



# **Descriptive Functional Assessment on Toxic Behaviors in Gaming Environment**

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# Something about Myself



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# Video Game



**65%**  
of American adults  
play video games

The average age  
of a gamer is

**33** years  
old

# League of Legends (LoL)

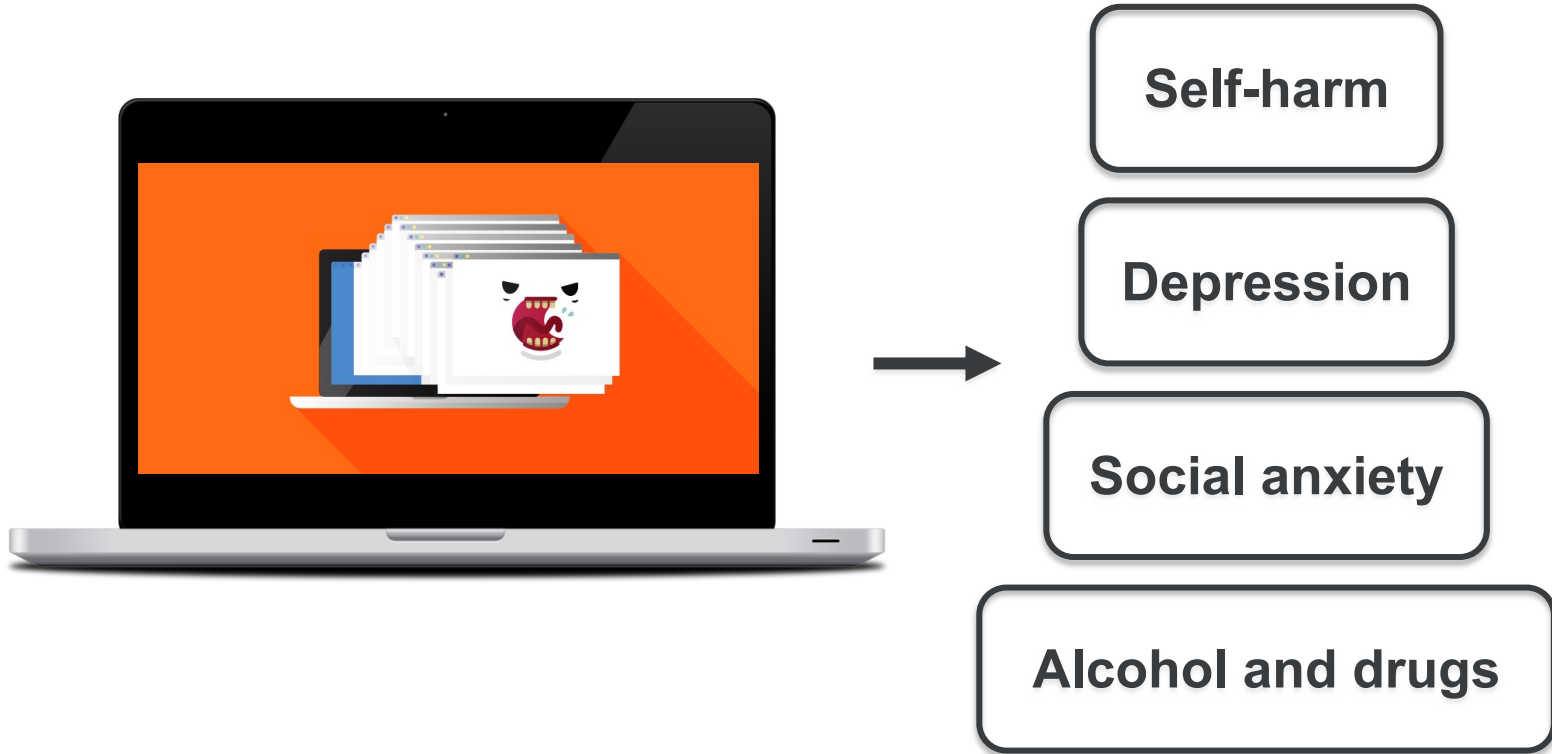


A word cloud representing terms associated with League of Legends. The most prominent words are "champion", "gameplay", "system", "lore", "skin", "fun", "friends", "play", "rank", "champion", "character", "honor", "games", "toxic", "balance", "people", "community", "unique", "make", "riot", "love", "variety", "don't", "nice", "art", "time", "i'm", "lol", "gameplay", "good", "cool", "enjoy", "strategy", "competitive", "nothing", "free", "team", "season", "anymore", "things", "pretty", "music", "mode", "player", "moba", "great", "design".



115 Million Players

# Cyberbullying

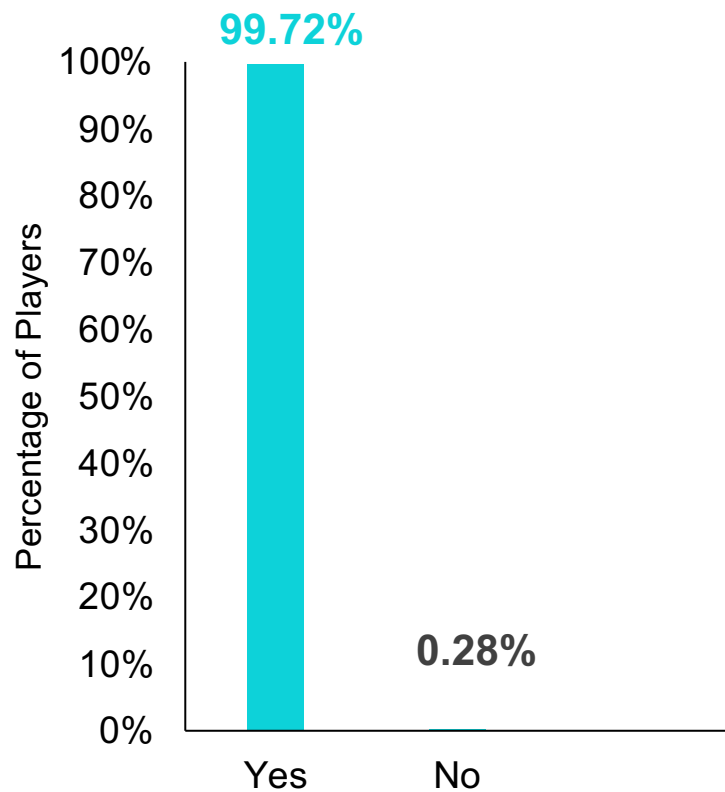


# Toxicity in LoL

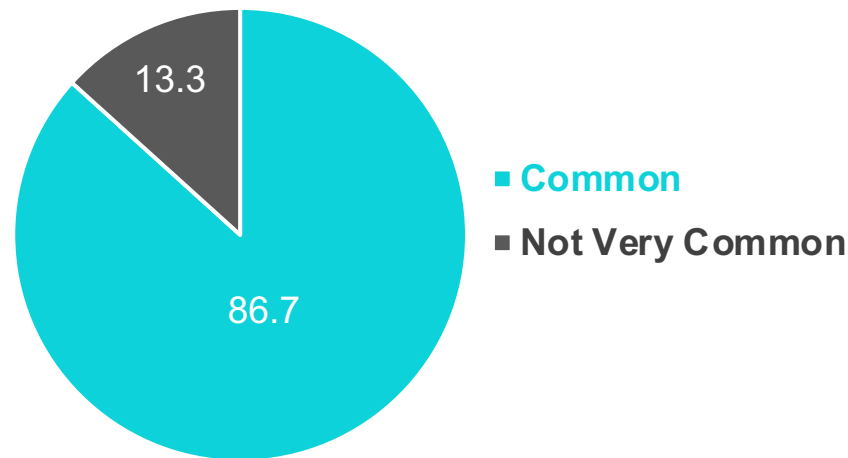
Have you experienced toxicity in game before?



# Toxicity in Game



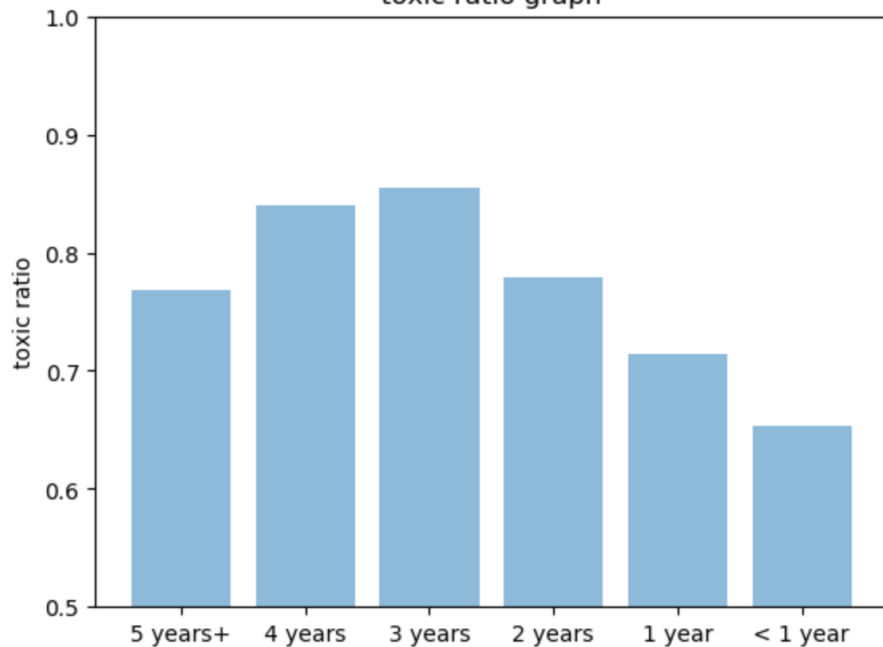
- ◆ 859 participants
- ◆ 99.72% witnessed toxicity
- ◆ 86.7% found it common to see toxicity



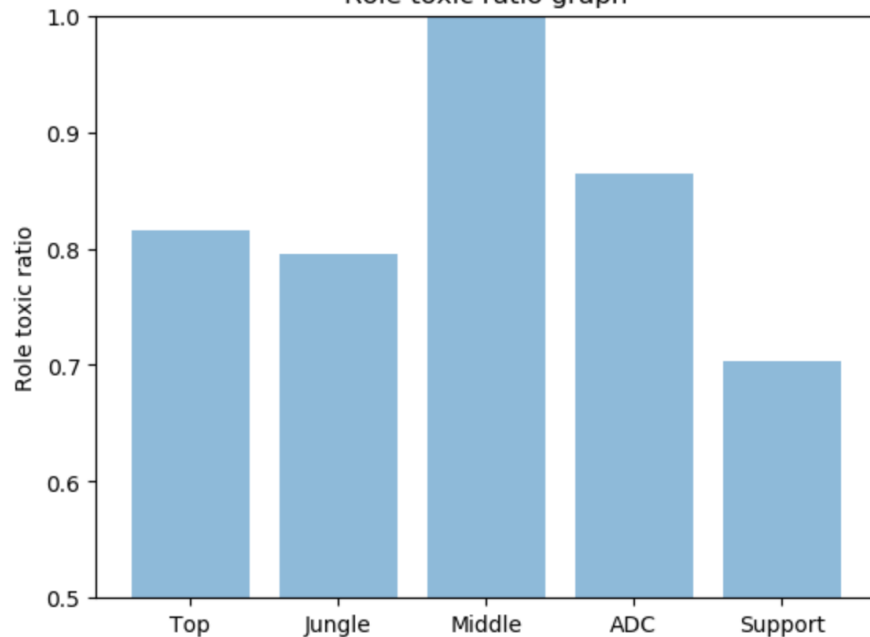
# Toxicity in Game



toxic ratio graph



Role toxic ratio graph



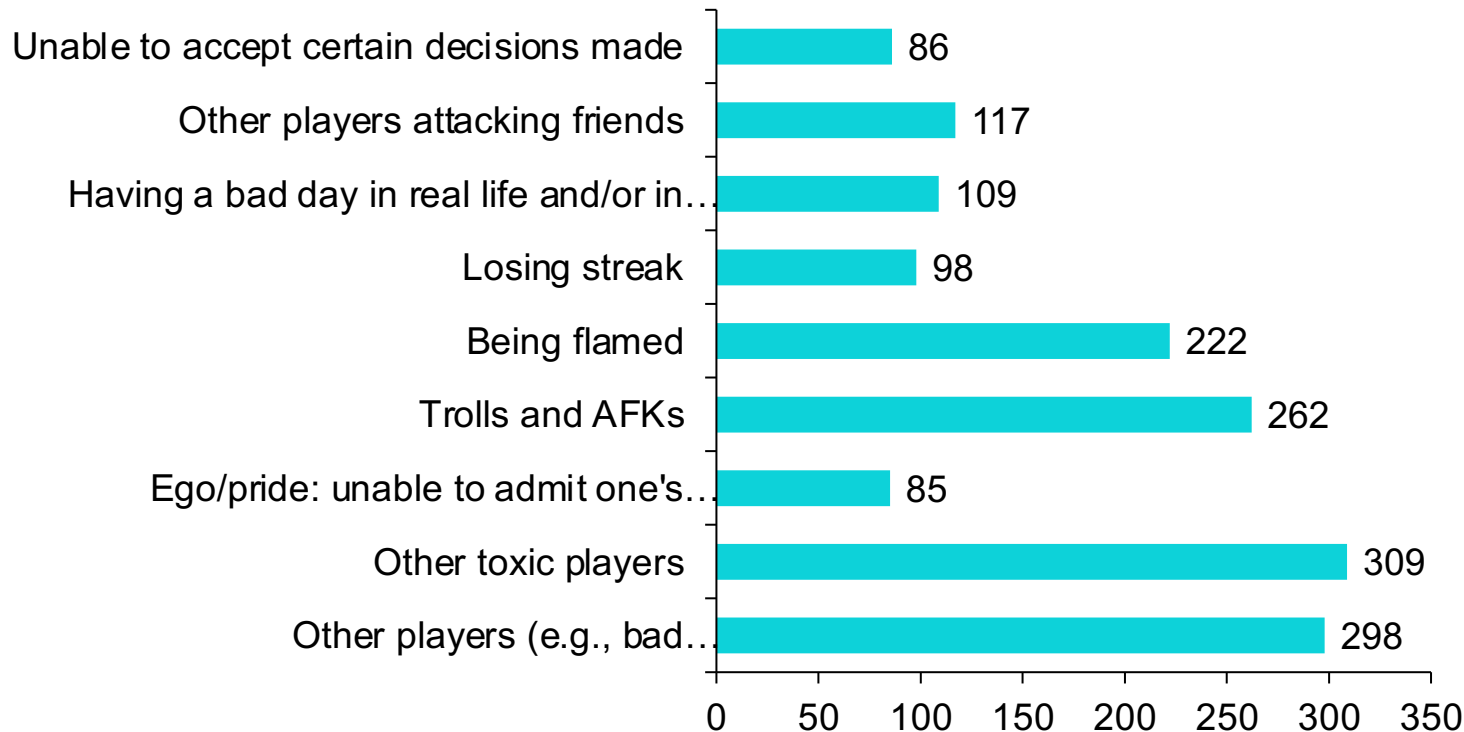


# Antecedents

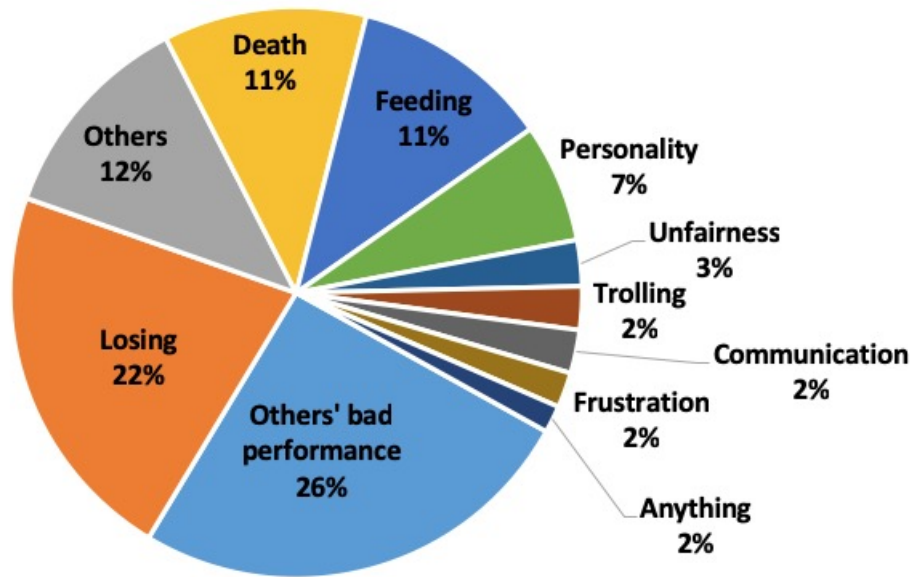
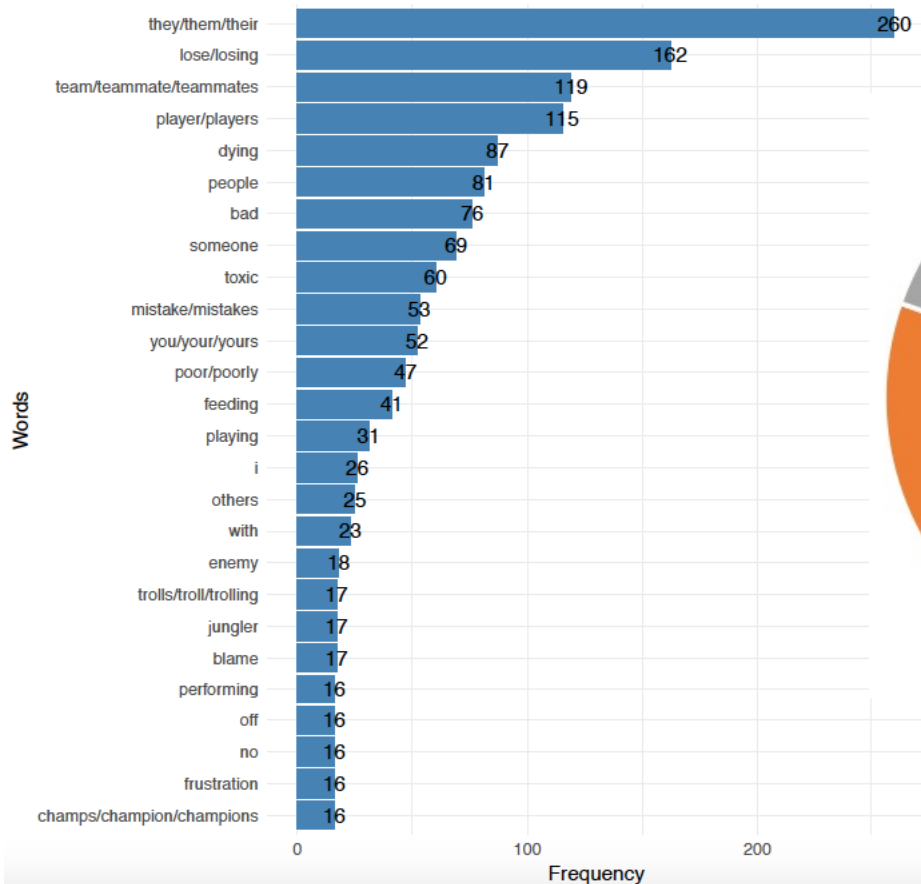
Most common situations that spur players to become toxic



# Antecedents for Toxic Behavior



# Antecedents for Toxic Behavior



# Outcomes

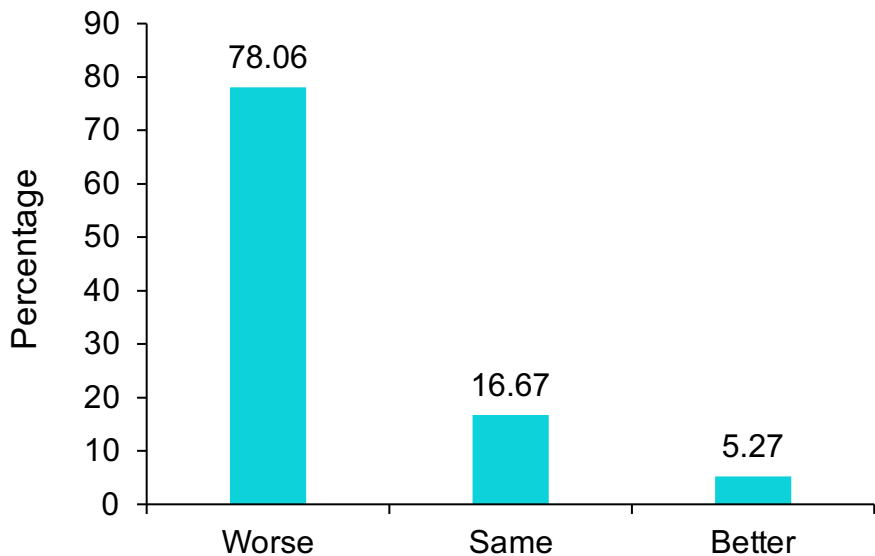
What are your game results and your actions following toxicity?



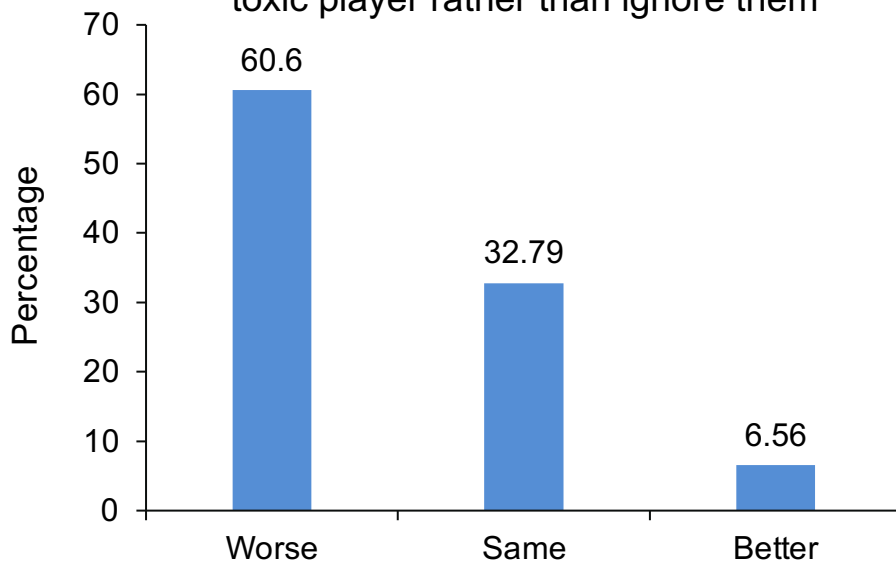
# Outcomes



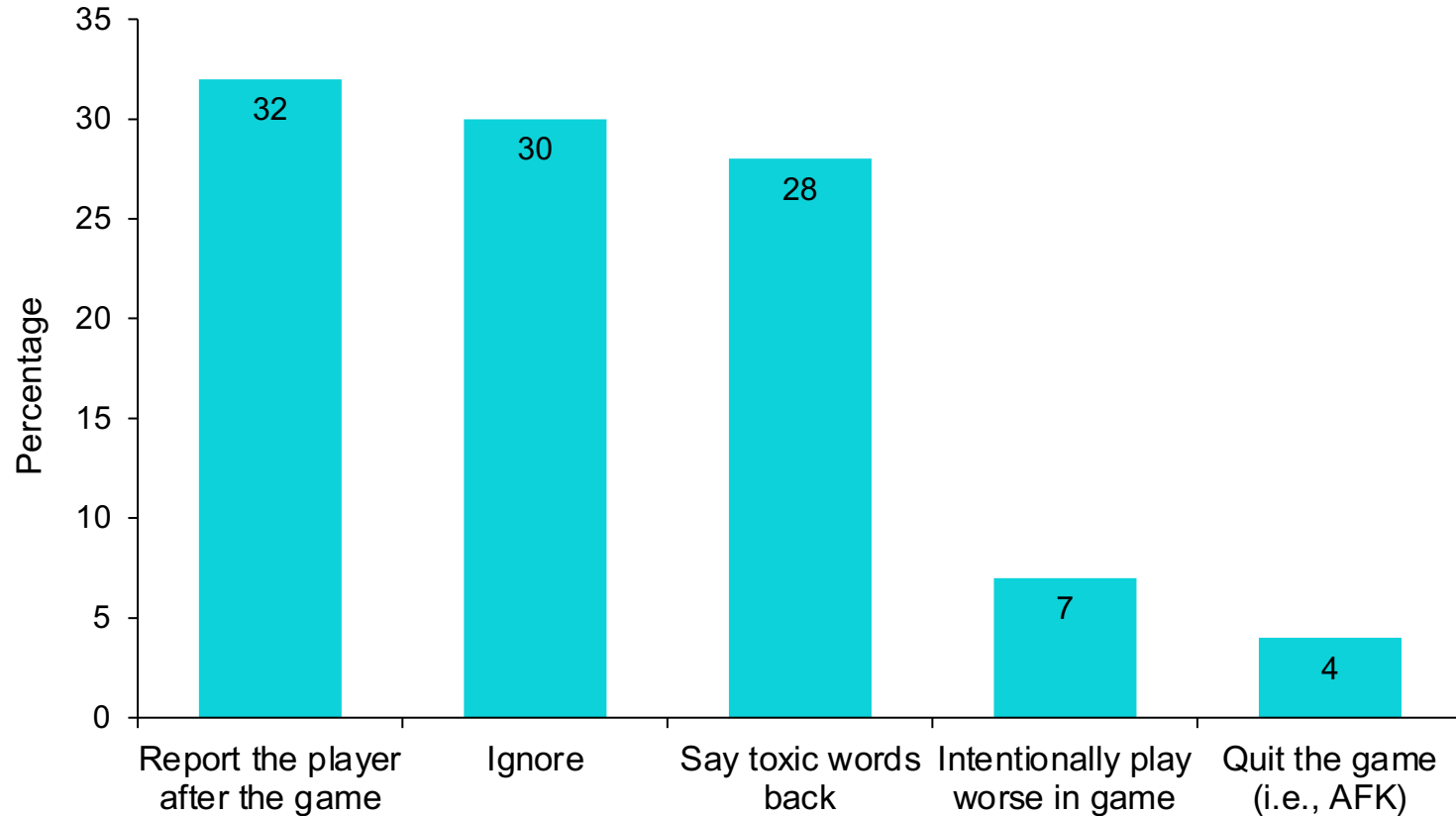
Do you think your game outcomes are better, worse or the same when someone else is being toxic?



Do you think your game outcomes are better, worse or the same if you engage the toxic player rather than ignore them



# Outcomes



# Outcomes



**Frustration**

**Intense**

**Muscle tension**

absurd aggressive games body  
adrenaline people frustrate  
annihilate calm long stress lose  
rarely increase hard  
quit feel rate angry  
toxic none heart don't  
anger game fast  
hot play nope tense bad  
focus rare shake start  
intense remember emotion  
annoy higher flaming  
extremely alright abnormal

**Body shaking**

**Stressed**

**Increased heart rate**

# Post-Game Options

What are the options?





# Post-Game Report

REPORT  
A  
PLAYER



Negative/passive-aggressive chat



Cheating



Offensive/inappropriate summoner name



Verbal Abuse



Intentional feeding



Leaving the game/AFK



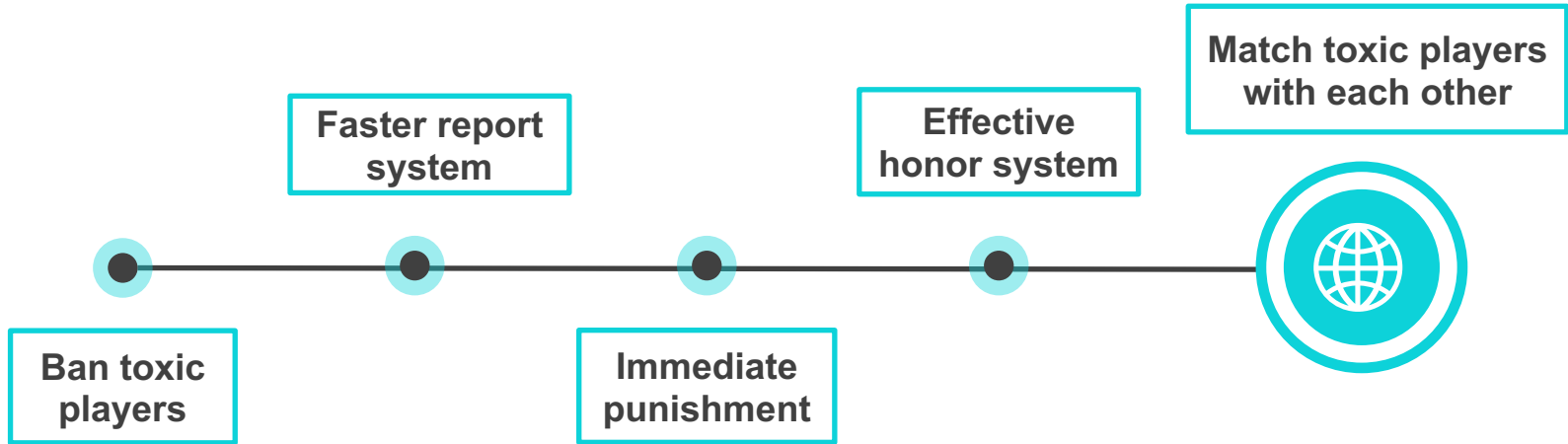
Hate speech

# Recommendations

What can LoL do to protect players from toxicity?



# Players' Thoughts



# Other Recommendations



# Other Recommendations

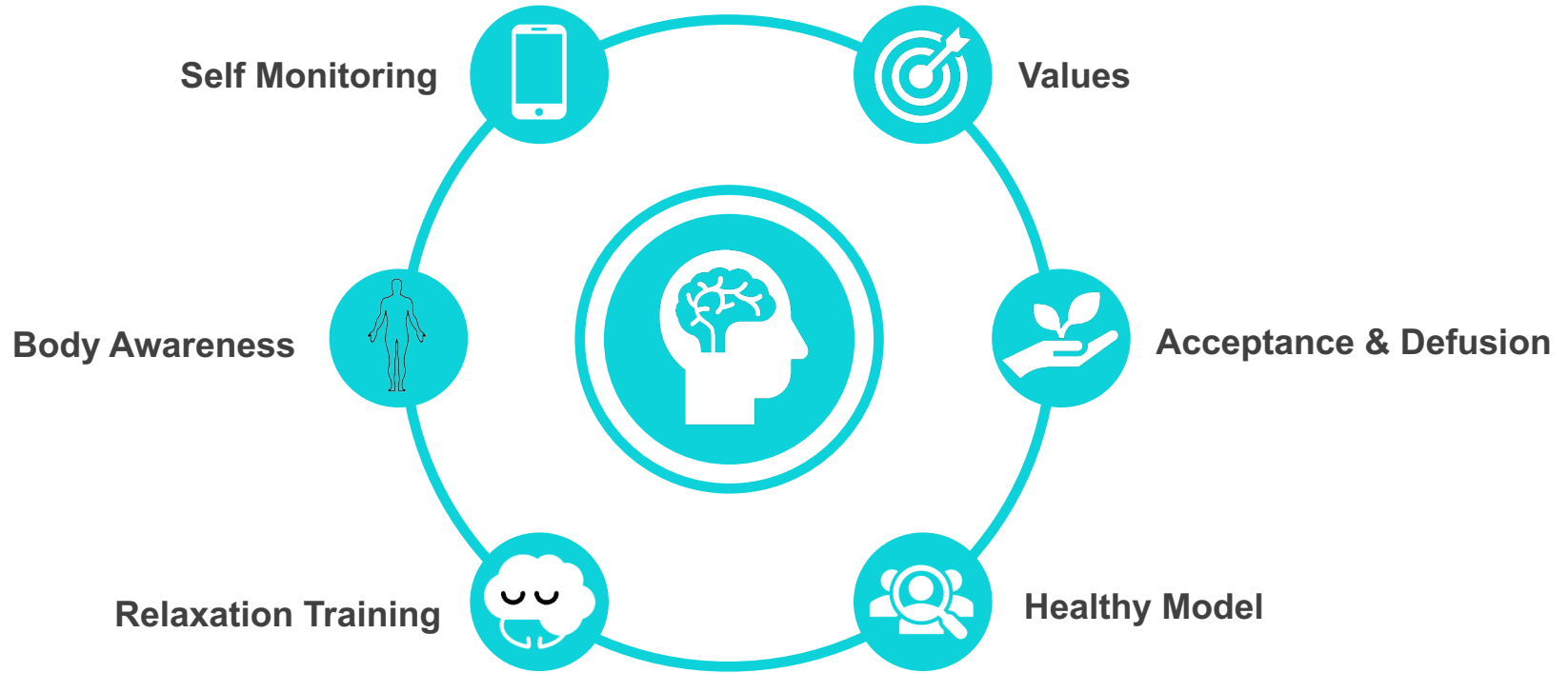


# Mindfulness & ACT

How to use ACT to reduce toxicity in game?



# Mindfulness & Toxicity



# Links to Mindfulness Resources

## ◆ Present Moment

- ◆ Body Scan –Stoddard & Afari, 2014
- ◆ Five Senses –Stoddard & Afari, 2014

## ◆ Acceptance & Defusion

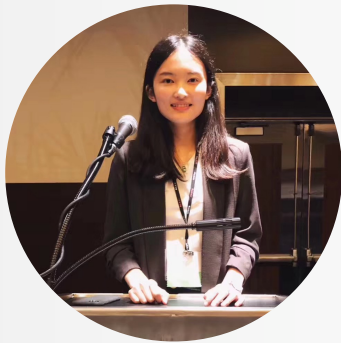
- ◆ Ball in a Pool –Jepsen, 2012
- ◆ Talking and Listening—Harris, 2009, p. 177
- ◆ Passengers on the Bus—Hayes et al., 1999

## ◆ Self as Context & Values

- ◆ Mind-Reading Machine—Harris, 2009, p. 201
- ◆ Values Bull's Eyes—Lundgren et al., 2012
- ◆ What Do You Want Your Life to Stand for? –Hayes et al., 1999







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**Thank you**