**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? (use " ✓" to indicate your answer)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Not at all | Several days | More than half days | Nearly Everyday |
| 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 | 0 | 1 | 2 | 3 |
| (Healthcare professional: For interpretation of TOTAL, please refer to accompanying scoring card). |  |  |  |  |

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

* Not difficult at all------------------------------
* Somewhat difficult ------------------------------
* Very difficult ---------------------------------------
* 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: