

Nearly all young people in the developed world now play video games [1,2], and this popularity has driven concerns about the possible negative effects of this recreational activity. Studies polling members of the general public [3– 5] as well as scientists [6,7] suggest views concerning the effects of gaming on young people vary widely as a function of demographics and personal experiences with games. Some researchers conclude that gaming has social [1] and cognitive [8] benefits, whereas others argue the medium contributes to mass-shooting events [9–11], and for consistent and strong effects on aggressive behaviour, more broadly [12]. Recently, a series of open letters published by scholars have cautioned the public and policy-makers that both the positive and negative effects of time spent gaming, their addictive potential [13], cognitive benefits [14,15] and aggressive effects [16] may have been overstated.