Players Game Choices When Dealing with Depression

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Abstract

Depression is a mental illness that effects approximately 300 million people around the world and this is just this year. Those who suffer from depression cope with it in diverse ways. This thesis asks about depressed people's game choices and the motivation to play the specific games. When depressed people play games, they choose games that let them escape from their problems in the real world or games that allow them to feel relaxed. After a play session the majority would not feel any changes in the mood from before playing. While in an increased positive state of mood, the players would play a variety of games and consider playing multiplayer games where they could interact with other people. There is need for further studies on this subject with further analysis for finding patterns about game choices and motivations among people with depression.

Keywords: Depression, Games, Motivation, Game Genres, Psychology
Abstrakt

Depression är en psykisk sjukdom som drabbar cirka 300 miljoner människor runt om i världen varje år. De som lider av depression hanterar sjukdomen på olika sätt. Denna avhandling frågar om deprimerade människors val av spel och motivationen att spela dessa specifika spel. När deprimerade människor spelar väljer de spel som låter dem fly från sina problem i den verkliga världen eller spel som gör att de kan känna sig avslappnade. Efter en spelsession kunde majoriteten inte känna några förändringar i humöret än hur de kände innan de började spela. Efter en ökad positiv sinnesstämning kunde spelarna spela en mängd olika spel och överväga att spela spel med flerspelarläge där de kunde interagera med andra människor. Det finns behov av ytterligare studier om detta ämne med ytterligare analys för att hitta mönster om deprimerade människors val av spel och motivation.
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1 Introduction

Approximately 300 million people in the world today are suffering from depression (World Health Organization, 2017). Depression is characterized by lack of energy, withdrawal from social life, not feeling enjoyment doing the things you used to like. Persistent feeling of sadness and hopelessness, insomnia or excessive sleeping pattern, lack of appetite or increased appetite, thoughts of suicide or suicide attempts are not uncommon among people with depression. Not all who suffer from depression experience the same symptoms (American Psychiatric Association, 2013).

People play games for several reasons and the motivations for playing is not the same for everyone. When people are dealing with depression they have a different state of mood and mindset than those who are not. This negative mood is persistent and depending how severe the depression is for the person they may use media to escape the reality, increase their mood or talk with other people online to feel less alone. Games can be used as a tool of distraction, which within the game the focus is on what is happening in the game and not in their own mind (McGonigal, 2011; Yee, 2014).

With the advance in technology and games today, games are starting to be more common used in different fields of work as a helping tool. In the field of psychology, games have been used in studies to see if it could be useful in reducing depression. Games are also starting to develop as a tool alongside therapy and medication to treat depression. SPARX (Merry, et al., 2012) is an example of a game that has been developed as a complement for treating people with depression. The game is a role-playing game that allows the player to customize their avatar and interact with the game’s own characters. The results of the study showed that depressive symptoms decreased among the participants when playing for a significant amount of time.

Earlier studies have shown that games could be useful for reducing symptoms of depression (Ferguson and Rueda, 2010; Russonello, Fish and O’Brien, 2013). But those studies are focused on specific games and how those games can be useful for reducing symptoms of depression. There is little knowledge about what depressed peoples’ own game choices and their motivation for playing games are.
2 Background

Games can be therapeutic for people dealing with problems in real life by escaping to a virtual reality instead (Yee, 2014). It can make the person focus on the actions in the games and get the feeling of progress. This form of escapism, as the author also points out, could lead to problematic gaming that makes it difficult to manage the player’s own life. This could take form of difficulties managing work, relationships and self-treatment. People dealing with depression and anxiety are especially vulnerable to this escapism and could have the feeling that their character in their fantasy world is the only thing that matter when the outside world is too difficult to manage.

Some people use escapism to seek out violent games and games with dark themes due to their feelings of helplessness and disappointment (Ferguson and Rueda, 2010). By transferring their feelings into the virtual world, they feel the power and to be able to control their emotions that they lack the ability to do in the real world. The result from Ferguson and Rueda’s study showed that a short-term effect by playing violent video games did not have any effect on the depression. However, the long-term effect and those with previous experience with violent video games showed a decrease in their depressive mood.

Playing games allows people to focus their energy on something that they are good at and therefore be able to increase the mood and use that potential increase the quality of life (McGonigal, 2011, pp.38-39). McGonigal continue to argue that a clear goal must exist so that the player will have the opportunity to feel motivated to challenge themselves. She gives an example from the Massive Multiplayer Online Role-Playing Game (MMORPG) World of Warcraft (Blizzard Entertainment, 2004). World of Warcraft is a game set in a fantasy world where it is up to the player to play by themselves or with others. The game allows the player to explore their surroundings, going on a variety of quests and defeat monsters and interact with other players or characters within the game (Blizzard Entertainment, 2018). Within the game of World of Warcraft, the player gets quests with clear goals and enough challenge that will make the player motivated and curious but not so challenging that the player will feel anxious and discouraged but enough to feel that they will be able to complete it. When the goal is reached the player is rewarded and presented with new quests with new clear goals and rewards.

By escaping into the virtual world people will have the opportunity to take a break from reality and focus their energy on create and customize their own experience in a virtual world. Some games can create and customize the player’s avatar like The Sims series (Maxis, 2000; The Sims Studio, 2009) The Elder Scrolls series (Bethesda Softworks, 1994; Bethesda Game Studios, 2002), Dark Souls (FromSoftware, 2011) and, as mentioned earlier, World of Warcraft are just a few examples of many games that have this opportunity. With this level of freedom people often create their virtual avatar as their ideal self as shown in a study done by Bessière, Fleming Seay and Kiesler (2007). The results of the study also showed that the participants who rated their avatar as extraverted, conscientious and not as neurotic as themselves were those who were more depressed and had low self-esteem. In contrast, those
who did not describe their avatar higher than their own self in real life were those who had a higher level of well-being.
3 Purpose

Previous studies have focused on using specific games in their research about depression. However, there is lack of knowledge about what type of games those who suffer from depression in general choose to play when feeling depressed and why.

Therefore, this paper will attempt to determine what games are chosen in a depressive state of mind and the motivations for why they are chosen. The paper will then examine if the correlation is universal and if the effects of playing games could be compared with previous studies.

3.1 The Research Question

How does depression impact the decisions taken by depressed people when choosing to play a type of game and what are their motivations?
4 Method and Materials

4.1 Method

The data were gathered through a survey (appendix A) posted on three online forums on the internet and were active for a month. Two of the forums were the same community but on separate platforms. The questions were given to both people with a depression diagnosis and people who had not depression.

4.1.1 Survey

The data collected were about people and their motivation for playing a game when being in a state of depression and why they choose to play a game, how their state of mind changed during gameplay and why, and their state of mood after playing that game.

The survey existed of 16 questions where 11 of the questions were mandatory. Five of those were follow-up questions to the mandatory ones and were optional to answer. The survey began to ask about demographic such as age-span and gender. After that, a yes or no question was asked if they suffered from depression. If they chose yes, the follow up question allowed them to answer if they had any other mental illness that was a part of their depression and allowed them to say which diagnosis. This was to see if any other information about players game choices would play a part in their game choices than just the depression. These two questions were optional to answer.

Further down in the survey the participants were asked which gaming platform they prefer to play. This was asked to be able to see if there are any correlation between gaming platform and player habits when dealing with depression. It was also asked due to the other game related questions including game genre and specific games that are available on several gaming platforms at the same time.

After the question regarding which gaming platform the respondents preferred, a question about which game genre they preferred to play was asked. Right after that, a question about which game they chose to play when feeling depressed. This answer was a freeform text with option to write down several game titles. This option was given so the participants would be able to give multiple choices if they may had played more than one game while feeling depressed. The survey proceeded to ask about the motivation behind the specific choices that the participants answered earlier followed with how long they would play those game in one sitting to be able to see if there was any correlation between games the amount of time played in one sitting.

Finally, the participants were asked how they felt after a play session and got a freeform text option to write down their answers. This was done rather than a multiple-choice question, so the respondents were able to express their feelings in their own words. The last question in the survey asked if they would play the same game or not when feeling better with the option to answer yes or no. If the option of “no” was chosen, the last two follow-up questions asked them to explain which games and why they would choose something else. With that question it would have been a possibility to look if the choice of games changed during a depressive episode and when feeling better.
4.1.2 Method for Analysis

The collected data were analyzed by using a quantitative method. The data was examined to find keywords such as the motivation for choosing a specific type of game and the changes in mood after a play session. The data also searched to see if any specific game genre was more prominent among the people who had depression and if any specific game was preferred.

The data collected from the question “What are your motivations for choosing this game(s)?” were sorted into five categories. The first category was called “Interaction with others” and included responses about interaction with other people either online or in the real world, cooperation with friends or other people. The second category was called “Complexity” and included responses about how complex or simple the game was and the rules. Third category was called “Escapism”. This third category included answers about escaping from the real world and disconnecting from the problems in the real world. It also included motivations about distraction from the emotions and being someone else in the virtual world. The fourth category were named “Relaxation” and incorporated the motivations for playing games to relax and reduce stress. The last category was called “Familiarity” and included responses about games that had been played before and did not provide any additional information.

4.2 Participants

Participants consisted of people from three separate game forums on the internet. The number of participants was set to a minimum of 50 respondents. The participants consisted both of people with depression and people who were not depressed.

The study was done anonymously, so they participants would be able to answer the survey honestly without the fear of being identified. No personal information was gathered by the researcher.

4.2.1 Gamers Fighting Depression

Gamers Fighting Depression (GFD) exists on several websites. This online community was created to allow people who play games come together and support each other when dealing with mental illness. People can give each other emotional support and ask for help themselves when they need it in that community (Dzedzy, 2017).

Two of the websites where this community exists were chosen for this study. The survey was sent out to their channel on Discord and their Reddit page. These two sites were chosen due to those were the ones with the most activity on their pages. Those were also chosen because of their connection between mental illness and gaming.

4.2.2 GameSpot

GameSpot is a website that consists of game news, game reviews and has its own online forum where users can talk about different games and gaming platforms.

This forum was chosen due to the active users who are on the site. It was also chosen because of the diverse topics of game types and platforms.
4.3 Limitations

This study did not include casino games or online gambling. There have been studies about depression and gambling but due to the time limit of this thesis it would not be included. This topic could be further researched.

4.4 Anonymity

When collecting the data for this study, the participants were told that they would be anonymous when they took part of the survey. No personal information was collected or shared. The author of this study was the only who took a part of the collected data and did not distribute or discuss specific answers with anyone.
5 Results

5.1 Player Demographic

In total, 100 participants were included in the study. There were 70 males, 25 females, 4 others and 1 person who preferred not to include its gender (see Fig 1). The participants ranged from age 10 to 50 years old (see Fig 2).

![Fig 1. Gender](image1)

![Fig 2. Age](image2)
Out of the 100 respondents, 95% answered yes on the question “Do you suffer from depression?” and 5 people answered no (see Fig 3). By the 95 participants who suffered from depression 56 said that they had some other mental illness beside the depression (see Fig 4). Of those 56 responses 42 answered the follow up question “If, yes, which diagnosis? (optional)” and 14 did not respond. The dominant diagnosis that the participants had besides depression was some type of anxiety disorder with 23 responses.

Fig 3. Depression

Fig 4. Diagnosis connected to depression
5.2 Gaming Platforms and Game Genres

For the question “Which gaming platform do you prefer?” two gaming platforms stood out from the other categories (see Fig 5). The majority with 66 responses selected Computer games as their preferred gaming platform. Out of the 66 who chose Computer games, 64 had depression and 2 did not.

Console games were the second most popular gaming platform with 26 answers. Out of the total of the 26 responses, 23 had depression and 3 participants did not. With the follow-up question “If other, what platform?” from the previous question “Which gaming platform do you prefer?” two people responded with Console games as well with 1 participant who had depression and 1 whom did not.

**Fig 5. Preferred gaming platform**

5.2.1 Game Genres

When asked about what type of game genres the participants preferred (see Fig 6), 77 of 100 responded with Role-Playing Game (RPG). Of the 77 respondents 73 of them were depressed and 4 non-depressed. Fantasy and Action as a game genre were chosen in 63% respectively 62% of the cases. Of the 63 who chose Fantasy, 60% had depression and 3% did not have it. For those who responded with Action, 4 of 62 did not have depression while 58 people were depressed.
5.3 Players’ Game Choices When Feeling Depressed

When the participants were asked to answer which type of game they preferred to play when feeling depressed, the most recurring answer was Stardew Valley (ConcernedApe, 2016) with 10 responses. Overwatch (Blizzard Entertainment, 2016) occurred 9 times of 100 and Skyrim (Bethesda Game Studios, 2011) 7 times. Out of 100 answers, 11 did not mention any specific game at all.

5.4 Motivation

The participants were asked the question; “What are your motivations for choosing this game(s)?” and were able to answer in a free text form answer. The responses were coded and put in five separate categories.

5.4.1 Interaction with Others

13 of 100 participants responded, when asked about their motivation to play the specific game, with that they wanted interaction with other people. Some of the participants said that they talked to their friends online and felt inclusive in a group in contrast to the real world. They also said that they felt that they could have fun with their online friends.

5.4.2 Complexity

10 people said they wanted to play an easy game when feeling depressed. They did not want a game that required intense thoughts or to solve complex tasks. The respondents answered that they wanted repetitive tasks as well so that they did not required to engage as much as they would otherwise.
5.4.3 Escapism

The most frequent reoccurring motivation was escapism. 25 respondents wanted a distraction from the real world. The participants chose this type of games to disconnect from their negative emotions. 3 people chose these games, so they could pretend to be someone else in the virtual world than they were in real life.

5.4.4 Relaxation

11 respondents chose specific games that would help them relax when they were feeling depressed. The visuals in the game was a contributing factor when choosing those types of games. The music and atmosphere in a game helped the respondents to reduce the stress and to calm down.

5.4.5 Familiarity

To be familiar with a game when feeling depressed was a contributing factor for 13 out of 100 respondents when answering the survey. The participants wanted something that they were comfortable with and had played before. They did not want anything new that required them to learn new rules and game mechanics.

7 people said that they preferred to play the games out of nostalgia. They wanted games that had some special meaning to them or the familiarity as they felt when playing the game as a child.

5.5 Playing Time and Mood Changes

When the respondents were asked how long they played their preferred game in one sitting, 46 answered 2-3 hours (see Fig 7). 30 minutes to 1 hour and 3-5 hours was selected by 18 respectively 19 of the respondents.
Out of 4% that answered “More than 8 hours” did no one specify how long they played. Only 2 out of 5 who answered “Less than 30 minutes” specified how long they played. 1 person answered that they played about 20 minutes and the other said that they did not play at all.

Fig 7. Time spent in one play session

Majority of the participants answered that their state of mood was the same as before when playing their preferred game. With 31 of 100 answers, the participants answered that their mood did not change at all after playing their preferred game.

34 people said that their mood increased after playing their preferred game. Their mood did not however change drastically. The participants said that their mood increased slightly but not significant after a play session.
5.6 Positive Mood and Game Choices

When the participants were asked the question “When you are feeling better, do you choose the same game(s) or something different?” 54% answered with the same games and 46% said they would choose something different (see Fig 8).

Among the participants who said that they would choose other games, 11 people mentioned that they would play multiplayer games that was competitive. They preferred to play either online with other people or with friends. 7 people said that they would play a variety of games and did not mentioned any specific game.

Fig 8. Game choices in a positive mood
6 Analysis

6.1 Player Demographic

The majority of the participants who answered the survey were male with 70% out of 100%. The most common age group that answered the survey spanned across age 20 to 35 years old. Amongst that age group, anxiety was the most common diagnosis apart from depression.

The female group showed similarities to the males. As seen amongst the males, the common age group were between the age 20 up to 35 years old for the females as well. Anxiety occurred several times by those who had some other mental health issues beside depression.

6.2 Game Genres

The most popular game genre among the participants were RPG. The second and third most popular game genre were Fantasy and Action. Due to the question in the survey where the participants had the chance to select multiple answers, it was apparent that the majority of the participants who chose RPG chose Fantasy and Action as well.

6.3 Motivation and Games

The most reoccurring motivation for choosing a specific type of game consisted of a form of escapism. The reoccurring answer was that the respondents played games to distract themselves from negative emotions. The choice of gaming platform did not have any correlation to either people’s motivations or choice of games.

6.3.1 Stardew Valley

Stardew Valley was a game that appeared multiple times in the survey. A correlation between the game choice and the motivation for choosing that game could be found. It showed that those who preferred Stardew Valley chose it because it was a distraction from the real life or it was familiar from earlier playing sessions. However, Stardew Valley did only appear 10 times out of 100 answers.

6.3.2 Overwatch

Overwatch appeared 9 times in the survey. A reoccurring pattern showed that people played this game to interact with others. This included either talking to other people or friends or join an existing multiplayer game.

6.4 Mood Changes After a Play Session

Playing a game for 2-3 hours or 3-5 hours did not change the mood in any direction for some participants after a play session. For others, their current mood did get worse after playing the game. However, approximately the same amount of people as those increase in a negative state did report that their mood increased in positive direction.

The study showed that those who played for more than 8 hours in one sitting did not increase their mood. It showed that the negative mood got worse. It was more prominent for those who
played more than 8 hours than among those who played 2-3 hours or 3-5 hours. The respondents who played less than 30 minutes showed the same mood state as those who played more than 8 hours (see Table 1).

**Table 1. Mood changes after a play session.**

<table>
<thead>
<tr>
<th>Time</th>
<th>Mood Changes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Worse</td>
</tr>
<tr>
<td>Less than 30 minutes</td>
<td>2</td>
</tr>
<tr>
<td>30 minutes – 1 hour</td>
<td>2</td>
</tr>
<tr>
<td>2 – 3 hours</td>
<td>5</td>
</tr>
<tr>
<td>3 – 5 hours</td>
<td>4</td>
</tr>
<tr>
<td>5 – 8 hours</td>
<td>1</td>
</tr>
<tr>
<td>More than 8 hours</td>
<td>2</td>
</tr>
</tbody>
</table>

Overall, after a play session the results showed that no time period showed any significant mood changes. It was approximately the same amount of responses across all the hours played. The only time period that not increase the mood in a positive direction were those who played more than 8 hours or less than 30 minutes.

**6.5 Different Mood State**

When the participants were in a more positive state of mind 54 % would play the same type of games as they did while depressed. 46 % preferred to play something different when they were feeling better. Those who played something else had tendencies to lean towards online and multiplayer games. The recurring pattern showed that they were able to be social and competitive. Their mental state could comprehend complex rules and game mechanics.
When the respondents were in a depressed state they chose to play familiar games and did not want to try something new or learn complex rules or game mechanics. In contrast, when they were in a positive state of mind they wanted to play a variety of games and try something new.
7 Discussion

7.1 Further Studies

To research this topic further, there is a need for an expansion of the data collection and to explore the topic further. To be able to find reoccurring patterns to analyze, a focus group with more participants needs to be provided.

For this paper, the number of participants who answered the survey were male. There was lack of analysis to see if there are differences between genders. To research this topic further there is a need of doing a follow-up questionnaire. It could be useful to researching to find if there is any difference between genders and age groups.

It could occur error in the data collection if any question in survey were not clear and therefore misinterpreted. It could be beneficial to use a mixed method to support the survey with in depth interviews as well as a survey.

7.2 Data Collection

The reoccurring pattern that showed up most among the players motivation to play a game when depressed, was escapism. This category included both answers about pretending to be someone else and to think about something else than the negative thoughts. With these two interpretations of the same category could benefit by further analysis and to categorize escapism into sub categories.

The questions in the survey could have been unclear for some participants. This could be a factor to take in consideration when analyzing the data.

The questionnaire included multiple choice questions. This showed a problem to be able distinguish specific data and locate a reoccurring pattern. The question “What type of genre do you prefer to play? (you can choose multiple)” could have been formulated “What type of genre do you prefer to play?” If the question would be corrected the analysis could appear clearer. A majority of those who preferred RPG did also include Fantasy and Action. It is a possibility that these three genres are connected. This however can not be determined only by looking at the collected data.

Among the responses from the survey it appeared a significant gap among those who were depressed and not. Only 5 who answered the survey were not depressed. With this result it was not enough data to determine a difference between the two groups. The majority of the responses came from the GDF forums where the majority of the members have mental health issues. This could be a contributing factor to the gap between the responses shown previous in Fig. 3 located in chapter 3.

By collecting the data, 56 people answered that they had another diagnosis beside depression. When analyzing the data, it would be difficult to determine if the respondents’ other diagnosis influenced their choices beside the depression.

For the question in the survey “Do you suffer from depression?” there could have occurred answers from people who may have self-diagnosed themselves with depression. To survey could have benefited from using a follow-up question about if they had been diagnosed by a professional.
7.3 Preferred Games

Among 100 responses, the game which kept reappearing the most was *Stardew Valley*. The game appeared 10 times out of 100. With this small number, any definite conclusions would be difficult to determine.

7.4 Motivation

Different type of games motivates people in separate ways. By looking at *Stardew Valley*, the motivation was to get some type of distraction from everyday life. This game is a single player game and do not involve interaction with others. With *Overwatch* however due to its multiplayer option, the motivation for playing that game was more focused on interaction with others and competitiveness and thus create another meaning of distraction that is not the same as for *Stardew Valley*. Further analysis requires to distinguish the preferred games, the game genre and motivation more in depth to be able to categorize the motivations even further.
8 Conclusion

Depression is a mental illness that affects people among every gender and age group. When feeling depressed, motivation and actions differ from a person who is not depressed. When looking at games and depression, how does the depression impact the decisions for choosing a specific game and what is the motivation for doing that? This paper wanted to examine peoples game choices while being depressed and search for reoccurring patterns. The data showed that Role-Playing Games was the most popular game genre followed by Fantasy and Action.

Stardew Valley and Overwatch reappeared 10 respectively 9 times out of 100 when asked about what game the participants preferred to play when feeling depressed. These games shared some similarities such as the motivation for playing these games. A common theme was that people played them to distract themselves from the negative emotions in real life. However, Overwatch was chosen as well for the multiplayer option it provided. Those who played it wanted to interact with other people while playing the game whilst Stardew Valley was a single player game and provided a feeling of familiarity.

When the participants were able to choose how long they typically they played in one session and the follow-up question about how they felt afterwards, the responses did share similarities. A common pattern showed that the mood did not change after a play session. But the results did however also show that the mood increased or decreased after playing.

Further studies are needed to continue to research this subject. With a more direct survey without some of the multiple-choice questions could provide clearer answers and a more direct way to analyze and discover reoccurring patterns. There is also need for further studies to explore the differences and similarities amongst people who are depressed and those who are not.

In conclusion, there was a pattern that could be found when analyzing a specific game of choice among people with depression. However, due to only a handful reoccurring games and motivation among the responses a concrete conclusion cannot be concluded. This topic could continue to be researched in the future.
References

Literature


Games


Appendix A

Players Game Choices
*Required

1. Age *
   *Mark only one oval.*
   - 10 - 14 years old
   - 15 - 19
   - 20 - 25
   - 26 - 35
   - 36 - 40
   - 41 - 45
   - 46 - 50
   - 51 - 55
   - 56 - 60
   - 61 - 65
   - Over 65 years old

2. Gender *
   *Mark only one oval.*
   - Female
   - Male
   - Other
   - Prefer not to say

3. Do you suffer from depression? *
   *Mark only one oval.*
   - Yes
   - No

4. Do you have any diagnosis that are connected to your depression? *
   *Mark only one oval.*
   - Yes
   - No
   - Prefer not to say

5. If yes, which diagnosis? (optional)
6. Which gaming platform do you prefer? *
Mark only one oval.

- Console games
- Computer games
- Online games
- Smartphone games
- Other that is not listed above

7. If other, what platform?

---

8. What type of game genre do you prefer to play? (you can choose multiple) *
Tick all that apply.

- Platforming
- Action
- Fantasy
- Casual Game
- MMORPG (Massively multiplayer online role-playing game)
- RPG (Role-playing game)
- Sports game
- Horror
- Other that is not listed above

9. If other, which genre(s)

---

10. Which game do you choose to play when you are depressed? (you can write several games) *

---

11. What are your motivations for choosing this game(s)? *

---
12. How long do you usually play this game(s) in one sitting? *
   
   Mark only one oval.
   
   □ Less than 30 minutes
   □ 30 minutes - 1 hour
   □ 2 - 3 hours
   □ 3 - 5 hours
   □ 5 - 8 hours
   □ More than 8 hours

13. If you chose less than 30 minutes or more than 8 hours, please specify how long you play

   ______________________________________________________

14. How do you feel afterwards? *

   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

15. When you are feeling better, do you choose the same game(s) or something different? *
   
   Mark only one oval.
   
   □ The same game(s)
   □ Something different

16. If something different, what type of games and why?

   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
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