1. Appendix

Questionnaire

1. How old are you ?
* Under 18
* 25-34
* 35-44
* 45-54
* 55-64
1. What is your gender?
* Male
* Female
* Other
1. Which of the following do you play video games on, even if just occasionally? Please select all that apply?
* PC
* Console (Xbox , PlayStation , etc...)
* Smart Device(phone, tablet,etc..)
* Other (please specify)
1. Which types of games do you mostly play ?
* Real-time strategy (RTS)
* Shooters (FPS and TPS)
* Multiplayer online battle arena (MOBA)
* Role-playing (RPG, ARPG, and More)
* Simulation and sports.
* Puzzlers and party games.
* Action-adventure.
* Other (please specify)
1. when it comes to game-time, how many hours do you consider is your weekly average?
* 5 hrs/week
* 5-10hrs/week
* 10-30hrs/week
* 30+hrs/week
1. Which are the positive effect(s) you gained from gaming?
* Releasing Stress
* Enhancing Communication Skills
* catching up with friends
* lifting up your mood
* stimulates your mind
* Other (please specify)
1. Which negative effect(s) did gaming had on your mental health ?
* sleep deprivation
* possible addiction
* depression
* anxiety
* Other (please specify)
1. During the COVID-19 pandemic how would you describe your game time change ?
* Decreased
* stayed the same
* increased slightly
* increased significantly
1. How did gaming impact on your mental health during the COVID-19 pandemic?
* very positively
* positively
* somewhat positively
* neutral
* somewhat negatively
* negatively
* very negatively
1. Finally, overall do you think gaming has had a positive or negative impact on your wellbeing?
* very positive
* positive
* somewhat positive
* neutral
* somewhat negative
* negative
* very negative