



AMERICAN PSYCHOLOGICAL ASSOCIATION

FACT Sheet

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The benefits of playing video games

Team

- **Isabela Granic, Lead Researcher** – earned a doctorate in developmental psychology from University of Toronto and currently is a professor and chair of the Developmental Psychopathology department at Radboud University.
- **Adam Lobel, Researcher** – earned a bachelor's in psychology at Brooklyn College and currently is a user research analyst at Ubisoft Montreal.
- **Rutger Engels, Researcher** – earned a doctorate at the Faculty of Medicine in the University of Maastricht and currently is a developmental psychopathology professor at Erasmus University Rotterdam.

Background

Granic and the rest of her team:

- Are aware of studies showing the negative impacts that video games have on children.
- Want to prove what kinds of positive impacts it can have instead.
- Believe that a more balanced perspective is needed in the research of video games.
- Found that video games offer improvements in cognitive, motivational, emotional and social domains for their players.
- Found that video games give their users better social skills, emotional stability, higher motivation and problem-solving skills.

Goals

- Spread their findings and exciting evidence in the region of mental health benefits from gaming.
- Inspire new research and further the knowledge of benefits instead of the negatives.

Published

- The study was published in the American Psychologist Journal.
- This journal is the official academic journal of the American Psychological Association (APA).

More information available at <https://psycnet.apa.org/record/2013-42122-001>.