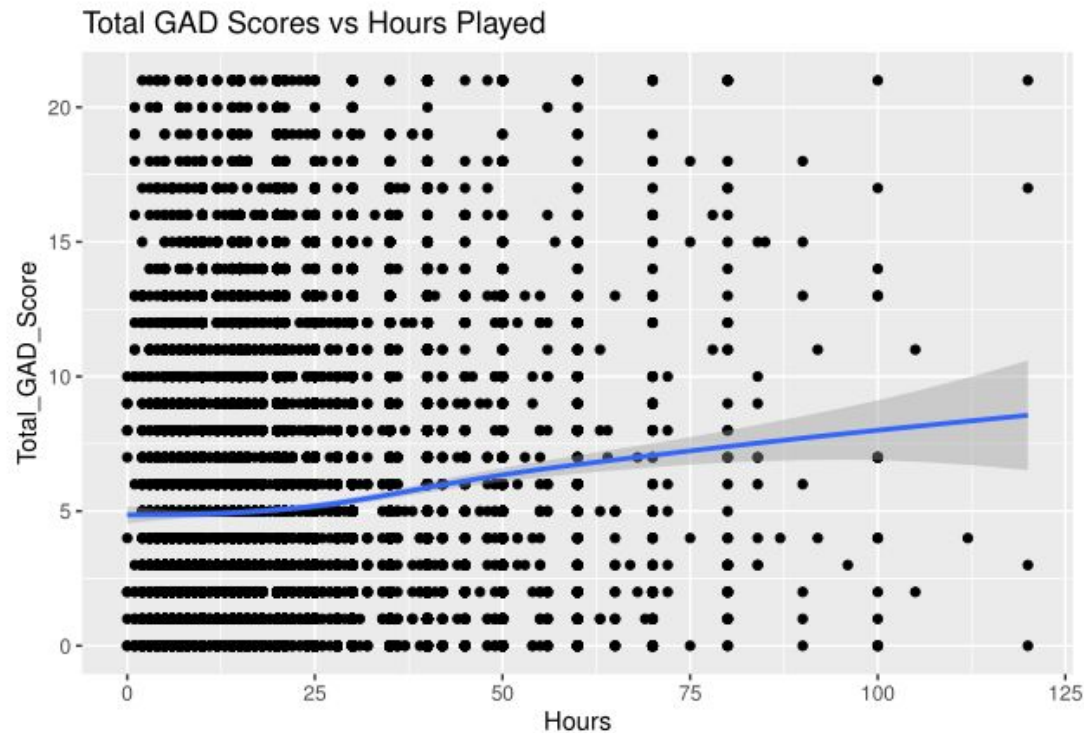


Hours Spent Gaming

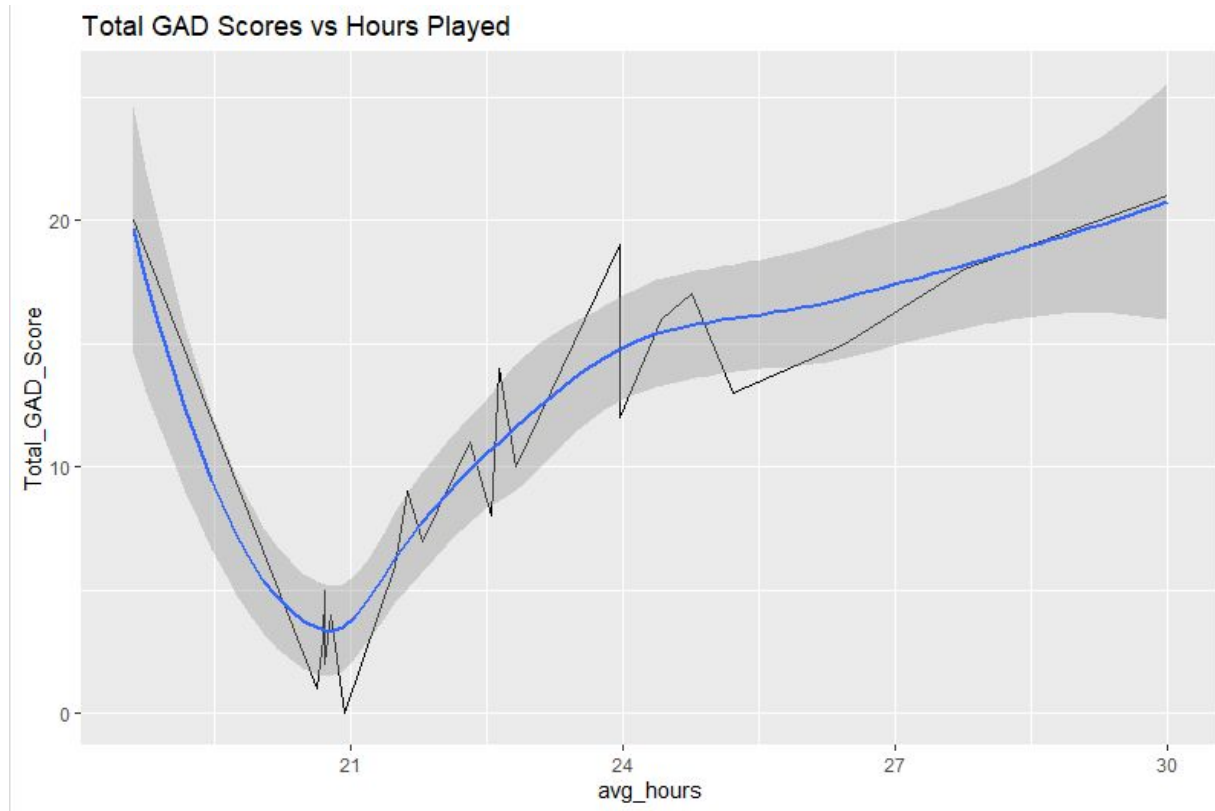


Mean Hours = 21.5

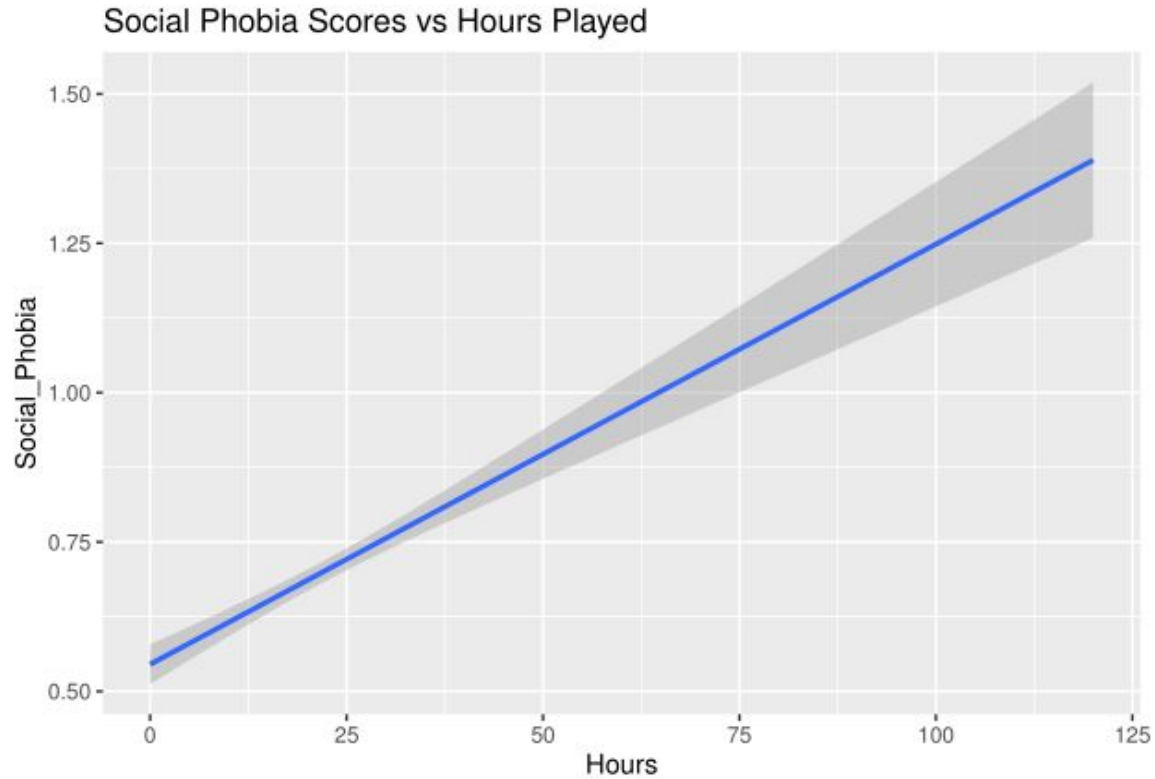
Hours Spent Gaming per Week and General Anxiety Scores



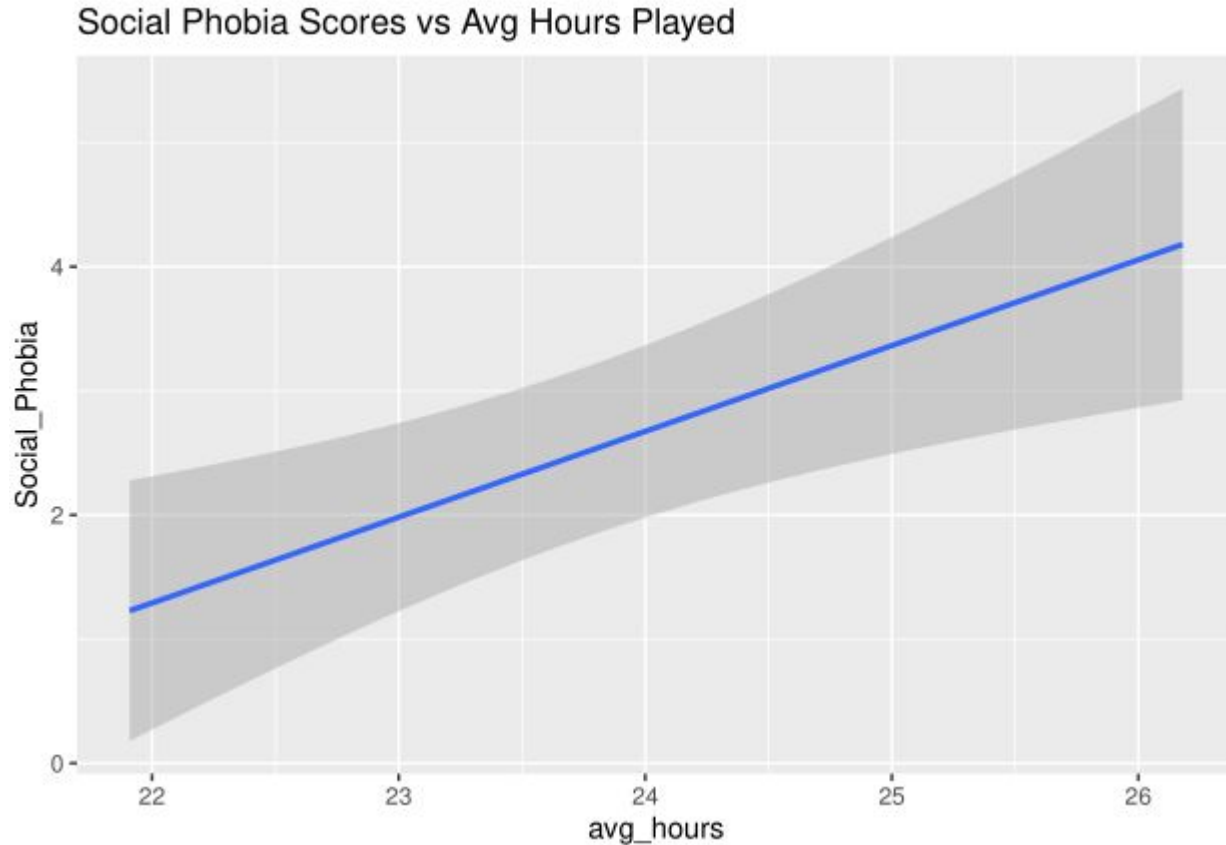
Avg Hours Spent Gaming per Week and General Anxiety Scores



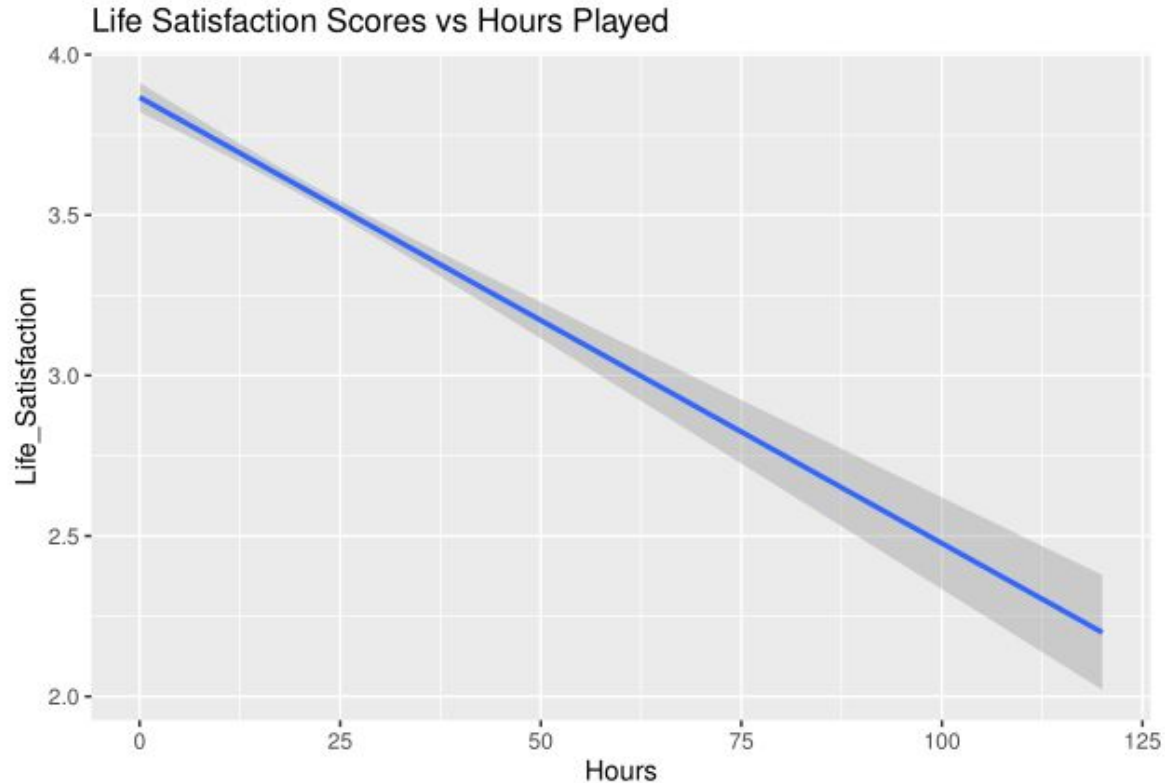
Hours Spent Gaming per Week and Social Phobia



Avg Hours Spent Gaming per Week and Social Phobia



Life Satisfaction Scores vs Hours Played



Correlations and Conclusions

Hours vs Total_GAD_Score

For all data:

Correlation: 0.096

P-value: $<2.2e^{-16}$

Above Avg. Hours Spent:

Correlation: 0.015

P-value: 0.14

Below Avg. Hours Spent:

Correlation: 0.192

P-value= $4.09e^{-16}$

Hours vs Social Phobia Score

For all data:

Correlation: 0.0908

P-value: $<2.2e^{-16}$

Above Avg. Hours Spent:

Correlation: 0.019

P-value: 0.07

Below Avg. Hours Spent:

Correlation: 0.075

P-value= $2.8e^{-07}$

Hours vs Life Satisfaction Score

For all data:

Correlation: -0.13

P-value: $<2.2e^{-16}$

Above Avg. Hours Spent:

Correlation: 0.019

P-value: $<2.322e^{-5}$

Below Avg. Hours Spent:

Correlation: -0.123

P-value= $2.2e^{-16}$

Conclusion

Conclusion

Does the amount of time spent gaming per week affect mental health?

Yes!

Does spending more time gaming explain why people are less mentally healthy?

No!

Conclusion - what would make a better project?

1. More Data

2. General Population to compare