Games Are Good for You

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GAME DEVELOPERS CONFERENCE
MARCH 18–22, 2019 | #GDC19
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 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

**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

**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
Vegans love videogames…?

• Interest in the positive impacts of games
• Calls for ‘responsible game play’
• Reference common concerns

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.
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).”

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

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

Exercise is Good for You
Games are Good for You
Participants were prescribed Bejeweled 2 and saw a reduction in state and trait anxiety.

Examined over 200 articles

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

Video games are ubiquitous as part of almost all children’s and adolescents’ lives, with 97% playing for at least one hour per day in the United States. The vast majority of research by psychologists on the effects of “gaming” has been on its negative aspects, with potential harm related to violence, addiction, and depression. We recognize the need for a more balanced perspective that considers not only the negative effects of gaming but also the benefits of playing these games. Considering 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
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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