

# 1 Appendix

## Questionnaire

1. How old are you ?
  - Under 18
  - 25-34
  - 35-44
  - 45-54
  - 55-64
2. What is your gender?
  - Male
  - Female
  - Other
3. 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)
4. 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)
5. 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
6. 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)
7. Which negative effect(s) did gaming had on your mental health ?
- sleep deprivation
  - possible addiction
  - depression
  - anxiety
  - Other (please specify)
8. During the COVID-19 pandemic how would you describe your game time change ?
- Decreased
  - stayed the same
  - increased slightly
  - increased significantly
9. How did gaming impact on your mental health during the COVID-19 pandemic?
- very positively
  - positively
  - somewhat positively
  - neutral
  - somewhat negatively
  - negatively
  - very negatively

10. 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