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## **Understanding the Lives of Problem Video Gamers**

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**Introduction:** Participation and daily activities are negatively impacted by problem video gaming. However, a full appreciation of how problem video gaming impacts the daily lives of gamers is lacking. There is also no peer-reviewed literature on problem video gaming that examines it through an occupational lens.

**Objectives:** The aim of this study is to gain a deeper understanding of the lives of problem video gamers, particularly what occupations are important to them, and what supports and barriers exist with respect to participation in other activities.

**Method:** Youth and young adults who experience problem gaming were interviewed and asked to complete activity logs. Interviews were transcribed and analyzed thematically using methods suggested in Braun & Clarke (2006). Activity logs were used to understand gamers' daily activities and stimulate questions for further discussion.

**Results:** In addition to findings regarding daily activities of problem gamers, study addresses reasons for and triggers to gaming, supports and barriers to engagement in other occupations, and other occupations that are important in their lives. A model of the occupational lives of problem gamers will be presented, including individual, interpersonal, organizational, community, and environmental factors. The findings of this study contribute to occupational science, occupational therapy intervention, prevention, and policy change surrounding gaming.

**Conclusion:** This study contributes to a better understanding of the lives of problem video gamers, what occupations are important to them, and what supports and barriers they have with respect to participation.