**Thesis Protocol**

**Effects of Visual Gaming and Motives on Depressive Symptoms, Musculoskeletal Symptoms and Psychosomatic Symptoms and Social Relationships among Adolescents of Bangladesh**

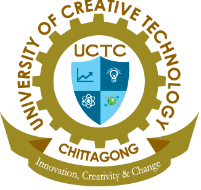
**Submitted By:** Shakila Arabi-230712022

**Subject:** Master of Public Health

**Batch:** 9th

**Supervisor**:

**Institution:** University of Creative Technology in Chittagong



University of Creative Technology Chittagong

Date of submission: **Submission from:**  
Shakila Arabi   
Dewanhat Fire Service.  
Chittagong -4100, Bangladesh  
[shakilaishita@gmail.com](mailto:shakilaishita@gmail.com)  
01626115191  
Date:

**Attention:**Md. Zahid Hossain Sharif, PhD

Masters of Public Health  
University of Creative Technology Chittagong-UCTC  
Bohaddarhat, Chittagong-4212, Bangladesh

Dear Sir,

I hope this letter finds you in good health and high spirits. I am writing to request formal approval for my thesis proposal titled “**Effects of Visual Gaming and Motives on Depressive Symptoms, Musculoskeletal Symptoms and Psychosomatic Symptoms and Social Relationships among Adolescents of Bangladesh”.**

As a dedicated MPH student at UCTC, I have undertaken an extensive review of the existing literature and conducted preliminary research to prepare this proposal. My study aims to contribute to the understanding of the effects of online gaming on the well-being of adolescents in urban areas of Chittagong, Bangladesh, which is an increasingly relevant and important topic.  
The research will be conducted following all ethical guidelines and with the utmost care to ensure the well-being and confidentiality of the participants. I will also seek all necessary approvals and permissions required for conducting this study.

I kindly request your approval for this research proposal to proceed with my thesis work. Your support and guidance are highly valuable to me, and I am committed to conducting this study with diligence and integrity.  
If you require any additional information or have specific guidelines for the thesis approval process, please do not hesitate to inform me. I am eager to comply with all requirements and make any adjustments as needed.

Thank you for considering my request. I look forward to your response and the opportunity to contribute to the body of knowledge in this field.

Sincerely,  
Shakila Arabi  
ID- 230712022  
Course Code/ Name-   
Department: Masters of Public Health  
Batch/Session- 9th /   
Department: Masters of Public Health

**Table of Contents**

**1 Introduction**

1.1 Background

1.2 Research Problem

1.3 Purpose of the Study

1.4 Research Questions

1.5 Significance of the Study

**2 Literature Review**

**3 General and Specific Objectives**

**4 Methodology**

4.1 Research Design

4.2 Study Period

4.3 Sample Size

4.4 Sampling Technique

4.5 Data Collection & Analysis

**5 Ethical Considerations**

**6 & 6.1 Discussions, Expected Results and Implications:**

6.2 Limitations

**7 Conclusion**

**8 Reference**

**9. Time Table**

**10. Annexes**

10.1. Questionnaire

10.2. Informed Consent

**1. Introduction**

**1.1 Background**

Online gaming has become an increasingly popular form of entertainment among adolescents in recent years. As the use of online gaming platforms has grown, so has the concern regarding its potential effects on the mental and physical health of adolescents (1). It is possible that online gaming provides an escape from these issues and a way to cope with emotional distress (2). Additionally, the widespread availability of smartphones and affordable internet access may have contributed to the increase in online gaming in urban areas of Bangladesh (2). While some studies have examined the relationship between online gaming and various health outcomes, there is still a need for research that delves deeper into the role of online gaming time and motives in influencing depressive, musculoskeletal, and psychosomatic symptoms and social behavior in adolescents of Chittagong Secondary and Higher Secondary Medium at Bangladesh Urban Areas as a developing Country (3).

**1.2 Research Problem**

This research aims to address the following research problem:

**Investigating the multifaceted consequences: Depressive Symptoms, Musculoskeletal Symptoms and Psychosomatic Symptoms of excessive engagement with virtual gaming and social relationships in Secondary and Higher Secondary Medium Adolescents of Bangladesh: Chittagong Urban Areas**

**1.3 Purpose of the Study**

The purpose of this study is to investigate the relationship between online gaming time, motives, and the prevalence of depressive, musculoskeletal, and psychosomatic symptoms in adolescents. An article in Tech Observer Magazine reported that online game addiction is soaring in Bangladesh, and addicted children forget to eat, drink, and study, leading to negative consequences (4).

The reasons for the increase in online gaming among Bangladeshi Adolescents are not entirely clear. However, some possible reasons include:

* **Free content:** According to a case study from gamers' perspectives, Bangladeshi students are happy with the free content they get from games and do not want to spend money buying paid content.
* **Escapism:** Online gaming may provide an escape from issues such as depression, malnutrition, illness, and domestic violence, which are prevalent among children, particularly in rural areas of Bangladesh.
* **Availability of smartphones and affordable internet access:** The widespread availability of smartphones and affordable internet access may have contributed to the increase in online gaming in urban areas of Bangladesh.
* **Entertainment:** According to a study on mobile game addiction among university students in Bangladesh, 65.2% of university students play mobile games as their main source of entertainment (5).
* **Influence of friends and YouTube gamers:** The same study found that more than half of the respondents (54.3%) are severely addicted to mobile games and were influenced by friends and YouTube gamers to play (5).

Overall, the reasons for the increase in online gaming among Bangladeshi adolescents are likely multifaceted and complex. Further research is needed to fully understand the factors contributing to this trend. However, some of the studies suggest that family factors, including parent-child relationships, parental influence on gaming, and parenting practices, may play a role in adolescent problematic internet gaming (6)(7)(8). For example, excessive gaming may displace opportunities for family interaction, or poor family relationships may lead an adolescent to seek out social engagement in gaming (7).

By understanding this relationship, we can provide insights for parents, educators, and policymakers to develop strategies that promote healthier gaming habits and better mental and physical health outcomes and social relationships among adolescents. Overall, the thesis proposal is a valuable contribution to the field of adolescent health and gaming research.

**1.4 Research Questions**

To achieve the purpose of this study, the following research questions will be explored:

* How does the amount of time spend on online gaming impact depressive symptoms in adolescents?
* What is the relationship between gaming motives and the presence of musculoskeletal symptoms in adolescents who engage in online gaming?
* Do psychosomatic symptoms differ among adolescents based on their gaming motives?
* How are social relationships influenced by online gaming activities?

**1.5 Significance of the Study**

This study is significant as it addresses an emerging public health concern. Adolescents spend a substantial amount of their time engaged in online gaming, and understanding its effects on mental and physical health is crucial. The findings of this study will contribute to the existing literature on online gaming and its impact on adolescents' well-being including their social life, providing valuable insights for parents, educators, healthcare professionals, and policymakers.

**2. Literature Review**

Several studies have investigated the relationship between online gaming time and motives and negative health outcomes in adolescents. A study by Hellström et al. found that increased online gaming time during weekdays increased the probability of having depressive, musculoskeletal, and psychosomatic symptoms (8). However, these relations with time spent gaming were further explained by online gaming motives. Weekday online gaming for more than five hours a day, in combination with escape motives, was associated with an increased probability of depressive symptoms, musculoskeletal symptoms, and psychosomatic symptoms. The probability of ill health decreased when gaming was for fun or had social motives. Another study by Ballabio found that regardless of the time spent in front of screens, higher levels of game addiction were associated with higher levels of internalizing symptoms in children and adolescents (9).

Furthermore, a systematic review by Kim found that excessive video game playtimes (> 3 h/day) seemed to be a predictor for the appearance of musculoskeletal disorders (10). Prolonged sitting with poor posture and fine motor strain associated with digital gaming makes musculoskeletal symptoms one of the most common physical health hazards (11). In addition, gaming motives are associated with gaming disorders. A meta-analysis by King showed statistically significant associations between gaming disorder symptoms and 23 out of 26 motivational factors, with the majority of the pooled mean effect sizes ranging from small to moderate. Moreover, large heterogeneity was observed, and the calculated prediction intervals indicated substantial variation in effects across populations and settings (8). Motivations related to emotional escape were robustly associated with gaming disorder symptoms. Gaming Disorder is a common unidentified disease around our world.

**3. General and Specific Objectives**

**General Objectives:**

To investigate the relationship between online gaming time, motives for gaming, and the prevalence of depressive, musculoskeletal, and psychosomatic symptoms and the social attitude among adolescents in Bangladesh urban areas of Chittagong Secondary and Higher Secondary Medium.

**Specific Objectives:**

- Using playtime indicators to study the effects of online gaming on adolescent health.

- Identifying potential consequences of excessive virtual gaming.

- Investigating the impact on the psychological functioning of adolescents.

These specific objectives are aimed at understanding the relationship between online gaming time and motives and the symptoms of depression, musculoskeletal, and psychosomatic symptoms in adolescents. The objectives also aim to identify the predictors of these symptoms and provide recommendations for interventions to reduce the negative effects of online gaming on adolescent health. The studies provide valuable insights into the effects of online gaming on adolescent health and highlight the need for interventions to promote healthy online gaming habits.

**4. Methodology**

**4.1 Research Design**  
This is a cross-sectional study, which will highlight the correlation between mental health and screen timing of adolescents. This study will use an anonymous and voluntary questionnaire to be completed by Bangladeshi adolescents aged 13–18 years. The questionnaire will include demographic background, gaming habits, depressive, musculoskeletal, and psychosomatic symptoms, and social relationships. The questionnaire will also include the Motives for Online Gaming Questionnaire to assess gaming motives (11).  
The findings of this study will contribute to the understanding of the negative health outcomes associated with online gaming in adolescents and may inform the development of preventive strategies for these negative health outcomes.

* **Participants:** The study will involve adolescents of Chittagong Higher Secondary Medium in Bangladesh Urban Areas. All adults will be the excluded participants for this study. The participants are very specific in 1 point, covering both: the participant is going to Higher Secondary school (aged 13-18).
* **Variables:** The study will investigate the impact of online gaming time and motives on depressive, musculoskeletal, and psychosomatic symptoms and social relationships.
* **Operational Definition:** The specific depressive, musculoskeletal, and psychosomatic symptoms and social relationships measured in the studies include:
* **Depressive symptoms:** These symptoms include sadness, hopelessness, loss of interest, and other symptoms related to depression.
* **Musculoskeletal symptoms:** These symptoms include pain or discomfort in the muscles, bones, or joints, such as back pain, neck pain, or wrist pain.
* **Psychosomatic symptoms:** These symptoms include physical symptoms that are caused or exacerbated by psychological factors, such as headaches, stomachaches, and fatigue.

In the studies, these symptoms were measured using self-report measures, such as questionnaires. The results of the studies suggest that online gaming time and motives are associated with these symptoms in adolescents. The findings highlight the need for interventions to reduce the negative effects of online gaming on adolescent health.

**4.2 Study Period**The study period will be carried out from February 2024 to July 2024.

**4.3 Sample Size:**However, it is mentioned that the study will use an anonymous and voluntary questionnaire to be completed by Bangladeshi: Chittagonian Urban adolescents aged 13–18 years. The sample size will depend on the number of adolescents who choose to participate in the study. Sample size would be 364 and population, 95% confidence Level, 5% interval, total students of 2 colleges including Islamia College Chattagram- 1850 ppn, City College (Day and Evening)- 4800 ppn.

**4.4 Sampling Technique:**   
The sampling technique used in the study will be a convenience sampling technique, which is a non-probability sampling technique that involves selecting participants based on their availability and willingness to participate.

**4.5 Data Collection & Analysis:**   
The study involves the use of questionnaires to collect data on online gaming time, motives, and health outcomes. The study will likely use statistical analysis to examine the relationship between online gaming time and motives and depressive, musculoskeletal, and psychosomatic symptoms and social relationships of adolescents’ individual lives. Data will be collected by a Semi-structured questionnaire through peer interviews.

I am considering using statistical and data analysis tools to process and interpret the data.

* **Excel:** While not as powerful as specialized statistical software, Microsoft Excel can be used for basic data analysis and visualization, making it accessible and user-friendly.
* **SPSS (Statistical Package for the Social Sciences):** SPSS is widely used in social science research and is known for its versatility in statistical analysis. It's suitable for analyzing the impact of various factors on my research variables.

The statistical methods used to analyze the data in the thesis proposal include:

* **Descriptive statistics:** frequencies and percentage will be calculated for all variables.
* **Inferential analysis:** Inferential statistical tests will be conducted to examine the study's hypotheses. These tests may include a crosstab with chi-square test to assess the association between online gaming time, motives, and depressive, musculoskeletal, and psychosomatic symptoms and social relations.

The statistical methods used in this thesis proposal are appropriate for the research question and the data collected. The use of descriptive statistics and inferential analysis to allow for a comprehensive understanding of the relationship between online gaming time and motives and depressive, musculoskeletal, and psychosomatic symptoms and social relationships in adolescents. The results of these analyses can provide insights into the predictors of these symptoms and inform interventions to reduce the negative effects of online gaming on adolescent health.

Overall, the study design of the thesis proposal will likely involve a quantitative research approach to investigate the relationship between online gaming time and motives and health outcomes in adolescents.

**5. Ethical Considerations:**

Ethical considerations for the thesis proposal include:

* **Informed consent:** Participants will be informed about the purpose of the study, the procedures involved, and their rights as participants. They should provide informed consent before participating in the study.
* **Confidentiality:** Participants' personal information will be kept confidential and only used for research purposes.
* **Voluntary participation:** Participation in the study will be voluntary, and participants will be allowed to withdraw from the study at any time without penalty.
* **Minimization of harm:** Measures will be taken to minimize any potential harm to participants, such as providing resources for mental health support if needed.
* **Debriefing:** Participants will be debriefed after the study and provided with information about the results of the study.

The study will be conducted after getting approval from the ethics committee of the University of Creative Technology Chittagong. By following these ethical guidelines, the study can provide valuable insights into the relationship between online gaming time and motives and depressive, musculoskeletal, and psychosomatic symptoms and social relationships of adolescents while protecting the rights and well-being of the participants.

**6 & 6.1 Discussions, Expected Results and Implications:**

It is expected that increased online gaming time during weekdays will increase the probability of having depressive, musculoskeletal, and psychosomatic symptoms in adolescents (1). Additionally, gaming motives, such as escape motives, are expected to be associated with an increased probability of ill health among adolescents (1). The results of this study will contribute to a better understanding of the relationship between online gaming time and motives and negative symptoms in adolescents and address the consequences of excessive engagement with virtual gaming and social relationships in adolescents. Overall, the thesis will provide a well-structured, evidence-based, and comprehensive examination of the impact of online gaming time and motives on the mental, physical health, and social environment of adolescents in urban areas of Chittagong, Bangladesh. It will contribute valuable insights to the academic community, local authorities, and organizations interested in the well-being of adolescents in the digital age.

**6.2 Limitations:**

* **Self-reported data:** The data collected in this study is based on self-reported measures, which may be subject to bias and inaccuracies. Participants may not accurately report their online gaming time or motives, or their symptoms of depression, musculoskeletal, and psychosomatic symptoms, and social relationships.
* **Correlational design:** The study uses a correlational design, which means that causality cannot be established. It is not possible to determine whether online gaming time and motives cause depressive, musculoskeletal, and psychosomatic symptoms or whether these symptoms cause increased online gaming time and motives.
* **Limited generalizability: T**he study may have limited generalizability to other populations or cultures. The study is conducted on a specific sample of adolescents, and the findings may not apply to other age groups or cultural contexts.
* **Lack of objective measures:** The study relies on subjective measures of online gaming time and motives. Objective measures, such as tracking actual online gaming time, may provide more accurate data.
* **Lack of control over extraneous variables:** The study may not control for all extraneous variables that may affect the relationship between online gaming time and motives and depressive, musculoskeletal, and psychosomatic symptoms. Other factors, such as family environment, academic stress, or physical activity, may also contribute to these symptoms.

Despite these limitations, the study provides valuable insights into the relationship among online gaming time and motives and depressive, musculoskeletal, and psychosomatic symptoms and social relationships in adolescents. The findings can inform interventions to reduce the negative effects of online gaming on adolescent health.

**7. Conclusion:**

The study will use an anonymous and voluntary questionnaire to be completed by Bangladeshi, and Chittagonian Urban adolescents aged 13–18 years. Overall, the study will provide a comprehensive understanding of the multifaceted consequences of excessive engagement with virtual gaming and social relationships in Secondary and Higher Secondary Medium Adolescents of Bangladesh: Chittagong Urban Areas. The findings of the study could contribute to the development of effective interventions and policies to address the potential negative consequences of excessive engagement with virtual gaming and social relationships among adolescents in Chittagong Urban Areas.

**8. References**

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**9. Time Line of the Study:**

**Month 1: Research and Proposal Development**

* Weeks 1-2: Define research questions and objectives.
* Weeks 3-4: Review relevant literature.
* Weeks 4-5: Develop research proposal, including research design and methodology.

**Month 2: Data Collection and Preparation**

* Weeks 1-2: Ethics approval
* Weeks 2-3: Prepare data collection tools (questionnaires, interviews, etc.).
* Weeks 3-4: Pilot testing and refinement of data collection tools.

**Month 3: Data Collection**

* Weeks 1-2: Begin data collection.
* Weeks 2-3: Continue data collection.
* Weeks 3-4: Data quality checks and preliminary data analysis

**Month 4: Data Analysis and Interpretation**

* Weeks 1-2: Continue data collection if necessary.
* Weeks 2-3: Start data analysis (quantitative and qualitative).
* Weeks 3-4: Preliminary interpretation of data.

**Month 5: Thesis Writing**

* Weeks 1-2: Begin drafting the thesis.
* Weeks 2-3: Continue writing (literature review, methodology, and results).
* Weeks 3-4: Start discussion and conclusion sections.

**Month 6: Finalizing and Submission**

* Weeks 1-2: Finalize the discussion and conclusion sections.
* Weeks 2-3: Edit and proofread the entire thesis.
* Weeks 3-4: Prepare and format the thesis, including references and appendices.

**10. Annexes**

**10.1. Questionnaire**

Here is a questionnaire related to the thesis proposal – “**Effects of Visual Gaming and Motives on Depressive Symptoms, Musculoskeletal Symptoms and Psychosomatic Symptoms and Social Relationships among Adolescents of Bangladesh”.**

**Section 1: Participant Information**

1.1. Participant ID (To be filled by the researcher):

1.1. Name:

1.2 Age:

1.3. Gender:

🗆 Male 🗆 Female 🗆 Other (please specify)

1.4. Grade/Class:

1.5. Address:

1.6. Institution:

1.7. How many hours per day do you spend on online gaming on average?

**Section 2: Online Gaming Behavior**

2.1. Do you play online games regularly?

🗆 Yes 🗆No

2.2. What types of online games do you play (e.g., action, role-playing, simulation)?

List all that apply.

2.3. How long have you been playing online games regularly?

2.3. How long have you been playing online games regularly?

🗆 Less than 6 months 🗆 6 months to 1 year 🗆 1-2 years 🗆 More than 2 years

2.4. On average, how many days per week do you engage in online gaming?

2.5. On those days, how many hours per day do you typically spend playing online games?

**Section 3: Motives for Online Gaming**

3.1. What motivates you to play online games? Please rank the following motives from 1 (most important) to 6 (least important):

🗆 Entertainment 🗆 Social Interaction 🗆 Achievement 🗆 Escapism 🗆 Competition 🗆 Relaxation

3.2. Are there any other specific reasons you play online games? Please describe.

**Section 4: Depressive Symptoms**

4.1. PHQ-9 Patient Depression Questionnaire will be used:

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

**0= NOT AT ALL 1=SEVERAL DAYS 2=MORE THAN HALF THE DAYS 3=NEARLY EVERY DAY**

1. Little interest or pleasure in doing things 0 1 2 3

2. Feeling down, depressed, or hopeless 0 1 2 3

3. Trouble falling or staying asleep, or sleeping too much 0 1 2 3

4. Feeling tired or having little energy 0 1 2 3

5. Poor appetite or overeating 0 1 2 3

6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down 0 1 2 3

7. Trouble concentrating on things, such as reading the newspaper or watching television

0 1 2 3

8. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual

0 1 2 3

9. Thoughts that you would be better off dead, or of hurting yourself in some way

0 1 2 3

10. If you checked off any problems on this questionnaire so far, how difficult have these problems made if for you to do your work, take care of things at home, or get along with other people?

0 = Not difficult at all 1 = Somewhat difficult 2=Very difficult 3=Extremely difficult

**Section 5: Musculoskeletal Symptoms**

5.1. Have you experienced any musculoskeletal symptoms (e.g., back pain, wrist pain, eye strain) related to online gaming?

🗆 Yes 🗆 No

5.2. If yes, please describe the specific symptoms and their severity.

**Section 6: Psychosomatic Symptoms**

6.1. Have you experienced any psychosomatic symptoms (e.g., headaches, stomachaches, palpitations) related to online gaming?

🗆 Yes 🗆 No

6.2. If yes, please describe the specific symptoms and their severity.

**Section 7: Social Relationship Measures**

7.1. Have you noticed any changes in your mental health and emotional well-being associated with your gaming and social media activities? Please explain.

7.2. How has your academic performance been affected by your engagement with virtual gaming and social media?

7.3. Have you observed changes in your social relationships with family and friends as a result of your online engagement?

**Section 8: Coping and Support**

8.1. When you feel stressed or overwhelmed, what strategies do you typically use to cope?

8.2. Do you have someone you can talk to about your online gaming habits and any related problems (e.g., parents, friends, teachers, counselors)?

🗆 Yes 🗆 No

8.3. If yes, how comfortable do you feel discussing your online gaming habits with them?

**Section 9: Additional Comments**

9.1. Is there anything else you would like to share about your online gaming experiences and their impact on your well-being?

Thank you for participating in this research. Your input is valuable and will help us better understand the relationship between online gaming, motives, and the well-being of adolescents in urban areas of Chittagong, Bangladesh.

**Signature & Date:**

**10.2. Informed Consent Form:**

**Title of Study:** “Effects of Visual Gaming and Motives on Depressive Symptoms, Musculoskeletal Symptoms and Psychosomatic Symptoms and Social Relationships among Adolescents of Bangladesh”.

**Principal Investigator: Shakila Arabi**

* **Introduction:** You are being invited to participate in a research study. Before you decide whether or not to participate, it is important for you to understand why the research is being done and what it will involve. Please read the following information carefully and ask any questions you may have before deciding whether or not to participate.
* **Purpose of the Study:** The purpose of this study is to investigate the relationship between online gaming time and motives and depressive, musculoskeletal, and psychosomatic symptoms in adolescents.
* **Procedures:** If you agree to participate in this study, you will be asked to complete an anonymous and voluntary questionnaire during class hours. The questionnaire will include questions about your demographic background, gaming habits, and depressive, musculoskeletal, and psychosomatic symptoms.
* **Risks and Benefits:** There are no known risks associated with participating in this study. However, the study may help to identify the predictors of depressive, musculoskeletal, and psychosomatic symptoms in adolescents and inform interventions to reduce the negative effects of online gaming on adolescent health.
* **Confidentiality:** Your participation in this study is voluntary, and your responses will be kept confidential. Your personal information will not be shared with anyone outside of the research team.
* **Voluntary Participation:** Participation in this study is voluntary, and you may choose not to participate or withdraw from the study at any time without penalty.
* Contact Information: If you have any questions or concerns about the study, please contact the principal investigator at [Shakila Arabi-01626115191].
* **Consent:** By completing the questionnaire, you are indicating that you have read and understood the information provided above and voluntarily agree to participate in this study.

Thank you for your participation.

Signature /Thumb Print: \_\_\_\_\_\_\_\_\_\_\_\_ Witness Signature: \_\_\_\_\_\_\_\_\_\_  
Name: Name:   
Date: Date:   
Age   
Institute:

Investigator’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_  
Name:   
Date: