

The GDC logo is centered at the top of the slide. It consists of the letters 'GDC' in a bold, white, sans-serif font, set against a red, downward-pointing triangle. The background of the slide is dark blue with a subtle pattern of red lines forming a large 'X' shape and small red diamond and square icons in the corners.

GDC

Games Are Good for You

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MARCH 18-22, 2019 | #GDC19



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THE GAPP LAB



Therapeutic Games and Apps Lab
University of Utah



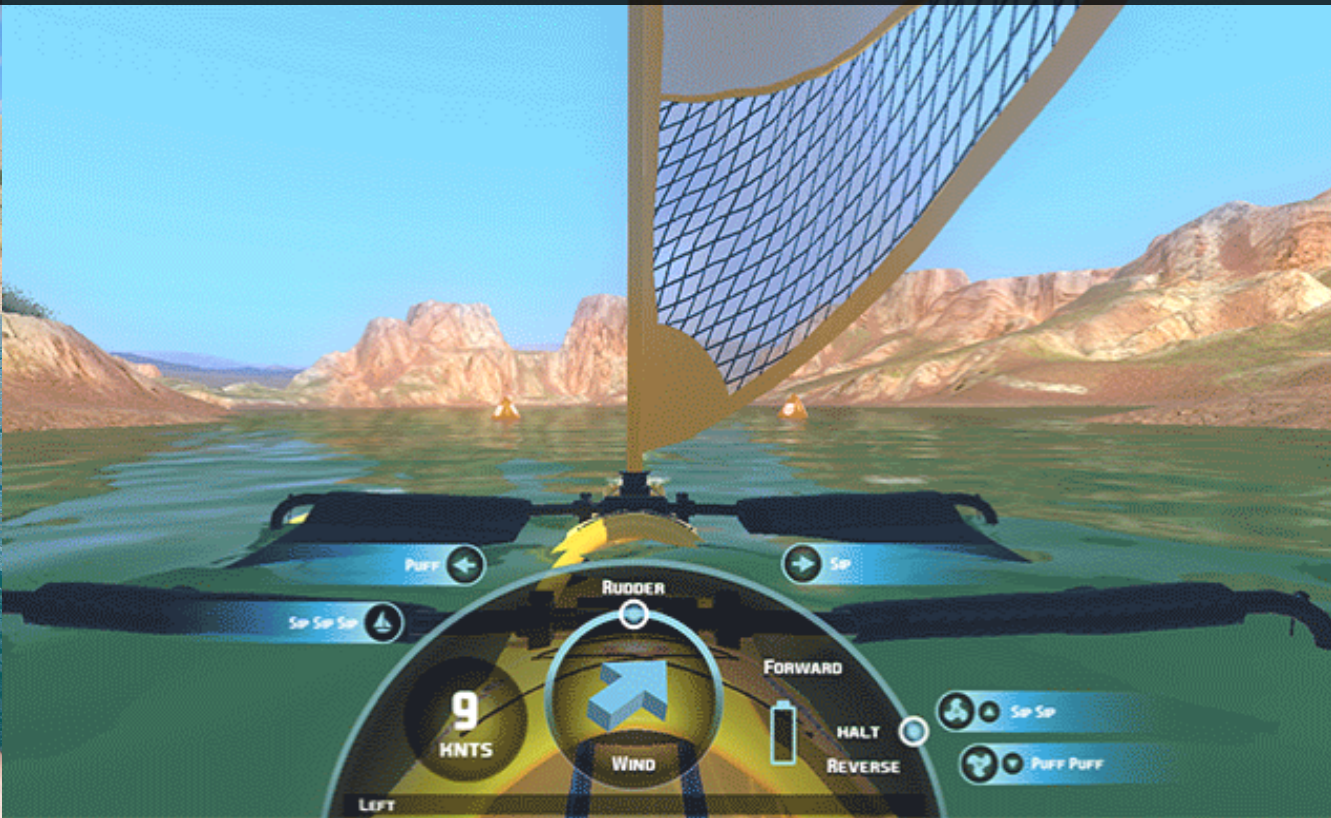
Tetra-Ski



Tetra-Ski is a skiing game simulation developed for tetraplegic patients wanting to use the Tetra-Ski device. The software includes a customizable controller, which will allow a user to export their input settings to the actual tetra-ski chair or any other compatible device that uses joystick and/or sip & puff controls.



Tetra-Sail



Tetra-Sail is a kayak game simulation developed for tetraplegic patients wanting to use the Tetra-Sail device. The software includes a customizable controller, which will allow a user to export their input settings to the actual tetra-kayak chair or any other compatible device that uses joystick and/or sip & puff controls.



Folks Love
Talking About
the Negatives
Aspects of
Games



Violent Video Games Don't Make Players More Violent IRL

Reason (blog) - Feb 14, 2019

Their "aim was to rigorously test the hypothesis that time spent playing **violent video games** is positively associated with adolescents' everyday ...

Is Aggression Actually Linked to **Violent Video Games**?

Psychology Today (blog) - Feb 14, 2019

[View all](#)



New study shows **violent video games** do not make teens more ...

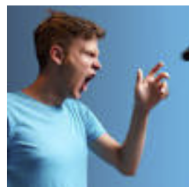
Medical Xpress - Feb 13, 2019

They also report that neither the teens nor their parents noticed any increase of aggressive behavior that could be tied to **violent video games**.

No evidence playing **violent video games** leads to aggressive ...

International - The Independent - Feb 12, 2019

[View all](#)



Yes, **Violent Video Games** Trigger Aggression, but Debate Lingers

Scientific American - Oct 2, 2018

The meta-analysis does tie **violent video games** to a small increase in physical aggression among adolescents and preteens. Yet debate is by ...

New Study Claims to Find Link Between **Violent Video Games** and ...

Fortune - Oct 2, 2018

[View all](#)

Vegans love videogames...?

- Interest in the positive impacts of games
- Calls for 'responsible game play'
- Reference common concerns



Credits: Syda Productions/Shutterstock


POSSIBLE HEALTH BENEFITS FROM VIDEO GAMES (IN MODERATION) YOU WON'T BELIEVE


by Raise Vegan | February 28, 2019


Surprisingly, there are certain possible health benefits from video games (in moderation) that you won't believe. Read on to know more...


Ask any kid between the ages of 8 and 18, and they swear (on your life!) that video games are actually good for them. Before you roll your eyes and dismiss their favorite activity as more unnecessary brain-rotting rubbish, consider that your child could be right. In a way. Hear me out.


RECENT POSTS

 TEXAS WILDFLOWERS TO BLOOM EARLY THIS YEAR: NATURE'S WAY OF ENCOURAGING CONSERVATION?

 A RODENT BREED PAYS HEFTY FOR CLIMATE CHANGE. GOES EXTINCT!

 WOMAN ATTACKED BY JAGUAR AFTER CROSSING BARRIER TO TAKE A SELFIE

 SWOLLEN BREASTS DURING PREGNANCY? HERE'S HOW TO GET SOME RELIEF

 VEGAN BEAUTY: NATURAL WAYS TO DEAL WITH PREGNANCY ACNE

RAISE VEGAN MAGAZINE



There is academic work on the negative impact of games

- “...there is now a growing movement that views a number of behaviors as potentially addictive (e.g., gambling, computer game playing, exercise, sex, and now the Internet).”
- Griffiths, M. & Davies, M.N.O.. (2005). Chapter 23 : Does Video Game Addiction Exist? in Raessens, J. & Goldstein, J, *Handbook of computer game studies, Massachusetts: The MIT Press, pp.359-369.*

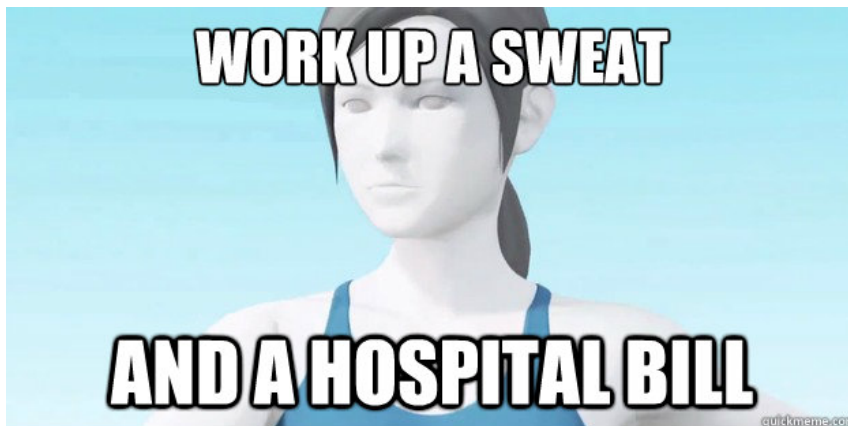


Negative Behaviors

- Stealing to buy games
- Truancy from school to play
- Poor grades
- Skipping social activities to play
- Playing longer than intended
- Irritability and annoyance if unable to play

- Griffiths, M. & Davies, M.N.O.. (2005). Chapter 23 : Does Video Game Addiction Exist? in Raessens, J. & Goldstein, J, *Handbook of computer game studies, Massachusetts: The MIT Press, pp.359-369.*

Exercise Addiction?



- Exercise addiction has been studied since 1979
- Can cause injury, compromise the immune system, mental health complications, social isolation
- Withdrawal symptoms: defecation difficulties, unstable heart rate, and depression
- Jee, Yong-Seok. "Exercise Addiction and Rehabilitation." *Journal of Exercise Rehabilitation* 12, no. 2 (April 26, 2016): 67–68.
<https://doi.org/10.12965/jer.1632604.302>.



Exercise is Good for You



Games are Good for You



- Participants were prescribed Bejeweled 2 and saw a reduction in state and trait anxiety
- Fish, Matthew T., Carmen V. Russoniello, and Kevin O'Brien. "The efficacy of prescribed casual videogame play in reducing symptoms of anxiety: a randomized controlled study." GAMES FOR HEALTH: Research, Development, and Clinical Applications 3, no. 5 (2014): 291-295.

Videogames and Wellbeing: A Comprehensive Review

Gaming Research Group, Young and Well Cooperative Research Centre

Dr Daniel Johnson
Associate Professor Christian Jones
Dr Laura Scholes
Michelle Colder Carras

YOUNGANDWELL
Cooperative Research Centre


An Australian Government Initiative



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**Examined over 200
articles**

- Positive Emotional Impact
- Healthy Relationships and Social Capital
- Self Esteem

- Johnson, D., Jones, C., Scholes, L., & Carras, M. C. (2013). Videogames and wellbeing: A comprehensive review. Melbourne, Australia: Young and Well Cooperative Research Centre. Retrieved from [https://eprints.qut.edu.au/105915/1/2013%20CRC%20Report%20Videogames and Wellbeing.pdf](https://eprints.qut.edu.au/105915/1/2013%20CRC%20Report%20Videogames%20and%20Wellbeing.pdf)

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Positive Emotional Impact

- Positive mental wellbeing has been associated with videogame play as a means of relaxation and stress reduction (Russoniello, O'Brien & Parks 2009; Snodgrass, Lacy, Dengah, Fagan & Most 2011; Wack & Tantleff-Dunn 2009).
- Depressed mood has been found to be significantly lower in the moderate players of videogames compared to those who 'never' play videogames and those who play videogames to excess (Durkin & Barber 2002).

Healthy Relationships and Social Capital

- Videogame players report higher levels of family closeness, less risky friendship networks and better attachment to school than non-players (Durkin & Barber 2002).
- In a *WoW* study, two fifths of participants said they would discuss sensitive issues with their online gaming friends that they would not discuss with their real life friends, and with female players more likely to do so (Cole & Griffiths, 2007).

Self Esteem

- Videogame play may allow players to express themselves in ways they may not feel comfortable doing in real life because of their appearance, gender, sexuality, and/or age (Coles & Griffith 2007).
- The anonymity and fantasy of MMORPG virtual worlds can free players from their real life history and social situation, allowing them to be more like the person they wish to be (Bessiere, Fleming & Kiesler 2007).

The Benefits of Playing Video Games

Isabela Granic, Adam Lobel, and Rutger C. M. E. Engels
Radboud University Nijmegen

Contrary to conventional beliefs...

Calls for balanced research on games
and focuses on how games impact
four main domains:

- Cognitive
- Motivational
- Emotional
- Social

pulses out urgent warnings against the perils of addiction to these games and their inevitable link to violence and aggression, especially in children and adolescents. Indeed, the vast majority of psychological research on the effects of “gaming” has been focused on its negative impact: the potential harm related to aggression, addiction, and depression (e.g., Anderson et al., 2010; Ferguson, 2013; Lemola et al., 2011). It is likely that this focus will not diminish in the near future, in part because of the enormous media attention garnered when mass killings (e.g., the Columbine High School slayings in 1999) are associated with youth who play violent video games (Ferguson, 2007). Most recently (December 2012), the revelation that the Sandy Hook Elementary School gunman played shooter games directly resulted in President Obama requesting Congress to allocate \$10 million for research on the effects of violent media, especially video games (Obama & Biden, 2013).

Decades of valuable research on the effects of violent video games on children’s and adolescents’ aggressive behavior already exists, and this is indeed an important

- Granic, Isabela, Adam Lobel, and Rutger CME Engels. "The benefits of playing video games." *American psychologist* 69, no. 1 (2014): 66.
<https://www.apa.org/pubs/journals/releases/amp-a0034857.pdf>

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Talking points

- **No need to dismiss** that some people experienced harm via games, it's the same for sports
- **Talking about the positive aspects** and impacts of games deescalates the binary
- Just like with exercise, it can be true that **some people have bad experiences**, but perhaps it's time to talk about that as an a concern, but **not a defining characteristic**

Play is Healthy

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