

Our understanding of whether games affect well-being is based on flawed self-reports & cross-sectional data.



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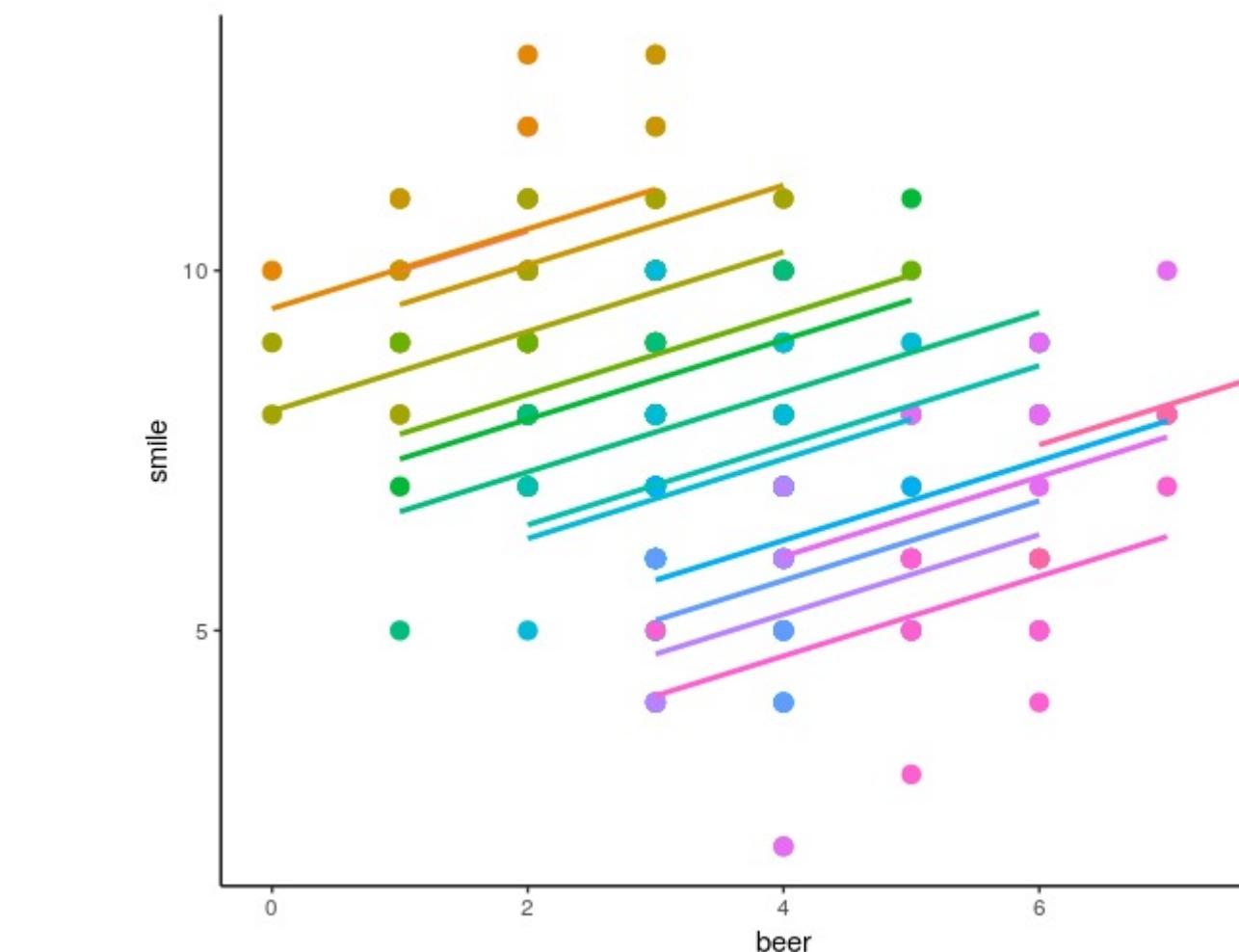
& Craig Sewall, David Zendle,
Laurissa Tokarchuk, Sebastian Deterding

Background

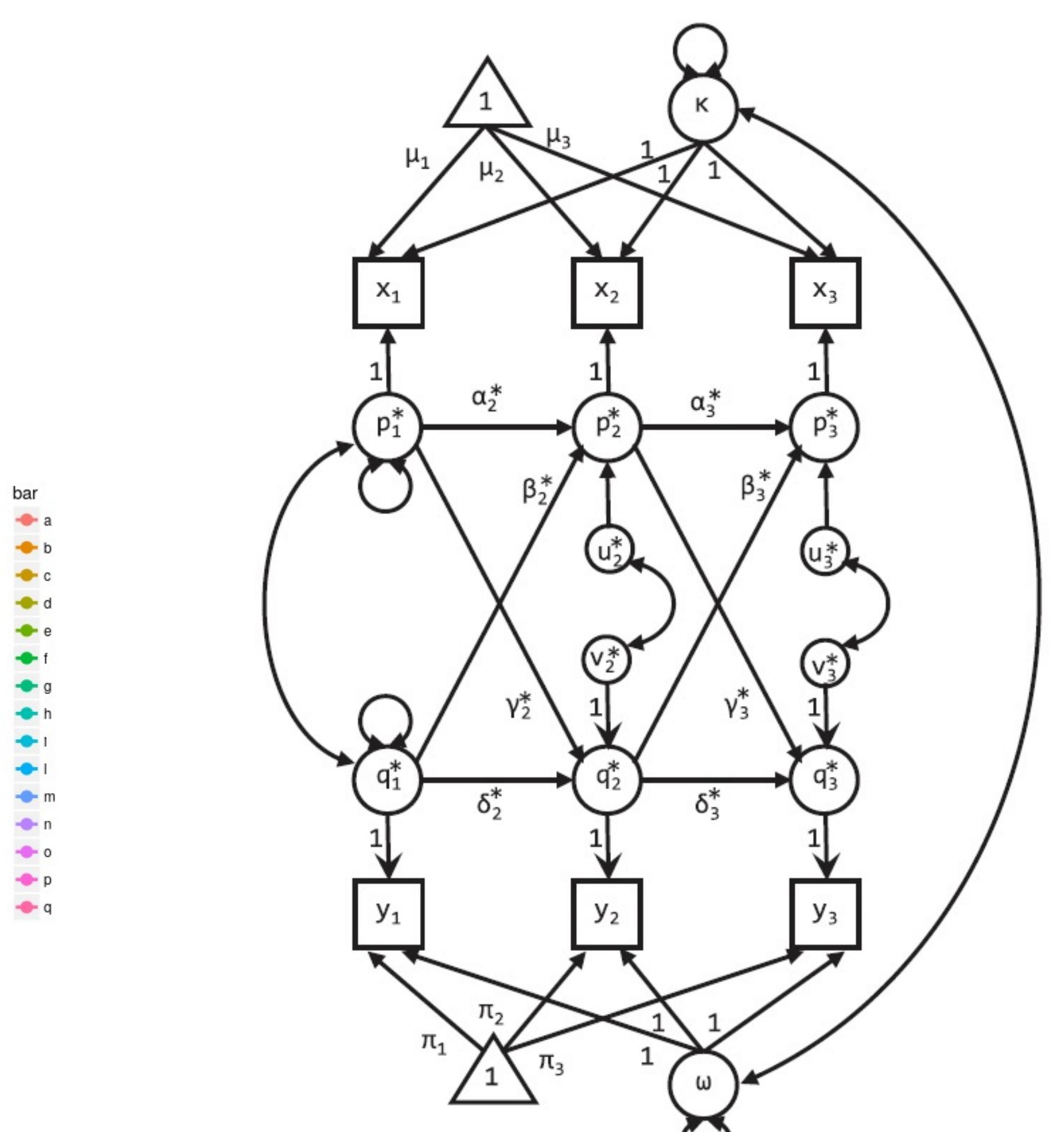
- Major research and policy interest in **playing video games harms or benefits** people, especially since COVID
- Vast majority of studies use **self-report measures**
- People are **really bad at estimating their time spent** using technology
- Self-report inaccuracy might itself be related to psychosocial well-being, a crucial **confound**

→ The solution: an 11-week **panel study** relating well-being with **objectively-tracked Playstation gaming**

Analysis Plan



Linear Mixed Effects Model



Random Intercepts
Cross-Lagged Panel Model

Method

