



GAMES FOR HEALTH
EUROPE

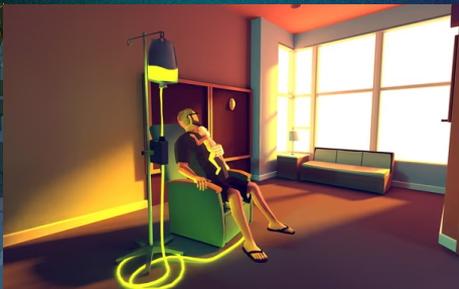
DISCLOSURE SLIDE

for presentations at the

GAMES FOR HEALTH EUROPE 2025 CONFERENCE

I herewith confirm that there is not any conflict of interest with the conference organization or any of its sponsors.

Video Games: A Tool for Mental Health or a Risk Factor



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GAMING FOR HEALTH EUROPE

2025

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Why I'm doing this Study...

- My own experiences...
- I've seen both the great, and the not-so-great...
- I've met so many who relate...
- It's pairing two things I'm incredibly passionate about...

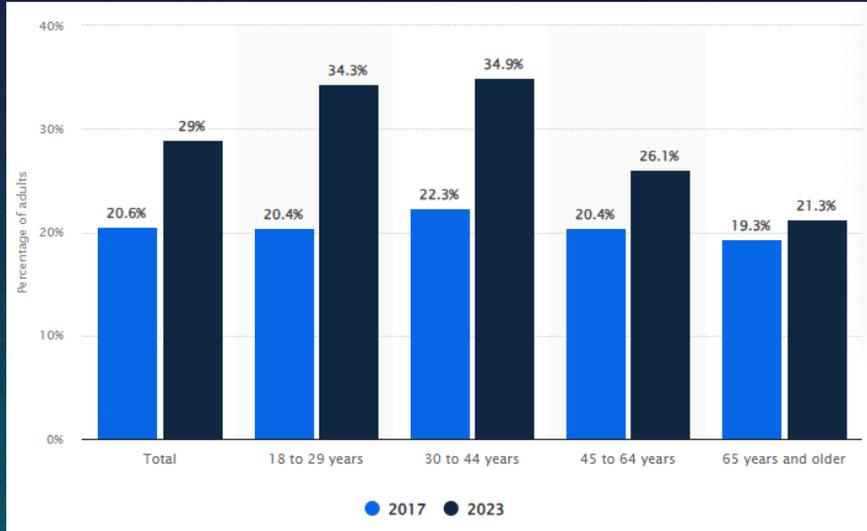


A bit about this study...

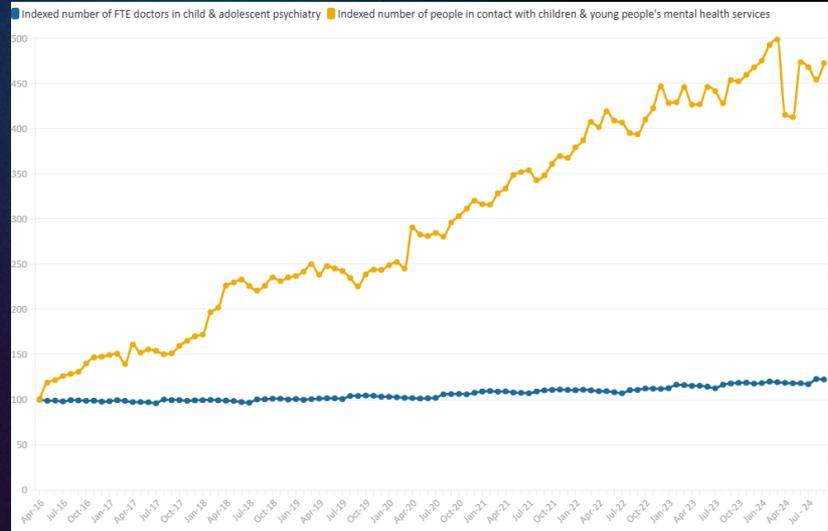
- Research to gain a more nuanced understanding of the role of games
- Games are everywhere, yet little is understood on their use...
- Qualitative Analysis using semi-formal interviews and questionnaire
- Supervised by specialists in Psychology and Applied Games...



The Mental Health Crisis



- (Fig 1, Percentage of adults in US Diagnosed with Depression by age, Gallup, 2023)



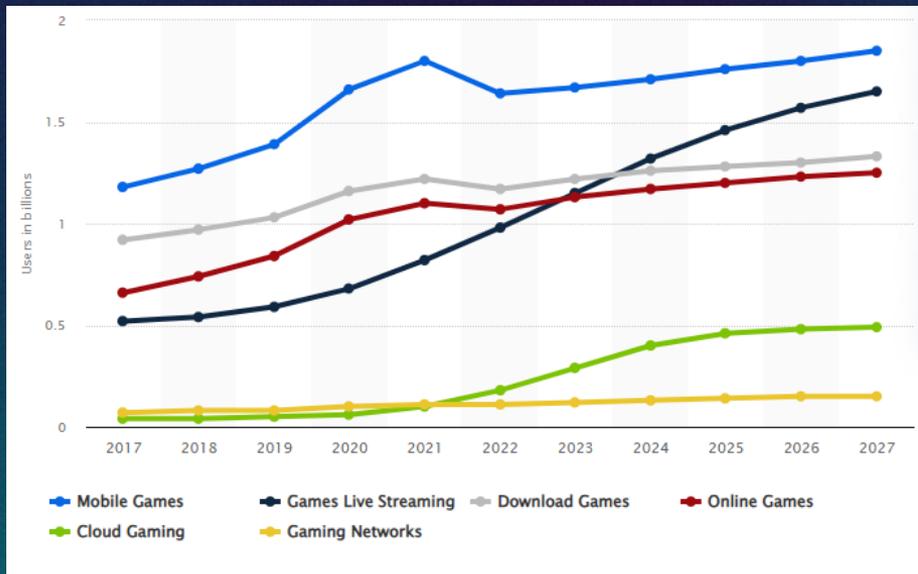
- (Fig 2, Doctors in child and adolescent psychiatry compared to number of young people in contact with mental health services, British Medical Association, 2025)

Why University Students...

- 99% of students experienced severe anxiety (Campbell et al., 2022)
- 85% of students stated that over 3 years, mental health difficulties increased (Campbell et al., 2022)
- Only 5.1% of students receive some form of therapy (Macaskill, 2012)



What about Games...

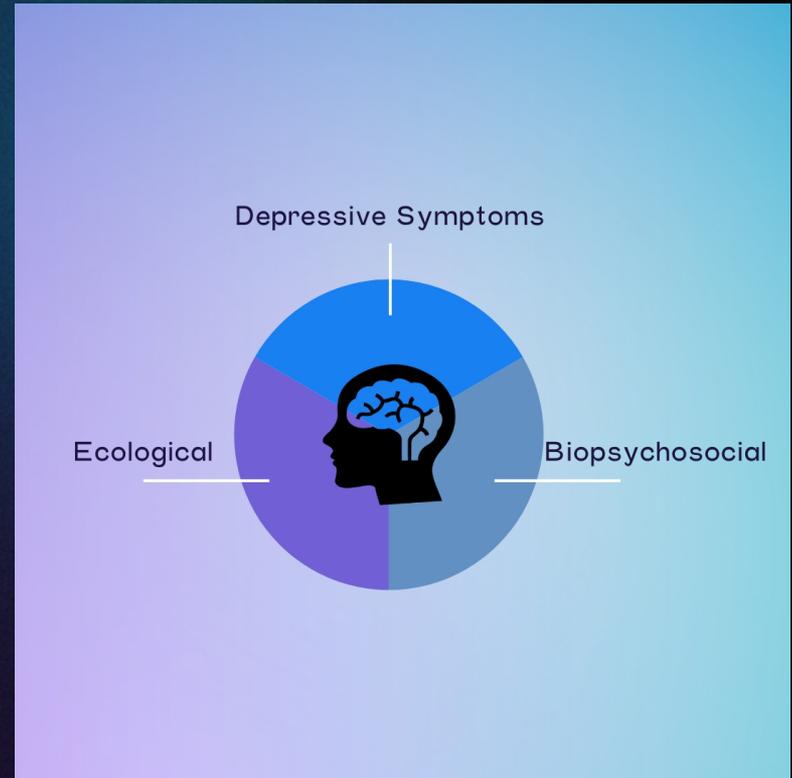


- (Fig 3, Estimated Number of digital video gamers worldwide in billions, Statista, 2025)

- In 2027 estimates suggest there will be 1.85 billion mobile gamers
- 1.25 billion online gamers
- The largest growth seen in Games through streaming, estimated 1.65 billion
- More accessible than ever, no PC, just internet...

The Need for a New Lens...

- Current literature is incredibly binary, often fixating on positive or negative
- Games are not isolated, there ARE EXTERIOR FACTORS
- Holistic approach **IS NECESSARY**



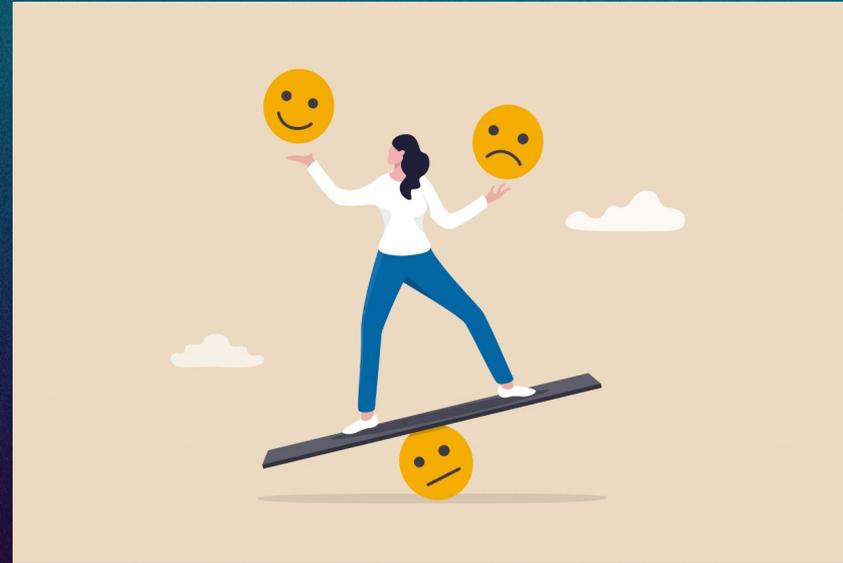
Primary Aims of this study...

- Three primary aims...
- **Link between gaming and depressive symptoms**
- **Assess the Ecological Influences**
- **Assess the Biopsychosocial factors**
- Reflexive Thematic Analysis
- Interviews and CES-D Scale



Preliminary findings...Themes

- Research is still in data collection and early analysis, however...
- Talking Singleplayer, Playing Multiplayer...
- Competitive online gaming has the most negative impact... ***"I don't play those types of games anymore... they just make me a worse person."***
- Balance is subjective - ***"...get a routine, like me..."***

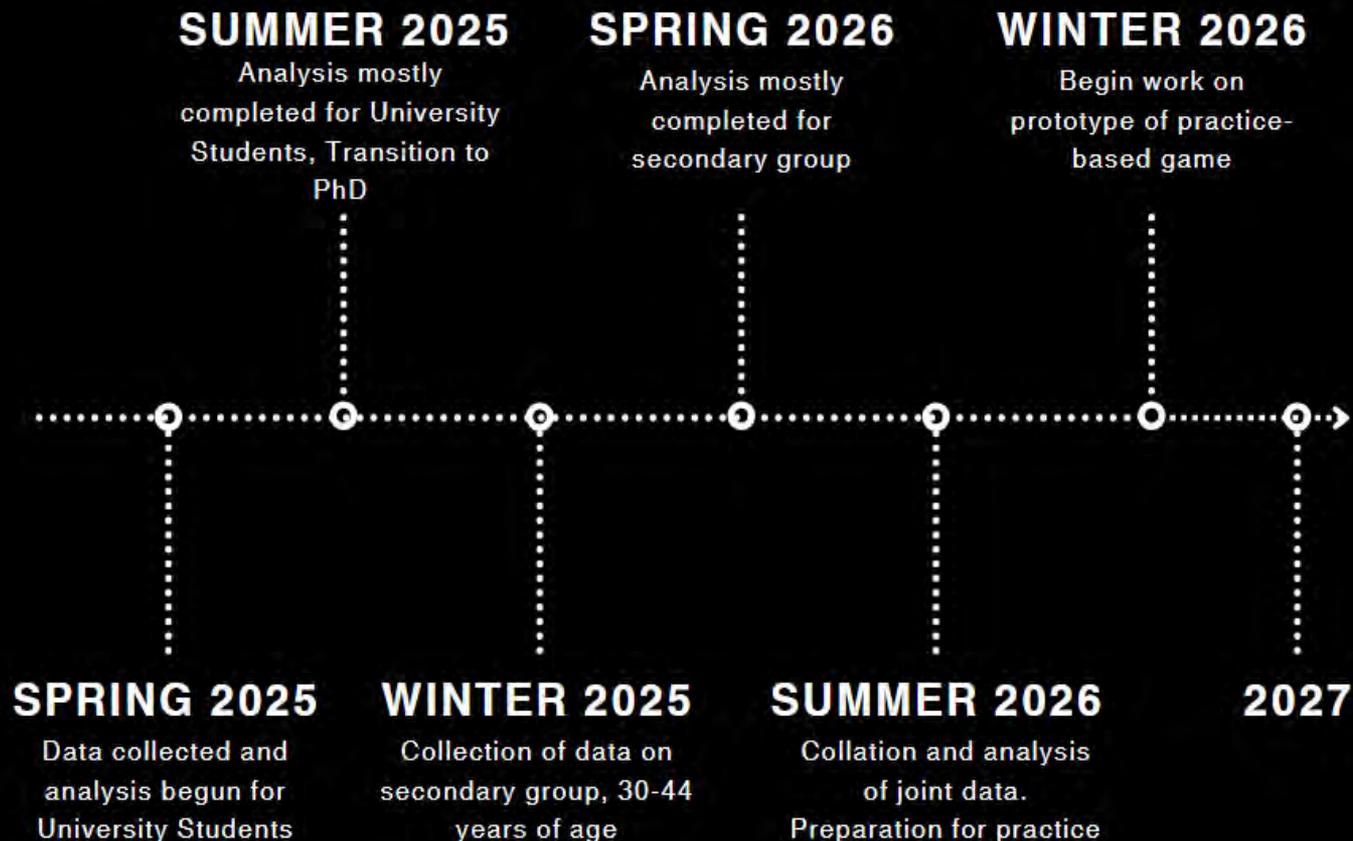


Findings... Depressive Symptoms

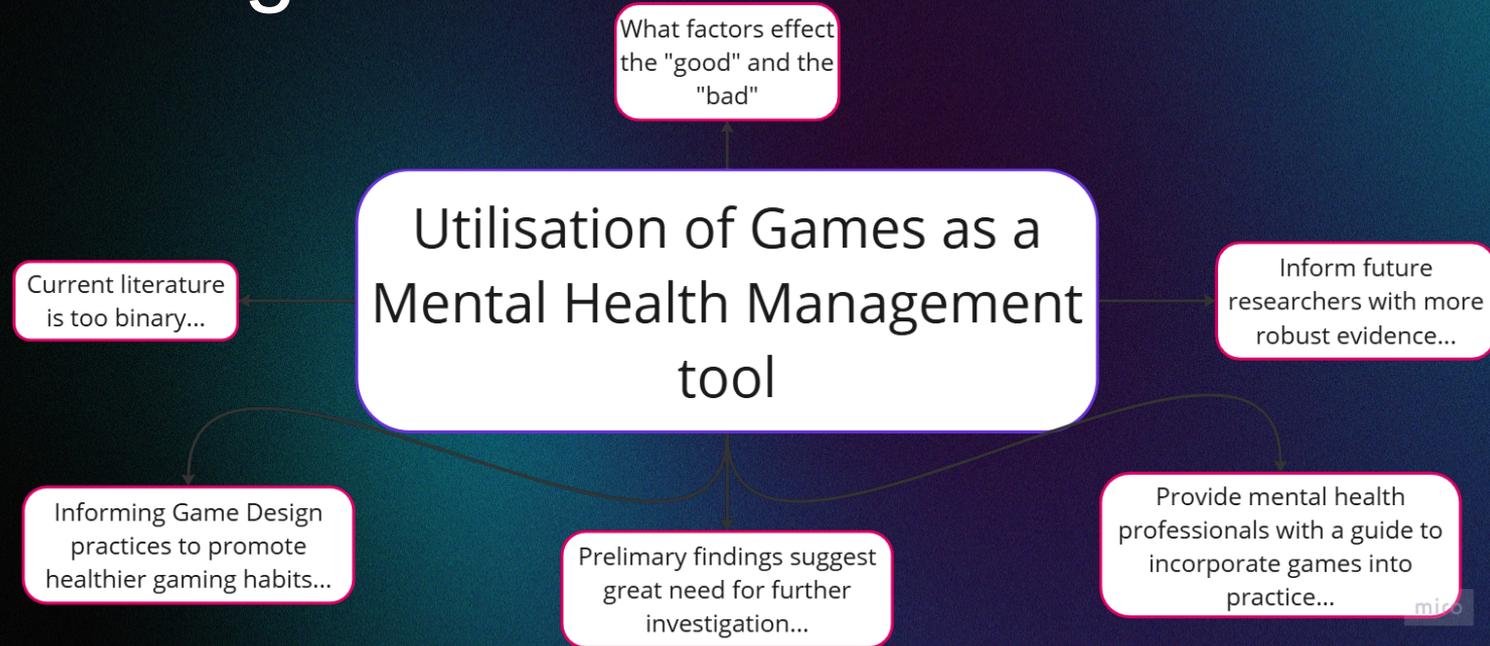
- The scores ranged from 16/60 at lowest to 46/60 highest
- So far, data does **NOT** show depressive symptoms worsen with game time
- Symptoms most prevalent are;
- “I felt lonely”
- “I felt I was just as good as other people”
- “I felt like people don’t like me”
- “I felt hopeful about the future”
- “I felt depressed”

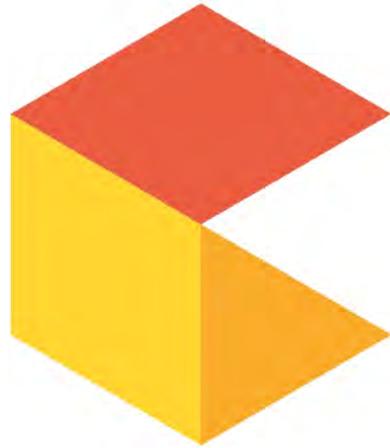


Timeline for Analysis



Finishing words...





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