**Group 3 Project 1: Overall Health and Games**

**Team members**: Lauralee, Nick, Cade

**Project Description**:

Our project will be able to show how gaming affects overall health. We are a hypothetical healthcare company trying to determine the type of games we should offer to customers who are seeking to improve their mental health through gaming. We will examine the relationship of gaming with mental health and physical health. We will break this down even further by gender, age, and region. We will weigh the positive benefits and negative repercussions gameplay has on the health of gamers.

**Research Questions**:

1. How do video games affect physical and mental health?
2. How does it affect health differently between children and adults?
3. How does gaming affect the emotional stability of a user immediately after the game has ended?
4. Does gaming increase or decrease anxiety and depression?
5. Does the duration of play affect the user’s mental state?
6. Is there a correlation between playing different genres of games and a user’s mental health?
7. How to utilize gaming as a method of improving the quality of life?

**Data**

Dataset 1: Gaming and Mental Health

<https://www.kaggle.com/datasets/alanpal/gaming-and-mental-health>

Dataset 2: Online Gaming Anxiety Data

<https://www.kaggle.com/datasets/divyansh22/online-gaming-anxiety-data>

Dataset 3: Influence of Video Game Play

<https://agdatacommons.nal.usda.gov/articles/dataset/Data_from_The_influence_of_active_video_game_play_upon_physical_activity_and_screen-based_activities_in_sedentary_children/24666177>

**API**

Still researching possible APIs