Theoretical Background

▲ Video games

= depression/anxiety symptoms ↓ (e.g., Kowal et al., 2021, Pine et al., 2020; Ruiz et al., 2022)

= mood ↑ (cf. mood management, Reinecke, 2017)

= emotion regulation ↑ (Villani et al., 2018)

= therapeutic effects via self-identification (Reinecke et al., 2012)

▲ Hedonic vs. eudaimonic entertainment = positive effects on well-being (Rieger et al., 2014)

▲ *GRIS* (eudamionic platformer) may have an emotional effect on players (García Catalán et al., 2021)

▲ Does playing *GRIS* affect
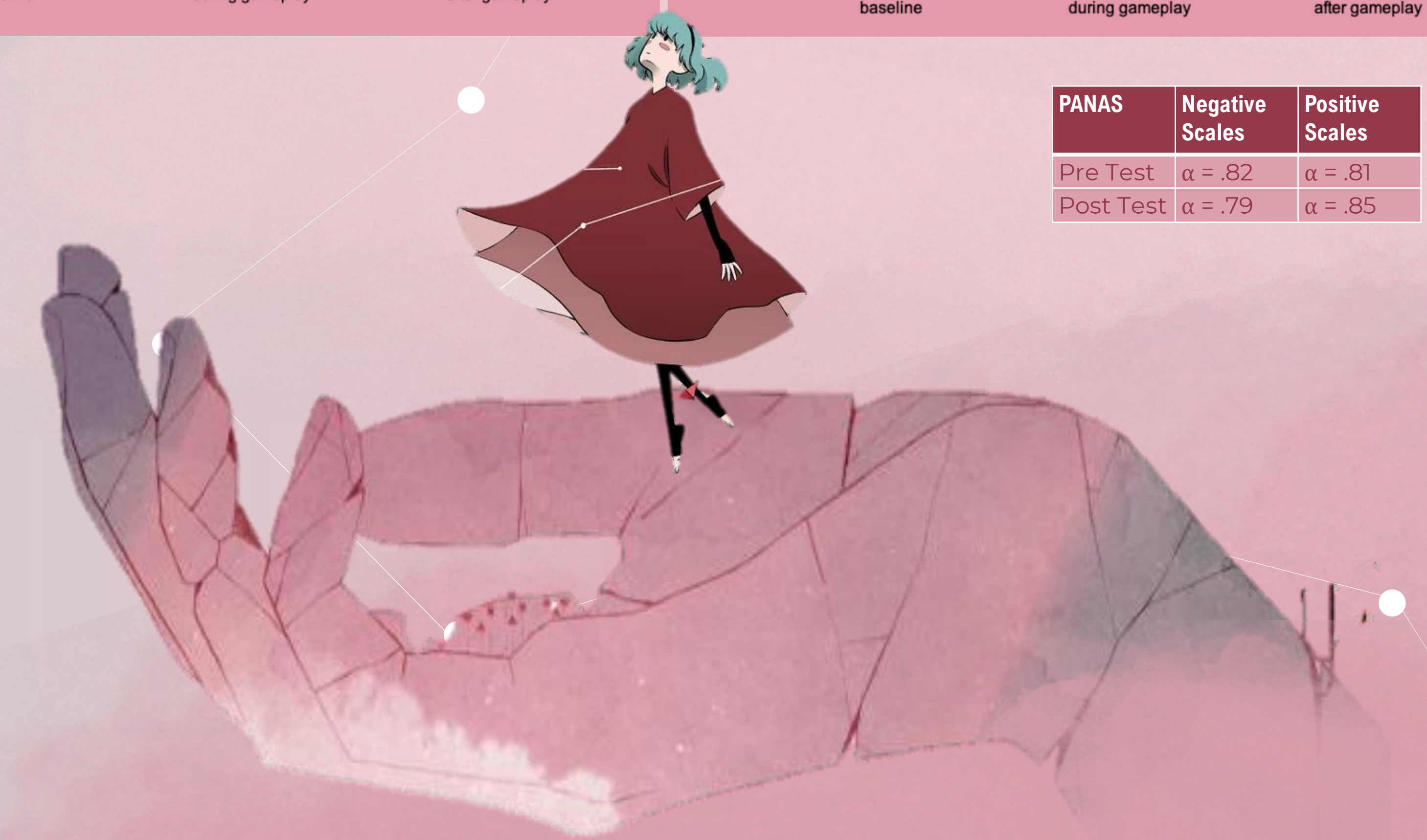players' mood?
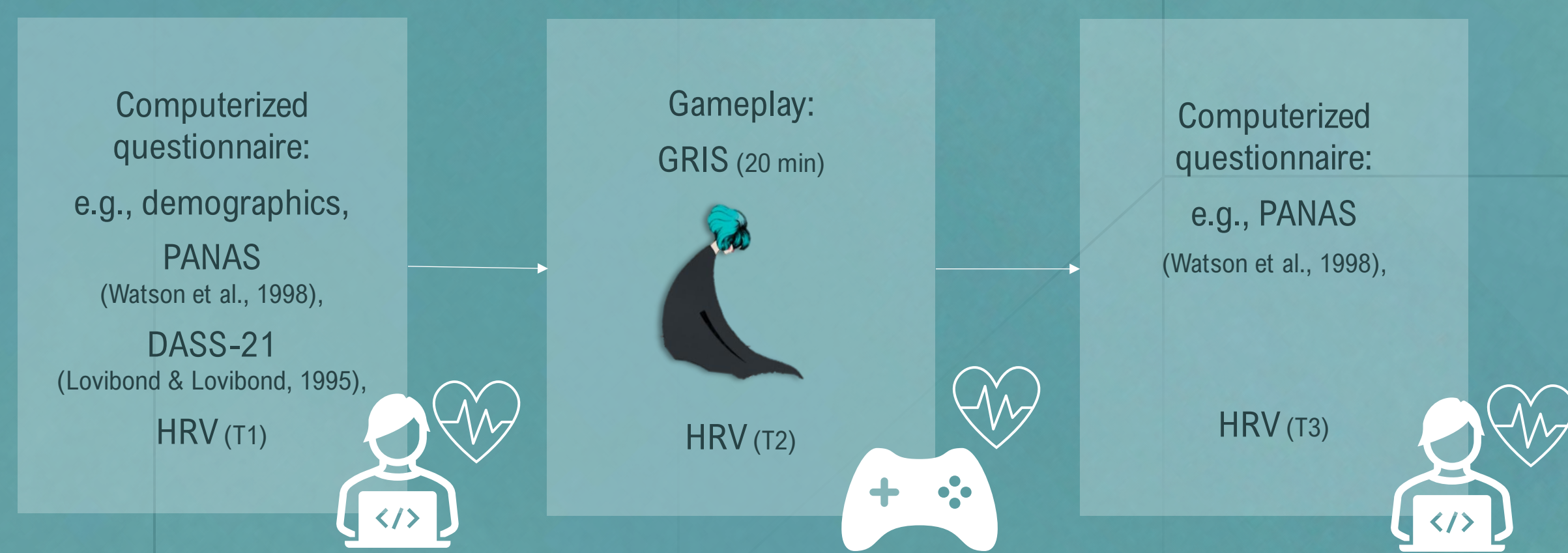players' psychophysiological state?
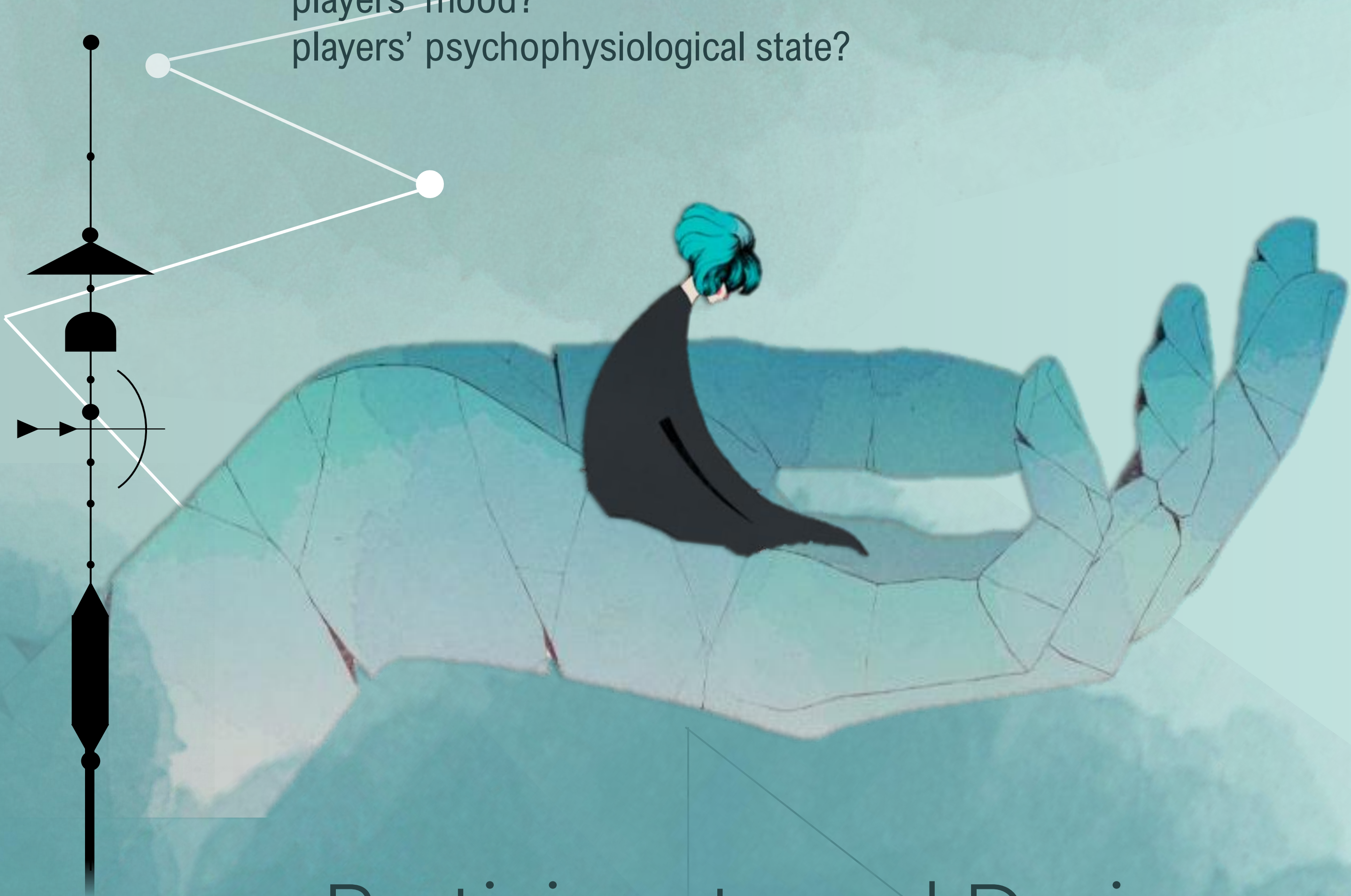
Results
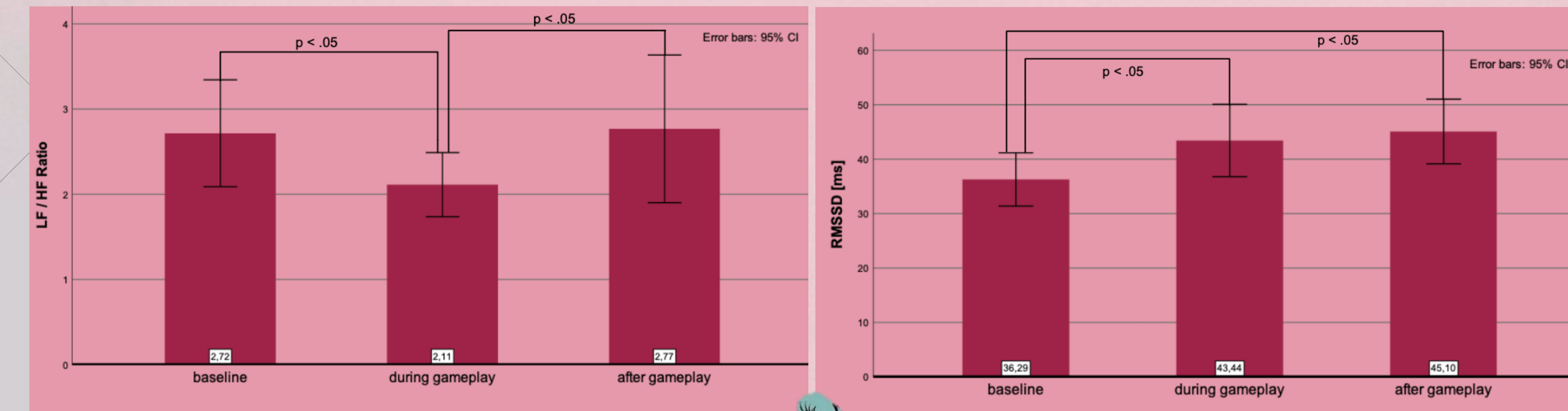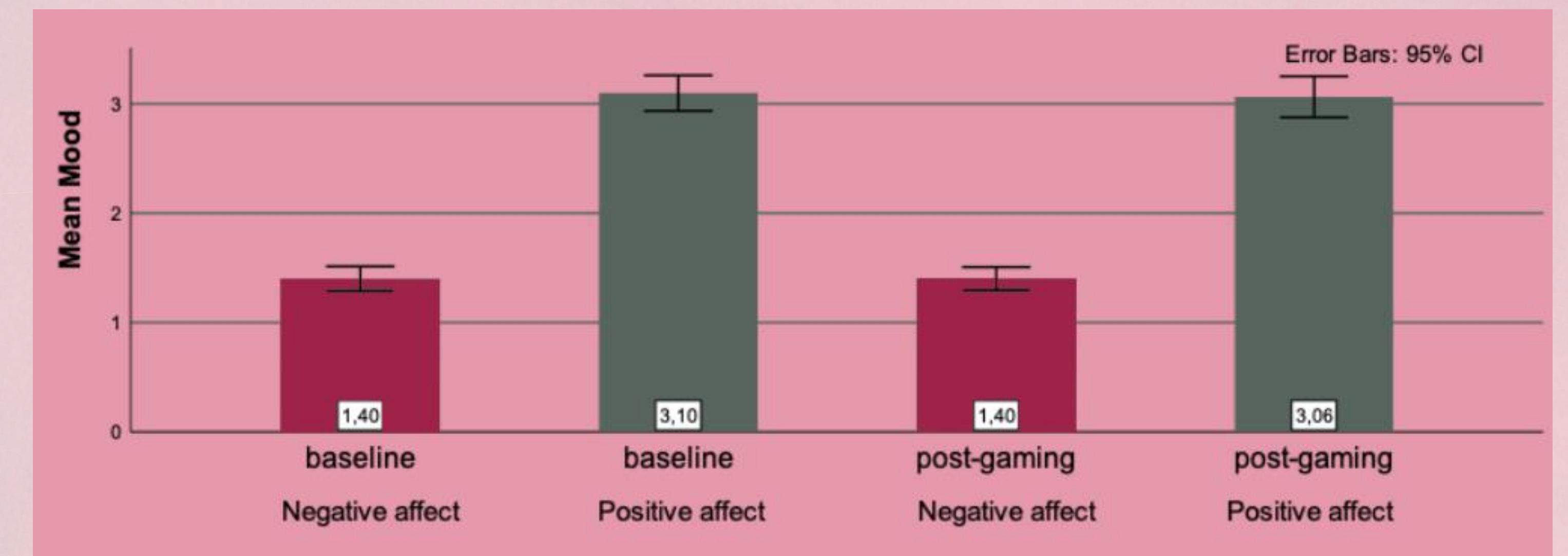
PANAS	Negative Scales	Positive Scales
Pre Test	α = .82	α = .81
Post Test	α = .79	α = .85

Gaming and Emotions

Expra-Gruppe:
Tascha, Fairon, Kevin Hargiono, Lisa Maksimov,
Elie Paul, Laura Peters und Saskia Schablowski
Betreuung:
Elisabeth Holl und Gary Wagener

Participants and Design

N = 64

Age: M = 22.6 years (SD = 4.6; range: 17-33)

Gender: 75% female, 23% male, 2% non-binary

Gaming experience: M = 5.2 h/week (SD = 9.7; range 0-56)

Computerized
questionnaire:
e.g., demographics,
PANAS
(Watson et al., 1998),
DASS-21
(Lovibond & Lovibond, 1995),
HRV (T1)

Gameplay:
GRIS (20 min)

HRV (T2)

Computerized
questionnaire:
e.g., PANAS
(Watson et al., 1998),
HRV (T3)

Discussion

▲ no effect on players' mood, but physiological effect, cf. prior results
on eudaimonic entertainment (Rieger et al., 2014)
and dissociation of physiological and subjective emotional states
(Campbell & Ehlert, 2012)

▲ Limitations:

Healthy participants: limited variance in DASS-21/PANAS

Stimulus: Limited generalizability of *GRIS*, inconsistent progress,
solely female protagonist (lack of identification?)

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