The Place of Self-Esteem and Social Life in Interactive Virtual Gaming

A Mixed-Methods Investigation into the Lived Experience of Pokémon Go Players

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Abstract

Internet Gaming Disorder (IGD) has been incorporated in the International Classification of Diseases (ICD-11; June, 2018) following extensive research indicating that virtual gaming is addictive for many. Maladaptive play affects players' social relationships and self-esteem in particular, and can lead to other mental health conditions. Meanwhile, Pokémon Go (PG) was launched in 2016 as a unique game that leads players to venture outside to catch Pokémon characters on mobile devices, encouraging interactions with others. Various writers assert that PG can deliver mental health benefits—although this has not yet been confirmed by substantive evidence. This study examined the perceptions and experiences of playing PG, from the perspectives of players themselves, emphasising any changes they may have experienced in their self-esteem and social lives as a result, while exploring its potential for maladaptive play.

A mixed-methods approach was adopted, involving an online survey with over 100 PG players to establish player profiles and perceived changes since playing, using standardised scales and open-ended items, and semi-structured interviews with six players (examined using Interpretive Phenomenological Analysis (IPA)).

The survey found that PG enhanced players' social lives more than other games, though no change was measured in self-esteem and quality of social life from before playing (reported retrospectively) to the time of study. Most players indicated that PG was an active entertainment that improved social life, wellbeing and self-concept. The IPA found three superordinate themes: Social gains encapsulated players' sense of being 'a collective' facilitating social interaction towards starting/strengthening

relationships in a 'blurred' PG reality, where the real self had novel experiences. Psychological gains included improved mood, social skills and confidence, interpreted as greater self-esteem, through others' recognition and achievement of goals, and increased activity, exploration or learning. Undesirable consequences included issues tied to the game (technological) or play (boredom, hazards) and its impact on work or relationships through compulsive play.

While Counselling Psychologists may explore the game as a novel tool to help clients with social or relational difficulties, they should be mindful of its propensity to be addictive for individuals prone to pathological gaming with symptoms similar to IGD. More research is required to understand the factors associated with interactive games, with a particular focus on players themselves, as they explain their personal experiences (both positive and negative) of extensive game play.

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Chapter One: Introduction

1. 1 Introduction

This thesis investigates the potential influence of one of the most notorious augmented reality games to have ever hit the market: Pokémon Go. Launched in 2016, this game has attracted millions of players worldwide and, with its premise to 'go outside' and interact with others, it has become a curiosity to various health practitioners and researchers. Whilst research into the effects of this game is still in its early stages, the topic of Internet Gaming Disorder (IGD)–and addiction to the Internet more generally–has been rife for many years (Christakis, 2010; Young, 1998; Douglas et al., 2008). Having a brother and several friends who are 'obsessed' with computer games, I have witnessed the detrimental effects of gaming on one's wellbeing, seeing them become increasingly introverted, time-stressed and anxious after spending hours immersed, level after level, with their pixelated avatars.

This thesis arose as a continuing interest from an undergraduate dissertation that I completed during my BSc Psychology degree. Whilst Pokémon Go had yet to be released, I explored the effects of excessive virtual game playing, and the debate on whether IGD should be classified as a separate disorder in the Diagnostic and Statistics Manual (DSM-5) (Király, Griffiths & Demetrovics, 2015; Pontes & Griffiths, 2014). It became clear through that dissertation that IGD was not being taken seriously enough within the psychological and medical literature, an argument expounded by Kardefelt-Winther (2015). With Pokémon Go arriving on the scene in 2016, this thesis explored the multitude of original principles underpinning the game—to venture outside to 'catch' Pokémon—which primarily caught my attention.

I began to wonder: in what ways might this affect players? Could it be a help, instead of a hindrance, to social interaction? With questions such as these brewing in my mind, the substance of this thesis began to take shape.

1.2 Virtual Gaming

Virtual gaming (VG) is entrenched in 21st century Western society, with millions of players across the globe logging on and spending time competing against each other (or against themselves) for hours at a time (Cole & Griffiths, 2007; Griffiths, Davies & Chappell, 2004). The industry releases new games almost daily, and is projected to be worth $162 billion in 2020 (Brightman, 2016). Games range from strategy games, driving and other competitive games, and Massively Multiplayer Online Role-Player Games (MMORPGs), amongst others, many of which are built upon the idea that gamers interact in an alternative virtual reality (Roithmayr, 2014). These games feature avatars, characters usually created by players themselves, in detailed virtual worlds, often with rich musical scores (Lipscomb & Zehnder, 2004), undertaking missions that may involve strategy, violence, and collaboration with other players (Pan & Steed, 2017). Players can feel excited and involved in the game, and can have emotional/romantic attachments to other players via online communication (Coulson, Barnett, Ferguson & Gould, 2012).

With the prolific spread of VG, one dark side of the phenomenon is gaming addiction (Blinka & Smahel, 2011; Freeman, 2008; Kuss & Griffiths, 2012; Ng & Weimer-Hastings, 2005; Young, 2009). A range of negative outcomes of pathological (excessive, maladaptive) gaming have been reported, such as depression (Jeong, Kim, Lee & Lee, 2016), reduced social interaction (Allison, von Wahlde, Shockley &

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Gabbard, 2006) stress and distress (Batthyány, Müller, Benker & Wölfling, 2009), anxiety (Martončik & Lokša, 2016), low self-esteem (Aydin & Sari, 2011), aggression (Chan & Rabinowitz, 2006), loneliness (Nie, Hillygus & Erbring, 2002), insomnia and problems with verbal memory (Dworak, Schierl, Bruns & Struder, 2007), a lack of wellbeing (Lemmens, Valkenburg & Peter, 2011), epileptic fits (Chuang, 2006), and inability to cope (Kuss & Griffiths, 2012). Given the adverse outcomes, VG addiction may be viewed as a potential mental disorder, which is defined by the DSM-5 (APA, 2013; p. 32) as 'characterized by clinically significant disturbance in an individual's cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning'.

In the DSM-5 (2013), Internet Gaming Disorder (IGD) is recognised as a specific condition involving the compulsive, pathological playing of online or virtual games, manifesting in a neurological pleasure response, activating the common reward pathway and withdrawal symptoms, similar to various other addictions. As such, some researchers and clinical health practitioners suggest that IGD should be classified as an official addiction, instead of simply a 'phenomenon requiring further research' (current status in the DSM-5; Przybylski, Weinstein & Murayama, 2016). Furthermore, the number of gamers seeking therapy for this particular problem— obsessive, compulsive and pathological gaming that negatively affects individuals' functioning and quality of social relationships and relatedly self-esteem—is rapidly increasing (King & Delfabbro, 2014). For instance, gamers have sought interventions such as Cognitive Behavioural Therapy (CBT) and exposure therapy for certain negative effects of excessively playing online games, such as social anxiety (Caplan,

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2005; Kuss, 2013; Lo, Wang & Fang, 2005) and self-esteem issues (Ng & Weimer-Hastings, 2005).

In short, research suggests that excessive virtual gaming appears to particularly impact players' social life and self-esteem (Caplan, 2007; Stetina, Kothgassner, Lehenbauer & Kryspin-Exner, 2011). At the same time, there are relatively few empirical studies focusing on the quality of social life and self-esteem per se of VG players, whether or not they play excessively, especially in-depth from the players' perspectives. Therefore, the root causes and underlying issues contributing to pathological gaming—whether they are factors tied to the particular games or the particular player, for instance—remain largely unexplored (Bowman, Oliver & Rogers, 2016).

1.3 Pokémon Go

In July 2016, Niantic released Pokémon Go as a new, app-based online game that encouraged gamers to venture outside their homes and, using GPS, 'collect' various Pokémon characters (Quinn, 2016). These virtual characters are present on a user's screen and, depending on their location, users can 'fight' other players to capture certain Pokémons and 'train' others to become fighters. PG has been hugely popular; in its first week, it was the most downloaded app in history (Clark & Clark, 2016). There is some early research to indicate that PG may be different to other VGs, given the underlying concept of outdoor activity (Schilling, 2016). Some suggest that it can improve wellbeing by encouraging greater interaction with nature (McCartney, 2016). Others argue that playing PG has benefits for players' mental health, by reducing psychological distress (Watanabe et al., 2017), improving cognitive competence and emotional intelligence (Ruiz-Ariza, Casuso, Suarez-Manzano, & Martínez-López,

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2018), friendship formation and intensification, positive affect and nostalgic reverie (Bonus, Peebles, Mares & Sarmiento, 2017), and encouraging social interaction (Kato et al., 2017).

Given the uniqueness and relative newness of Pokémon Go, there is a lack of research into the role that this specific game plays in players' quality of social life and self-esteem—the key problematic areas in pathological gaming or IGD. The popularity of the game necessitates an in-depth investigation into its potential impact on users' mental health, especially pertaining to how they interact in the social world. Some suggest that PG might play a role similar to a 'gateway drug' (Ray, 2016), encouraging players to engage in traditional virtual games—which may lead to IGD. As far as excessive play or potential for IGD is concerned, given its popularity, PG has the propensity to be highly addictive (Carbonell, 2017; Griffiths, 2016a), but such claims can only be ascertained through detailed research with gamers themselves.

With the current research into the effects of VG generally adopting an exclusively quantitative approach (Kuss & Griffiths, 2012; van Rooij et al., 2010; Yee, 2006), the lived experiences of players are relatively unheard, which is unhelpful from a Counselling Psychology perspective. It is through emphasising the players' experiences, attitudes and feelings that the Counselling Psychology profession can gain a deeper understanding of the problem, including the specific game or genre, and use the most appropriate approach to treating individuals with IGD.

1.4 Structure of Thesis

Chapter Two begins with a thorough exploration of the literature surrounding VG addiction and IGD, followed by the positive and negative outcomes of playing VG and

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the popularity of PG, and finally presents the research questions based on gaps in the literature. Chapter Three details the methodology used to answer those questions and address the objectives, including a thorough analysis of my epistemological position and decision for a mixed-methods (survey and interview) approach, and illustrates the frameworks (thematic analysis and IPA) analysing the data. Chapter Four presents the results from the survey (stage one), before Chapter Five discusses the results from the interviews (stage two). Chapter Six then concludes the thesis, reflects on my journey through its composition and implications for Counselling Psychology, and discusses the limitations and future directions for research in this area.

Chapter Two: Literature Review

2.1 Introduction

In order to find key literature on this topic, an initial literature search was conducted on Google Scholar, using keywords 'virtual' + 'gaming' + 'social' + 'self-esteem' + 'effects' + 'addiction' + 'Pokémon Go'. This amassed a range of articles, which got narrowed somewhat by restricting them from 2000—present in terms of publishing date. These terms were varied to uncover as many resources as possible. Any that referenced IGD were bookmarked; those that dealt with Internet addiction as a separate issue, with no mention of VG, were excluded. The main databases that the sources appeared on were noted, before a more in-depth search was performed on academic databases, using the same keywords as above. These databases included Science Direct, Proquest, PsychNET, EBSCO, and the UEL Library database.

2.2 Internet Gaming Disorder versus Internet Gaming Addiction

Video gaming has evolved over the years to a variety of technological platforms (laptops, mobile phones, consoles) allowing players to interact with one another and share a common gaming experience (Steinkuehler & Williams, 2006). VG is part of this gaming evolution, a relatively new phenomenon enabled by the Internet, which stages a rich interactive experience where gamers can play against one another in real time (Kinnebrew, Kamuda, & Kantor, 2010). Whilst some virtual games are strategy games, most VGs use avatars, providing a form of 'alter ego' or alternative online identity. Studies have found that players can identify with their avatars, even to the point of developing feelings towards them (Blinka, 2008). Moreover, VGs provide rewards and progression when a level is completed. Some, such as Linden Lab's

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Second Life, involve world-building and even an in-world virtual economy, where gamers can purchase (and even sell) virtual goods within the game (Papagiannidis, Bourlakis & Li, 2008).

Virtual/online socialisation often underpins VG, with players frequently collaborating against a common 'enemy', forming social groups (ingroups and outgroups) and establishing a social identity through these games (Guegan, Moliner & Buisine, 2015). Many players claim that their VG identity and social relationships, via their avatar, are more important to them than their real-world social relationships (Badrinarayanan, Sierra & Martin, 2015).

So as to thoroughly explore this topic, it is important to gain a deeper understanding of the differences between problematic gamers and gaming enthusiasts. When does VG become problematic? How does it bear out the DSM-5's characterisation of addiction and Internet Gaming Disorder (IGD)? To answer these questions, it is first necessary to define addiction.

Most descriptions of addiction involve drug ingestion, conceptualised as a medical condition involving reliance on a tangible substance (Koppel, 2016; Hall et al., 2015), or a behavioural pattern that can have potentially devastating outcomes for individuals and their families (Byun et al., 2009; Lemon, 2002). These behaviours include gambling, which is more widely discussed, but also other diverse behaviours such as eating, exercise, sex, shopping, love, videogame playing, Internet use and work (Griffiths, 2016b).

Six components are implicated in the literature across all addictions, irrespective of whether the addiction is behavioural or chemical. These include:

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- Salience: when the activity becomes paramount to an individual, dominating their thinking (cognitive/attentional bias), feelings (cravings) and behaviour (social impairment);

- Mood modification: how individuals subjectively experience the activity, often using it as a coping strategy (e.g. escape, arousal);

- Tolerance: where increasing levels of the activity are needed to obtain the previous mood modifying effects;

- Withdrawal symptoms: physical and emotional states experienced when an individual is not able to engage in the activity any longer (e.g. shaking, irritability, low mood, flu-like symptoms);

- Conflict: conflicts generated between the addict and those around them (interpersonal conflicts), within themselves (intra-psychic conflict), and with other activities (such as work and hobbies);

- Relapse: individuals have a tendency to fall back into previous destructive patterns of behaviour after periods of control, e.g. excessively engaging in the activity once again.

Originally, Young (1998) used the criteria for pathological gambling in the DSM-4 to define Problematic Internet Use (PIU) and claimed that PIU symptoms were similar to other impulse control disorders. Soon after, Griffiths (2000) outlined the possibility of technological addiction and argued that excessive non-chemical, human-machine interaction can lead to problems in daily functioning for technology users, who may begin to exhibit similar behaviours and report the same experiences as pathological gamblers and substance abusers.

When a certain behaviour or substance boosts activity in the brain's reward system, this can create a 'high' or 'euphoric' feeling, tempting the individual to engage in the activity again (Nutt, Lingford-Hughes, Erritzoe & Stokes, 2015). This pathway of neurons in the 'common reward pathway' is activated by dopamine (Patriquin, Bauer, Soares, Graham & Nielsen, 2015; Richter et al., 2017). Some individuals are more prone than others to addiction due to a genetic variant of the DRD2 gene, the A1 allele (Le Strat, Ramoz & Gorwood, 2016), which encourages engagement in the behaviour or substance more (Nutt et al., 2015).

Activation of the common reward pathway has been found in VG addiction (Ding et al., 2014; Han, Hyun, Park & Renshaw, 2016), and gamers often describe a feeling of euphoria when playing (Kuss, 2013). Moreover, Han (2007) found that teenage pathological gamers were more likely than a non-gaming control group to possess the TAq1A1 allele of the dopamine D2 receptor, suggesting a biological predisposition to reduced D2 receptors, requiring them to increase their gameplay to activate the common reward pathway.

Cause and effect remain unclear, however, with respect to excessive VG and dopaminergic changes (Smith et al., 2015). Furthermore, a focus on genetics and neural circuitry within the brain is said to be reductionist, as it ignores the psychosocial and cultural context wherein addiction occurs (Van der Linden, 2015). Environmental factors such as stress, family and peer influences have been found to increase vulnerability to addiction (Gelkopf, Levitt & Bleich, 2002; Dunn & Goldman, 2000; Tajfel & Turner, 1979). Moreover, prevalence rates of IGD vary between 10-15% of young people in various Asian countries and 1-10% of young people in

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Western countries, suggesting a cultural dimension to vulnerability (Saunders et al., 2017). Thus, a diathesis-stress model is proposed.

Whilst IGD is not an established addiction, the number of individuals seeking therapy for this particular problem (obsessive, compulsive and pathological gaming to the detriment of real-world social relationships and a reduction in self-esteem) is on the rise (King & Delfabbro, 2014; King et al., 2017). Saunders et al. (2017), who played a pivotal role in synthesising the available research to give IGD a place in the ICD-11, argue for IGD to be taken seriously and reflected as such in psychological literature and diagnostic tools, if preventative and treatment approaches are to be properly developed. A greater understanding about what attracts millions of individuals to VG is therefore required, with both its positive and negative physical and psychological effects on players, to tackle gaming addiction and ICD.

2.3 Effects of Problematic Gaming/IGD

There are multiple negative effects of IGD found in literature. Some researchers have drawn on Davis' (2001) model of generalised pathological use of the Internet when interpreting IGD (King & Delfabbro, 2014) in an attempt to explore the maladaptive thoughts. These generally fall into two clusters: 1) thoughts about the self, such as low self-esteem and self-doubt, which individuals attempt to alleviate through gaming to achieve rewards and social relationships (Aydin & Sari, 2011); and 2) ideas regarding the world, including cognitive distortions about the social world they inhabit (Allison et al., 2006).

Research has identified these two generalised clusters (thoughts of self and the social world) as highly salient in predicting VG use and IGD. King and Delfabbro (2014)

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reviewed 29 studies on IGD, where the most prominent underlying cognitions affecting VG play are low self-esteem (i.e., achievement, autonomy, mastery and control) and social acceptance. One of the core maladaptive cognitions contributing to IGD identified by the meta-analysis is an overreliance on gaming to meet self-esteem needs. Also in 20 studies, participants claimed they played VG excessively to achieve social acceptance. These maladaptive cognitions have been found to interfere with players' daily lives, functioning and wellbeing.

It should be noted that the studies reviewed by King and Delfabbro (2014) are exclusively quantitative and descriptive, without fully exploring the maladaptive cognitions through the *how* and *why* factors underpinning excessive gaming from the perspectives of players. Yet the findings make clear that self-esteem and social life are pertinent issues for VG players, in particular their susceptibility for pathological, compulsive gaming. It is therefore important that those two dimensions are given further empirical attention, considering that generally both a positive self-esteem and an active social life are integral to ideal mental health (Kawachi & Berkman, 2001; Mann, Hosman, Schaalma & De Vries, 2004). As these constructs provide the focus for the present research, the review below explores literature concerning gamers' self-esteem (maladaptive cognitions about the self) and social life (maladaptive cognitions about the world/others, including one's social identity), particularly in relation to IGD.

2.4 Self-Esteem

Self-esteem can be defined as the part of the self-concept that is predominantly based on self-appraisal and social comparisons (Rosenberg, Schooler & Schoenbach, 1989). Many suggest that it is intrinsically tied to one's perception of self-worth with a

pivotal role in one's general wellbeing (Rosenberg, 1965; Huang, Yang & Chen, 2015). Lemmens et al. (2011) have found that self-esteem, social competence, loneliness and life satisfaction are interrelated constructs contributing to pathological gamers' overall psychological health. Their work indicates that low self-esteem can result in feelings of social incompetence, leading to the avoidance of social interaction and subsequent loneliness and reduced life satisfaction.

At the same time, some research shows that using the Internet in a social capacity (social networking or online gaming) can reduce feelings of loneliness and depression (Watts, 2016) or enhance overall psychological wellbeing (Kirby, Jones & Copello, 2014). Several studies have explored sense of self and self-esteem in relation to IGD. Earlier work suggests that the online world of MMORPGs and other VGs can boost self-esteem and the sense of belonging during play (Ng & Weimer-Hastings, 2005; Caplan, 2005). Later research shows that those with lower levels of global self-esteem are more likely to have IGD, preferring to interact in the virtual environment (Aydin and Sari, 2011; Liu & Peng, 2009). Separately, it has been found that playing MMORPGs excessively can reduce self-esteem in the offline (real) world, suggesting a causal relationship (Stetina et al., 2011). VGs may be preferred because gamers begin to experience higher self-esteem in the online world than in the offline world, leading to a reliance on the former to meet social and psychological needs (Neys, Jansz & Tan, 2014).

The research above has often included only a small proportion of females, corresponding with the idea (Brehm, 2013) that the world of MMORPG's is highly skewed towards male players and preferences. Notwithstanding this caveat, the

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findings are corroborated by recent research (Jin & Igarashi, 2016) that shows an overall tendency for individuals with low real-world self-esteem to seek acknowledgement, self-worth and social acceptance from VGs online.

The link between self-esteem and IGD has also been explored by Beard and Wickham (2016), who set out to develop and validate a self-report measure of gaming-contingent self-worth (GCSW) in relation to an existing validated measure of IGD symptoms. They (2016; p. 510) state that the purpose of their measure is to assess the degree to which a person's sense of global self-worth is 'staked on his or her performance in the online gaming context.' Their 600 participants, who played MMORPGs and were recruited via online gaming forums, completed an online survey that included the Contingencies of Self-Worth Scale (Crocker et al., 2003), Rosenberg's (1965) Self-Esteem Scale, an online gaming motivations scale (Yee, Ducheneaut & Nelson, 2012) assessing the reasons players engage in gaming, with the Gaming Motivation Scale (Lafreniere, Verner-Filion & Vallerand, 2012) and the IGD Test-20 (Pontes, Király, Demetrovics & Griffiths, 2014).

Beard and Wickham in particular invoke the tenets of Self-Determination Theory (SDT; Deci & Ryan, 1995) when considering maladaptive cognitions as the primary contributor to the development of problematic gaming behaviour (as argued by Davis, 2001; King & Delfabbro, 2014). The theory concerns human motivation regarding innate psychological needs and inherent growth tendencies, in particular the role that intrinsic motivational factors (versus extrinsic motives; Deci & Ryan, 2011) play in behaviour. It has been suggested (King & Delfabbro, 2014) that intrinsic factors can

motivate people to game excessively to achieve a feeling of competence, autonomy and psychological relatedness.

The 29-item GCSW scale developed from drawing on the findings of the above measures and interviews with MMORPG players contains such multi-dimensional components as validation seeking, reward orientation and competition focus. Framing the measure within the context of SDT (competence, autonomy and relatedness), Beard and Wickham explain that problematic engagement with MMORPGs is associated with fragile or unstable self-worth as a means of boosting self-esteem. Although gameplay is not the *cause* of low self-esteem, they claim that staking one's sense of worth and esteem on success and positive feedback within the gaming environment alone can lead to greater IGD symptomology. The GCSW dimensions are linked to all six components of IGD and show that gamers whose self-esteem is highly contingent on the gaming environment will often suffer intense withdrawal symptoms if they stop gaming, and may find another context on which to base their self-esteem, such as a skill or hobby. This finding has implications for treatment as it suggests that it is the highly extrinsic self-esteem and self-worth within an individual that must be tackled when treating IGD, not necessarily (or solely) game behaviour itself.

Recently, Beard, Haas, Wickham and Stavropoulos (2017) further explored the mediating role that self-esteem can play in mitigating IGD symptoms, taking into account the age of gaming initiation. The researchers analysed data from 1044 participants (mean age 30.9 years; 35% female), recruited from Amazon Mechanical Turk, who played MMORPGs regularly. It has been found that the age of gaming initiation is directly related to IGD symptom severity (the earlier, the more severe their

symptoms) while higher global self-esteem is a protective factor. Taken together, the findings suggest that the earlier an individual begins to play MMORPGs, the more likely that their overall sense of self-worth will 'become contingent upon self-esteem derived from the gaming environment' (Beard et al., 2017; p. 397).

The body of research has plentiful implications for our understanding of VGs, particularly given that many of them are aimed at adolescents and young people. Yet there are limitations involved in such studies. Firstly, largely extrinsic components are used meaning that intrinsic motivations and self-esteem, and their relationships to gaming, remain unclear. Longitudinal studies in which self-esteem and GCSW are tracked would be useful, as Beard and Wickham (2016) suggest. Another issue in this kind of research is the lack of in-depth data regarding how participants make sense of the salient concepts of validation seeking, reward orientation and competition focus within the context of self-esteem and IGD. It would be informative to collect further interviews that focus on how individuals perceived that their self-esteem might change if they should cease gaming, and this would potentially inform underlying contributors to IGD. Furthermore, this work focused on MMORPG players, so its generalisability to other kinds of VGs (including Pokémon Go) is unknown, given the differences between the games.

The evidence base surrounding the relationship between self-esteem and IGD, or just VG in general, remains sparse. In particular, the sampling that underrepresents female gamers and the exclusive or primary use of quantitative measures that overlook the individual experiences of gamers in the online and offline worlds mean there is a need for further in-depth research of such personal constructs as self-esteem in VG.

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Moreover, there is limited evidence linking self-concept and self-esteem within those with IGD to a Counselling Psychology perspective. There are some studies linking IGD to CBT therapy, focusing on maladaptive cognitions, and rewards and motivations (e.g. Dong & Potenza, 2014; Gonzalez-Bueso et al., 2018; Torres-Rodríguez, Griffiths & Carbonell, 2018), and whilst these are helpful to CBT therapists in particular, there is little evidence linking self-esteem and excessive gaming. For example, a recent study in Turkey found that PIU can develop if self-esteem needs are not being met in the environment, as the Internet (and the social interaction and information it can deliver) can meet these needs in a way that perhaps their real life cannot (Sert, 2019). Another recent study of 770 MMORPG players (Mancini, Imperato & Sibilla, 2019), found that the more idealised a player's avatar, the more they identified with it (more than a utopian avatar), and the more they subsequently played. This suggests that there is a strong link between a personalised, idealised avatar that may meet the self-esteem needs of players within the gaming world in a way that their perceived self does not in the real world. Yet Mancini et al. (2019) have also found that the more self-esteem needs are met in the gaming world, the greater the risk of IGD.

However, studies such as these do not explore why self-esteem needs are not being met in the real world, and why players may experience low self-esteem and the (often unconscious drive) to play online games in an effort to meet this need. From a counselling psychology perspective, there is perhaps a theoretical argument—from the psychodynamic school of thought (Aleksandrowicz & Aleksandrowicz, 1987; Hirschfeld et al., 1976) at least—linking low self-esteem in adolescence/adulthood to childhood experiences. These can include child-parent relationships, bullying, abuse or

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trauma, and more subtly a lack of reinforcement, or missing out on experiences that may have fostered a sense of confidence within a child.

The relevance of those childhood experiences and potential links to excessive gaming is attributed to attachment theory (Bowlby, 1969) and the Self-Medication Hypothesis (SMH) by some, such as Gill (2014; p. 33), who states that 'patients with addictive disorders are in need of being understood…as individuals who are in pain and seek and need contact and comfort'. Attachment theory is a large part of psychodynamic theory, and stresses that the attachment style between a primary carer (often the mother) and the infant can have long-lasting effects on the child's subsequent development of social relationships and, critically, sense of self (Prior & Glaser, 2006), given the internal working model that a child has based on the style of attachment they have and learn with their primary caregiver in infancy.

Any disruption to attachment, or insecure attachment style (avoidance, resistant or disorganised) (Ainsworth, 1991) that perpetuates a feeling of insecurity surrounding whether they are unconditionally loved and valued (affecting their 'sense of self'), can lead to the child developing maladaptive coping mechanisms (Holmes, 2014a). Feeney et al. (1994) discuss that attachment styles can affect where an individual falls on two dimensions: views of self, and views of others. They suggested four categories of attachment: i) secure individuals (positive view of self and others as a result of sensitive, responsive caregiving); ii) preoccupied individuals (positive view of others and negative view of self, desiring approval and acceptance from others); iii) fearful-avoidant individuals (negative views of self and others, avoid possible rejection, feel unlovable); iv) dismissive-avoidant (positive views of self and negative views of

others; other individuals are avoided or rejected to allow dismissive-avoidant individuals to retain the high sense of self they have). These attachment patterns can be viewed as coping mechanisms, developed to help protect the child in the past, which may then become automatic, maladaptive tools an adult relies on to cope with their reality, unconscious drives and their deep-rooted pain and suffering stemming from childhood (Shaver & Mikulincer, 2005).

Attachment contributes to the formation of identity and sense of self, as well as self-esteem and personality-related factors (such as extraversion, which has been found to significantly predict Internet addiction (Zamini et al., 2011) and social networking addiction (Wang et al., 2014). The idea of mentalising is useful in understanding this; coined by Bateman and Fonagy (2004), mentalising is the ability to understand and reflect on one's own state of mind, one's feelings—and the causes of such feeling. It enables individuals to cope, regulate their emotions, and develop a stable self-concept (sense of identity). These researchers suggest one's ability to mentalise stems from an infant's attachment experiences; sensitive, responsive attachment figures are able to understand and feedback to children about their experiences, helping infants develop skills in paying attention to and interpret their experiences. This kind of 'modelling' allows children to reflect upon and understand their cognitive and emotional states (mentalisation), leading to consistent, healthy emotional interaction between an infant and their caregivers, and later, an adolescent/adult and others more generally. Bateman and Fonagy (2004) assert however that this can only be achieved if a secure attachment is present. Those without secure attachments therefore may find their capacity and skills in mentalising are compromised, which means their emotional

regulation, empathy, emotional intelligence, sense of identity, social skills and ability to self-soothe may be negatively affected.

Whilst the mentalising approach was initially devised in relation to those with borderline personality disorder (BPD), it may be applicable to IGD and VG addiction. It concurs with Linehan's (1993) biosocial theory of the development of BPD and adult personality more generally, which suggests that an unsatisfactory (insecure) childhood environment and attachment styles may undermine the understanding, coping strategies and regulation of emotion (Lemma, Target & Fonagy, 2011), generating a disturbed sense of identity including a "failure to establish stable and integrated representations of self and others" (Livesley, 2003, p. 19). This may encourage more extreme behaviours to help the child and then adult gain what they need from others (Fonagy & Luyten, 2018).

There is evidence linking the 'sense of self' (or identity) that individuals possess, generated by one's attachment, to IGD and addiction more generally. Wöfling et al. (2013) for example created an integrative model emphasising both learning theory and neurobiological mechanisms for addiction and behavioural preferences/patterns. Borhani (2013) recently undertook a meta-analysis and found that attachment theory significantly informs 'preconditions' associated with developing behavioural addictions. Research suggests that Internet addiction is associated with insecure attachment (Lin et al., 2011; Severino & Craparo, 2013; anxious and avoidant styles (Shin et al., 2009) and with dismissive and preoccupation attachment styles (Odacı &

Çıkrıkçı, 2014). Yet as Monacis et al. (2017) assert, insufficient attention has been paid to linking IGD to attachment styles.

Many have drawn on such theories and linked them to Internet addiction in their studies. For example, Xu et al. (2014) revealed in 5,122 participants that the attachment style and quality of communication between adolescents and their parents—particularly mothers—was closely linked to problematic Internet use. Monacis et al. (2017) explored the link between attachment and online gaming addiction, finding that there was a positive correlation between an anxious attachment style (the need for approval) and online gaming addiction. They concluded that anxious attachment individuals demonstrated excessive need and efforts for acceptance from and dependency on others; online gaming was used to gain positive feedback and approval from others, which enhanced the risk factors for addiction. Avoidant attachment styles in Monacis et al.'s (2017) study appeared to lead to dismissive approaches to close relationships; thus, online gaming was used to meet their need for social belonging as this arguably facilitates a 'safe' distance from others.

Eichenberg et al. (2017) also found that negative relationship experiences and insecure attachments can be replaced by rewarding web-based activity (also found by Schindler, 2005). Eichenberg et al. (2017, p. 170) state, 'Overall, as a social medium and the relationship component contained therein, the Internet—compared with other addictive substances—provides even more possibilities to manage deficient attachment and relationship patterns.' This is due to the social networks, forums and 'chats' that can be experienced online, which 'can dampen feelings of social isolation of people with an uncertain attachment style'.

Given the theoretical framework of attachment style as a precursor to behavioural addiction that Eichenberg et al. (2017) were advocating, it is unsurprising that their study aimed to investigate specific attachment styles and internet addiction. They found that insecurely attached individuals are more likely to demonstrate Internet addiction; ambivalent attachment styles were specifically found to demonstrate pathological Internet behaviours and usage, citing social support, emotional support, escapism, social compensation anonymity as highly important features of the online world (compared to securely attached individuals). Moreover, the kinds of web-based features and applications used by insecurely attached individuals was significant, as it was more likely to comprise of applications with web-based communication enabled. The researchers attribute this finding to a specific motivation for online relationships and communication, suggesting that this is evidence of impaired and 'infantile' interpersonal relationships for insecurely-attached individuals in the real-world environment. This is because Eichenberg et al. (2017) assert interpersonal skills are an expression of attachment capability (as proposed by Bowlby, 2005).

Müller (2013) states that ambivalent-insecure Internet users paradoxically shy away from intimacy, given the difficulties they experience with opening up and acceptance with/from others, get simultaneously wish to connect with others. The uses and gratifications theory (Katz, Blumler & Gurevitch, 1973) and Döring's media-ecological framework model (Barnes, 2008) for example can assist with understanding how Internet usage, such as virtual gaming online, can allow individuals to overcome challenges they have in personal communication and interaction as a result of their attachment style. Those spending a lot of time communicating with others through VG for example, must perceive the kind of communication and interaction they

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experience as a result as sufficient. Some state that communication over the Internet is more understandable and accessible; thus they utilise this medium to their advantage, gaining social support through the online world they have generated, feeling a sense of self-worth and self-esteem from the rewarding interactions they engage in, whilst the medium (whether VG or other web-based communication) simultaneously removes (albeit temporarily) a burden from their distressed reality.

Eichenberg et al. (2017) indicate that the important 'anonymity' feature of web-based communications is critical, particularly for those with insecure-ambivalent attachment styles, as the Internet and the 'avatars' that can be created enable a new presentation of the self. Individuals can 'compensate'' for what they may see as deficits in the real world. This anonymity also allows users to engage in disinhibition (Suler, 2004) in their relationships, perhaps increasing the willingness to open up. Moreover, social affection, escapism and relaxation can also be gained online (Schramm & Hasebrink, 2004); when social affection is gained, where an individual may usually experience an unsatisfactory attachment pattern, the dynamics between attachment and the self become clear. On the one hand, attachment styles can negatively affect the self-concept and reduce one's global self-esteem. On the other hand, online social compensation and support may be a 'reinforcing stimulus' (Eichenberg et al., 2017). Taking all this into account, Davis (2001) asserts that maladaptive cognitions can be generated as a result, that only view the self and others positively when online; this reinforcement cycle may then lead to pathological Internet use. It follows therefore that CBT can play a role in adjusting the maladaptive cognitions that can stem from one's early and continuing attachment style and experiences, leading to maladaptive behaviours such as pathological VG play.

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Internet addiction can also assist individuals with insecure attachment styles to self-regulate. There is much research indicating that individuals learn through their experience with attachment figures how to cope with angst and other negative emotions when experiencing danger or distress. Research consistently supports the idea that this kind of learning assists with emotion regulation (that is, one's ability to alter the emotions they experience, including the quality and situations in which these emotions are both experienced and expressed) (Mikulincer et al., 2009). Research by Mikulincer, Shaber and Pereg (2003) revealed in their study of 1-year-olds in the strange situation, that emotional self-regulation is developed as a result of attachment figure availability and sensitive responsiveness. In-keeping with the continuity hypothesis, Fletcher, Nutter and Brend (2015) showed that attachments between primary caregivers and infants have a significant impact on the child's later abilities to develop equal relationships with peers; emotional abilities and regulation; and other mental health factors in the teenage years.

Poor emotional regulation has been linked to increased risk of addictive behaviours in young people (Mullin & Hinshaw, 2007), such as gaming and Internet-related disorders (Estévez et al., 2014) and substance abuse (Schreiber, Grand & Odlaug, 2012). Research suggests that this link between poor emotion regulation and gaming disorder is more prevalent in males than females (Andreassen et al., 2016). Interestingly, some studies have linked emotional states such as apathy (or a lack of enthusiasm) to pathological Internet use (Esmaeilinasab et al., 2014), in line with findings that reduced emotional intelligence (EI) is linked to greater illicit drug, alcohol and nicotine use (Kun & Demetrovic, 2010). Thus, the importance of emotion

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regulation for predicting later addiction and problematic behaviours becomes ever clearer.

If the continuity hypothesis is correct—if early attachment styles affect adult relationships (Hazan & Shaver, 1987)—then it follows that a sense of belonging, group identity and self-esteem may be gained from online relationships for those that had difficult attachment patterns in childhood (Estévez et al., 2017). Moreover, there is a disparity in 'self' needs between securely attached and insecurely attached individuals; as Wallin (2015) found, those with a secure attachment typically demonstrate self-acceptance of their emotional needs, whereas those with insecure attachments, such as anxious-avoidant attachment styles, do not attend to their emotional needs and are unwilling to seek or trust support from others. As Malik et al. (2015) assert, this could lead these individuals to avoid interpersonal relationships in the real world, meaning that they seek them elsewhere, reinforcing the idea that pathological behaviours such as VG and Internet addiction can provide an escape or compensation from unsatisfactory real-world interactions and relationships (Vollmer et al., 2014).

This is summarised by Estévez et al. (2017, p. 540):

> Disturbed parent–child interactions cause difficulties in affect regulation, difficulties in separation/individuation, and interpersonal difficulties. If an individual feels unlovable and neglected and has developed a negative self-concept because of negative relationships during childhood, the individual can try to avoid this by engaging in a potentially addictive behaviour.

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This is indicated by the SMH, which suggests that pain, confusion and suffering experienced by these individuals may be temporarily relieved by addictive behaviours or substances (Khantzian, 1985), such as online gaming. It is a form of self-regulation, a strategy employed to assist individuals to cope with their feelings, providing a refuge where players can escape objective reality (Kardefelt-Winther, 2014). Gill (2014; p. 36) asserts that self-regulation of emotions, self-care and self-other relations in individuals may be disrupted as a result of trauma and neglect, which can heighten any self-regulation deficit that is linked to addictive disorders. If feelings are 'cut-off, absent, or confusing, or they are intense and overwhelming' (Gill, 2014; p. 37), then engaging in behaviours or substances 'can allow the experience and expression of feelings of warmth and closeness that they cannot otherwise allow' (Gill, 2014; P. 37). This can be applicable to those with poor self-concept, self-esteem, and interpersonal relationships, as engaging in behaviours that temporarily facilitate a sense of wellbeing, a welcoming sense of comfort, and allow 'connection to others that otherwise would feel unallowable and undoable' (Gill, 2014; p. 37). It is possible that those with low self-esteem employ narcissistic defences such as self-sufficiency and disdain of others (Masterson, in press), which can then result in feeling isolated (Stavrou, 2018), perpetuating the cycle of self-medication offered by virtual games.

It is also possible that there are developmental deficits in the ego's capacity to ensure survival through self-care (Kalsched, 2014); this can be perpetuated by the fact that those with low self-esteem do not often feel worthy of self-care (Neff & McGehee, 2010). Thus, their game playing increases, as their self-regulation deficits malignantly interacts with self-care deficits, resulting in a perpetual cycle of game play. Self-esteem issues are often rooted in childhood; as Gill (2014; p. 38) notes, major trauma,

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neglect and attachment issues early in an individual's life can repeatedly impact on an individual's sense of worth, self-concept, self-esteem, and ability to establish/maintain a long-term, secure relationship/attachment (Fonagy, 2018). Thus, from a counselling psychology perspective, it can be useful to delve into the background and upbringing of those with IGD, exploring their attachment experiences, so as to understand the underlying experiences that may have contributed to any current feelings of low self-esteem and poor self-concept (Shahar, 2016) that lead to game play.

Thus, Bowlby's (1973) attachment theory can be used in clinical settings in order to prevent, mitigate or understand the development of addictive behaviours such as pathological VG and IGS, given that, as Schimmenti and Bifulco (2015) postulate, addictive behaviours can be viewed as attachment disorders, given the consequences on emotional regulation and sense of self that insecure, anxious, avoidant, dismissive and preoccupation attachment patterns have for future gaming-related behaviour.

2.5 Social Relationships, Social Identity and Social Skills

It has been claimed (Lortie and Guitton, 2013; p. 1208) that there is a 'lack of recognition of the social motivations underpinning IGD and its definitions', and King and Delfabbro (2014) further explain that the various quantitative measures of IGD often overlook the social context of VG. Studies have already found that players engaging in excessive VG play are more likely to report lower levels of extraversion, openness (Müller, Beutel & Wölfling, 2014) and social competence (Blinka & Mikuška, 2014) and higher levels of social anxiety (Lo et al., 2005). These features make up a certain personality type for the most problematic online gamers, as distinct from those with other addictions, and they also tend to be younger (Blinka, Škarupová

& Mitterova, 2016). These findings indicate the potential role that social skills, relationships and identities can play in IGD, given the integral social but online element of VGs and that, with both digital and gaming technology advancing at a rapid rate, VGs can now be played anytime, anywhere. There are also multiple opportunities for interaction on VGs via mobile phones, allowing players to interact and play against friends and strangers alike at any time of the day (Pettersson & Vaarala, 2016). It is therefore not surprising that research indicates that players often feel satisfied by the level of online interaction they engage in, that it helps them to boost their social skills and combat feelings of isolation and loneliness (Cole & Griffiths, 2007; Yee, 2006; Zhong, 2017).

Meanwhile, the pervasiveness of VG technology means excessive players of these games may find themselves reducing their level of *real-world* interactions, which can negatively impact their existing relationships and social skills. However, it is unclear whether current social life (e.g., real-world social incompetence, loneliness) motivates gameplay, or whether problematic gameplay leads to greater social incompetence and loneliness in the real world, as findings surrounding these variables tend to be correlational (see below). There are three broad areas worthy of investigation regarding the relationship between VG and social life: relationships, motivation for socialising in the real-world, and social skills. Research investigating these will be discussed in turn.

There is considerable research attesting to the ability of VGs to initiate and strengthen online relationships. An early study revealed that over two thirds of MMORPG players interacted with other players (especially if they were in the same 'guild' or

team) outside of playing the actual game, with many of them asking other members for support and advice across a range of online and offline problems (Seay, Jerome, Lee & Kraut, 2004). Thus, players can and do share intimate details and personal experiences with each other, forging trusting relationships between members (Cole & Griffiths, 2007; Taylor, 2006).

Recently, researchers have investigated the reduced levels of loneliness and social anxiety VG players experience during play. Martončik and Lokša (2016) investigated the impact of *World of Warcraft* (WoW), a popular MMORPG, with 161 (19 female; 68% American) players aged 13 to 50 years who played between 3 and 65 (M=20.77) hours per week. The same measures were administered twice, once for real-world scenarios and once relating to WoW, which included loneliness (the UCLA Loneliness Scale; Russell, Peplau & Ferguson, 1978), social anxiety (Social Phobia Inventory SPIN; Connor et al., 2000) and gaming behaviour (such as affiliation with a guild, their use of communication software, and total time played).

Martončik and Lokša write that the more WoW players play, the greater the reduction in loneliness and social anxiety in their online world. Belonging to a guild and communicating by Voice over Internet Protocol (VoIP) services help to reduce loneliness and social anxiety, enabling players to feel as though they 'belong', in a space where they may feel uninhibited when interacting with others. The writers concluded that relationships are formed in a similar way between online and offline worlds and that WoW is a 'highly social environment that encourages cooperation, communication and friendship' (Martončik & Lokša, 2016; p. 128). One important

finding, however, is that the reduction in loneliness and social anxiety was not reported by players for their offline world.

It is also important to discern how loneliness and social anxiety are conceptually connected to social relationships. Martončik and Lokša conceptualise loneliness in line with Peplau and Perlman's (1982) psychological construct as a perceived lack of satisfying social relationships (quality or quantity) and the resulting discomfort and distress experienced. Social anxiety is defined as 'an anxiety resulting from the prospect or presence of *personal evaluation* in real or imagined social situations' (Martončik & Lokša, 2016; p. 129). This included meeting new people, engaging others in conversation, and speaking in public. Martončik and Lokša (2016) highlight how intrinsically linked loneliness and social anxiety are, given that both have the potential to sabotage the development of fulfilling platonic or romantic relationships. Without such relationships, individuals can develop mental health issues such as depression and even severe personality disorders (Leitenberg, 2013).

Previous research has found that loneliness and social anxiety are significant predictors of online social interaction preferences as well as IGD (Caplan, 2007; Lee & Stapinski, 2012). Martončik and Lokša's (2016) findings thus highlight the pertinence of these attributes for potential pathological players; those high on loneliness and social anxiety, through VGs, may 'transfer most of their social activities, including the formation of strong friendships, into the online world, where they feel safer and more comfortable than in the real world' (p. 128). This would not only satisfy their need to belong, but the creation and maintenance of online

relationships could give plentiful opportunity to practice social skills and assist in generating a new social identity.

One of the key limitations of Martončik and Lokša's (2016) and similar research is, again, the underrepresentation of female participants, which may reflect a gender bias in the recruitment approach (via gaming message boards) or genuine gender differences in gaming preferences. Other research findings contrast with Martončik and Lokša (2016), such as Visser, Antheunis and Schouten (2013), who did not find direct effects of playing WoW on loneliness and social competence. Furthermore, only the effects of WoW have been investigated in these studies and the results may not be generalisable to players of other MMORPGs.

One important question is whether any such improvement only applies to the online world, as found by Martončik and Lokša (2016). It may be that for excessive gamers, prior loneliness and social anxiety become transposed to the real world, which is reminiscent of IGD characteristics. It would be prudent from a Counselling Psychology perspective to assess whether those exhibiting more symptoms of IGD report more loneliness and social anxiety in their offline personas along greater amounts of gameplay, as this could be indicative of a causal relationship between these individual factors and excessive play, creating a new avenue for IGD treatment. Furthermore, it would be useful for practitioners to explore individuals' motivations for gaming, including the avoidance of social anxiety in the offline world, so they can be targeted specifically in treatment sessions. Players that suffer from social anxiety may benefit from certain components of exposure therapy that help reintroduce them to real-life social environments, for instance.

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As Beard and Wickham (2016) regard reliance on gaming as a matter of extrinsic self-esteem, if motivations to play MMORPGs are rooted in unmet psychosocial needs in real life, the risk of negative outcomes may be higher due to 'the intensity of use and permanence that such compensation requires' (Kardefelt-Winther, 2014; p. 122). This is worrying as it is known that the effect of MMORPGs on reducing social anxiety and loneliness is only temporary, with no improvement on real-world socialising (Lo et al., 2005). Therefore, the topic must be subject to further in-depth analysis for a clearer understanding of how loneliness and social anxiety interact with this genre of games.

Finally, it is also possible that IGD negatively impacts actual relationships between the gamer and their family, friends and loved ones in the same way as gambling or substance use. This is not, however, supported by substantive evidence, though some studies show a link between IGD and reduced relationship quality. For example, Ryu et al. (2018) recently compared 67 IGD patients (who met five or more of the DSM-5's diagnostic criteria for IGD) with 56 healthy controls on symptoms (Young's Internet Addiction Test; Y-IAT), impulsivity (Barratt Impulsiveness Scale; BIS-11), interpersonal relationships (Relationship Change Scale; RCS), and depression (Beck Depression Inventory; BDI). IGD symptoms were positively correlated with depression, impulsivity, and amounts of game play (playing more on weekends and weekdays than controls) and negatively related to the quality of interpersonal relationships. Moreover, those scoring higher on impulsivity reported greater difficulty with interpersonal relationships, which in turn were associated with greater depression and IGD scores. These individuals were also more likely to be male. The researchers conclude that, when assessing individuals with IGD, interpersonal relationships cannot be ignored.

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Overall, while the impact that playing VGs can have on online social relationships is clear, the effects of VG on real-world relationships are less understood. Given that online relationships via VG appear highly rewarding for players, the motivation to socialise in the real world may be reduced, and the reliance on online relationships may also sabotage offline relationships. Martončik and Lokša (2016) report that those with IGD tend to engage in multiple social activities online, forming relationships and bonds in a safer, more predictable environment than in the real world. When individuals' psychosocial needs are apparently being met online, there can be a greater risk of negative outcomes in the real world as the online world becomes a continual source of satisfaction (Kardefelt-Winther, 2014). It is therefore plausible that IGD can develop from a dependence on this format of social interactions.

Interestingly, some (Charlton & Danforth, 2007) claim that the social motivations of using the Internet, with a specific focus on VG, are clinically relevant in terms of providing possible treatments for IGD, considering the intensity of need/motivation for online socialisation and 'relatedness' (Przybylski, Rigby & Ryan, 2010; Lortie & Guitton, 2013). The next step is to focus on player attitudes, perspectives, and experiences regarding their own motivations for social relationships. For instance, do they find that the more they play VG, the more they want to socialise online? Conversely, do they have less enthusiasm and motivation for investing in offline relationships? What if they detracted from playing time or online relationships? More thorough answers to these questions should come from the perspectives of VG players.

There is also evidence that VGs can assist gamers in generating new, if unrealistic, social identities. Bessiere, Seay and Kiesler, (2007) have found that players create

avatars that are based on ideal rather than real selves, with the aim of promoting a new identity that they are proud to show off and use to interact with others. The concept of social identity is relevant to VG when considering the idea of belonging—an intrinsic element of identity—according to Social Identity Theory (e.g., Tajfel & Turner, 1979; 2004), which emphasises the importance of belonging to social groups, and the positive effect this has on self-esteem and pride. Turner (1982) explains that a social group is where two or more individuals share a common marker of identification (in this case, VG). It follows from this that VG players can develop a sense of pride and self-esteem from a collective identity (such as a game's players) if they perceive themselves as belonging to that particular social group (Brown, 2006). If so, VG may assist those with difficulties establishing social relationships to form or reaffirm their identities.

Various studies have explored the contribution of VG to players' social identity. For instance, Guegan et al. (2015) studied the ways in which MMORPG players internalise their gameplay identity into their self-concept. Using a survey with 284 players, they found that favouritism occurred for in-group guild members, particularly when they were questioned within-game, as opposed to an interview context. They thus conclude that, 'playing online games may be self-involving, because being a player, but also being a member of a guild directly, contribute to the social identity' (p. 349).

On the link between VG and social identity specifically in pathological gaming, Stavropoulos, Alexandraki and Motti-Stefanidi (2013) expounded the theory of 'online flow', where game action becomes so intense and absorbing that gamers cannot

accurately understand the role of technology in their experience. The virtual identity (via an avatar) reflected by the 'idealised self' in augmented reality is of interest, as described by the Australian Psychological Society:

You can choose who you are and you can choose the way other people see you. You can be who you want to be and that's the power of the game…It's what we call augmented reality. It's a part of reality but it's also augmented with fantastic elements that make it very absorbing and attractive – it's like living your fantasy in many ways (APS, 2016).

In some ways, this is reminiscent of Rogers' (1957) humanistic principle of congruence. If there is a lack of congruence between the ideal self and actual or perceived self, individuals may experience psychological disturbances. This explains why individuals with maladaptive cognitions about their actual/perceived self, versus an idealistic social identity forged online, may experience symptoms of IGD. For this, Stavropoulos et al. (2013) recommend individual CBT, to address the lack of congruence between gamers' virtual/ideal and actual selves, and group therapy, to assist them in developing real-world relationships and social skills.

On the area of social skills in virtual gamers, there is a paucity of studies that explore both their online and offline worlds. Most research focuses on the efficacy of game interventions for those with autism (Bernardini, Porayska-Pomsta & Smith, 2014), whereas others discuss the link between violent online games and pro/antisocial behaviour (Greitemeyer & Mügge, 2014). Early studies have uncovered a link between playing MMORPGs and enhanced social and communication skills (Papargyris & Poulymenakou, 2005; Ducheneaut & Moore, 2005). MMORPGs can reportedly reduce social anxiety and enable gamers to experience simulated interaction and thus creativity of thoughts, behaviours and social skills (Childress & Braswell, 2006).

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Drawing more broadly from VG, Granic, Lobel and Engels (2014; p. 66) more recently explained that 'decisions need to be made on the fly about whom to trust, whom to reject, and how to most effectively lead a group' by effective gamers. Among others (Ho, Lin & Lee, 2015), they suggest that gamers that are able to engage in self-disclosure as a specific social skill may be more likely to apply this social skill in real-world relationships. Ho et al. (2015; pp. 10-18) further argue that VG would be useful for socially anxious players to 'learn social skills from others and draw on those social skills in their social interactions [and]…lead…to establish relationships and get along well with peers, friends, and relatives'. If so, that may be a bold argument for the inclusion of VG as a therapeutic intervention for social anxiety.

Some research focus on other social skills that may be translated from the online environment to real-world relationships (Koegel, Vernon, Koegel, Koegel & Paullin, 2012). In particular, gamers that can rapidly learn prosocial behaviour, within the immersive online VG context, are more likely to generalise these skills more to family and peer relations in the real world (Gentile & Gentile, 2008; Gentile et al., 2009). This may be because, Ewoldsen et al. (2012) found, gamers tend to exercise and develop essential prosocial skills when playing games that reward effective support, collaboration and helping behaviour. Ewoldsen et al. had asked 119 students that had experience playing the MMORPG *Halo* to play *Halo II* either competitively or collaboratively before completing a social dilemma task in pairs (a behavioural measure of cooperation between players). They found that players in the cooperative condition performed more collaboratively, engaging in more tit-for-tat behaviours in the social dilemmas.

Other researchers (Valkenburg & Peter, 2009; 2013), however, have found that individuals prone to negative evaluations (contributing to poor self-esteem) or difficulties in offline social settings may then rely on the gaming environment, as a less distressing environment, for more accessible social communications. As Adams, Stavropoulos and Burleigh (2018) argue, since anxiety and a lack of self-confidence are risk factors for IGD, improving social skills may be an important function of VG, and one of the reasons some individuals begin, or keep, playing.

What may be the case is that various features of one's social life (relationships, identity, social skills and anxiety) are intertwined, each being affected by, or contributing to, pathological VG (Lo et al., 2005). Loneliness and depression, for example, can be mediated by self-concept (Richman et al., 2016), and these problems can lead to IGD as well as be caused by IGD itself (Ryu et al., 2018). It may be that poor self-concept or low self-esteem, reflected in poor social skills or social anxiety, lead to loneliness, and problematic VG playing is a means of boosting social identity and self-esteem or building relationships and practicing social skills. Hence the function of interactive VG, including PG, for players by which it caters to their psychological states, and motivations and expectations for gaming, should be consulted.

It is also plausible that psychodynamic theory can be applied again to the development of social identity, and in the kinds of relationships those players subsequently have with others. Various studies link the development of 'self' with the quality of self-other relations within psychodynamic theory, often rooting this in object relations and early attachment experiences (Guntrip, 1995; Rasmussen & Salhani, 2010). Research

and theory has led some psychologists, such as Shaver and Mikulincer (2006), to propose a theoretical model of the activation and psychodynamics of the attachment behavioural system in adulthood including attachment security with others, and social skills development. Those with an internal working model (Bowlby, 1980) of a secure attachment style (indicating how future friendships and relationships ought to be and function) are more likely to find it easy to be emotionally available and open, to trust others, and feel confident about the positive motives of others. Those with an insecure/anxious attachment style may not feel worthy of love, constantly requiring reassurance from others about their worth, and in need of support. Finally, those with an insecure avoidant attachment style tend to rely heavily on themselves, are uncomfortable with intimacy, and do not seek or accept support from others. Bowlby (1969/1982) declared this 'compulsively self-reliant' behavioural style in adulthood is often manifest in self-glorification, emotional distance from others, and disdain for the neediness of others.

As noted, these secure, avoidant or anxious attachment styles are formed via early interactions with primary caregivers (Cassidy & Shaver, 1999), followed by one's working model being continually updated as a result of relationships and social interactions with others throughout an individual's life (Bowlby, 1973). It is entirely possible, then, with respect to the present study, that those with either anxious or avoidant attachment styles may not find fulfilment in real-world relationships and social interactions, leading them to undertake behaviours such as excessive gaming to counter for this lack of social interaction or fulfilment in their social life. An individual with an anxious attachment style may find solace and reassurance in the predictability of VG, whilst a player with an avoidant attachment style may continue

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to game excessively due to the reassuring lack of intimacy these games foster with others, unlike real-world relationships.

This idea is supported in current literature, for example, in studies about the treatment of issues pertaining to quality of social life and social skills, such as social anxiety, which has been found as treated effectively using psychodynamic therapy (Norcross, Hedges & Castle, 2002; Cook et al., 2010; Goisman, Warshaw & Keller, 1999; Pingitore, Scheffer, Sentell & West, 2002; Kniknik et al., 2004; Leichsenring e al., 2009). If the therapy works, its underlying theory is in many ways validated, leading to the conclusion that early life experiences in attachment to others can lead to excessive gaming and potentially IGD. Moreover, although the bulk of studies focus on treating IGD using cognitive behavioural therapy (CBT; Kaptsis, King, Delfabbro & Gradisar, 2016; King et al., 2017; Young, 2017), some studies focusing on psychodynamic therapy have found it to be superior over CBT in terms of outcomes and lower relapse rates, although both lead to a reduction of IGD symptoms (Torres-Rodriguez, Griffiths, Carrbonell & Oberst, 2018).

However, it must be noted that above research is only correlational; causation is difficult to establish. Moreover, other research indicates that attachment orientations may change dramatically depending on later life experiences and circumstances (Pietromonaco, Laurenceau & Barrett, 2002), meaning having an avoidance/anxious attachment when younger does not automatically tie one to that attachment style throughout their adulthood (this would be deterministic), leading them to excessively play virtual games in an attempt to counter their (potentially) low social skills and quality of social life. Individuals have been found to possess many attachment

schemas (Baldwin et al., 1996), and are influenced by the attachment styles of others; Mikulincer & Shaver (2001a; 2001b), for instance, found that actual and imagined encounters with others can initiate congruent attachment orientations, in line with the other individual. Conversely, an individual with a global secure attachment style may develop an anxious attachment style if they encounter (and form a relationship with) an individual with an insecure attachment style, for example. Thus, it may not be early attachment styles that lead to behaviours such as excessive gaming, but other (such as dispositional) factors relating to one's quality of social life or social skills as well as attachment quality. However, from a counselling psychology perspective, it is useful to understand the profound and lasting impact that early childhood relationship experiences and attachments *may* have played in contributing to IGD, especially in terms of the pleasure they gain from their social interactions during the virtual gaming world, as this can guide a therapist's treatment interventions.

2.6 Pokémon Go

Created by Niantic, this virtual game came onto the market in July 2016, promising to encourage individuals to leave their homes to play (Quinn, 2016). Pokémon Go is said to be the first mass-market app that fully transcends the virtual, the spatial, the social, and the physical. An online game for iOS and Android, PG uses GPS to pinpoint virtual Pokémon characters. These characters are 'superimposed' onto real-world sites, such as parks, historical sites and street corners (Ruiz-Ariza et al., 2018).

By encouraging 'movement', players are required to walk a certain distance to move up a level (Serino, Cordrey, McLaughlin & Milanaik 2016). They battle one another (or cooperate in teams) at public 'gyms' (Pettersson & Vaarala, 2016), which may be

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highly crowded real-world locations, and attempt to 'catch' the virtual Pokémon figures by aligning their phone camera with the location and throwing 'Pokéballs' with their fingers (Ruiz-Ariza et al., 2018). The game also offers a clear goal and story: to collect all the Pokémons and become the best Pokémon 'trainer' (Serino et al., 2016; Rasche, Schlomann & Mertens, 2017). The progress of the player is shown, feedback is provided, and points and badges are rewarded, with leader boards revealing the top players in each arena (Rasche, Schlomann & Mertens, 2017).

The idea that PG could boost mental health was first supported in empirical research by Watanabe et al. (2017) using an online survey with 3,915 full-time workers in Japan. The PG players had played PG for at least a month and were notably younger than the non-players. All participants completed psychological distress scales, and general linear modelling found that the reduction in psychological distress since before the launch to after was greater among the PG players compared to non-players (p=.025), although the effect size (Cohen=−0.20; 95% CI= −0.33−0.07) was small. This led to the tentative conclusion that the game 'could have positive effects on the mental health of adult working population' (p. 126).

There have been further research indicating a beneficial role of PG in general physical and psychological wellbeing, such as Bonus et al.'s (2017) study built on the broaden-and-build theory of positive emotions within the Differential Susceptibility to Media Effects Model (DSMM). The theory denotes that being engaged in brief, joyful experiences assists personal development by increasing positive emotions and enhancing creativity. The DSMM concerns the positive impact that media forms can have on one's wellbeing, including emotional, cognitive, social and physiological

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aspects. Bonus et al. (2017) used an online questionnaire, surveying 399 American participants aged 18-75 years, and found that most reported positive outcomes associated with Pokémon Go (thus supporting both the model and theory), such as friendship formation or intensification, positive affect, nostalgic reverie and greater exercise through walking all of which were found to predict overall wellbeing. However, the positive outcomes were moderated by social anxiety, which weakened positive affect (a predictor of increased psychological wellbeing) and heightened nostalgic reverie/regret (a predictor of reduction in wellbeing). Thus, for highly socially anxious individuals, the benefits of playing PG are less pronounced. This American-based study offers a good starting point to examining specific outcomes of playing PG, if the measures pertained to mostly positive outcomes and the players' motivations and expectations from the game was not consulted.

It has been said that PG increases social interaction with strangers under some circumstances, because when individuals play PG, they often encounter other players which can provide an opportunity to interact, foster a sense of community through common membership, influence, integration and need fulfilment (Townley, 2017; Watanabe et al. 2017). Due to this focus on a shared goal (even if players are competing to achieve, but can join teams and collaborate), which may encourage social interaction, some even propose that PG can assist in reducing social anxiety (Grayson, 2016). Indeed, some practitioners (Kato et al., 2017) claim that the game can offer a 'novel therapeutic tool' or 'a tempting new approach' to treat those suffering from hikikomori (extreme social anxiety). As clinical psychologists that manage an outpatient clinic for hikikomori with face-to-face group therapy, Kato et al. argue that the game may encourage hikikomori patients to leave the house, venturing

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outside and potentially beginning to re-engage with society. Whilst a promising first step, there may be a risk of these games creating other problems, such as dependency on gaming for daily functioning and greater social withdrawal from real-world social relationships. Actual substantive evidence for the efficacy of virtual games such as PG in the treatment of social and mental health problems is therefore required.

The other idea of gaining exercise through computerised games has led to the concept of 'gamification', which some researchers argue can be useful—if used seriously and properly—in improving individuals' physical and mental health (Fleming et al., 2017). Even before PG, many researchers attested to the benefits of gamification, particularly via smartphone apps, as a means to boosting mental health, fostering psychological and behavioural changes and relieving symptoms (Anguera et al., 2013; Bakker, Kazantzis, Rickwood & Rickard, 2016; Khazaal et al., 2015; Leutwyler, Hubbard, Cooper & Dowling, 2015; Merry et al., 2012; Tárrega et al., 2015). In particular, 'exergames' (Li, Theng & Foo, 2016), a category of sport- or movement-based games (including PG), may provide a potential therapeutic intervention by reducing depressive symptoms (Li et al., 2016). Studies have attempted to quantify the impact of Pokémon Go on physical activity, such as Weber et al. (2016). These researchers gained wearable sensor data from 32,000 Microsoft Band users over 3 months, and identified PG players and non-PG players. They concluded that PG players had a significant increase in physical activity compared to non-PG players, and compared to when they started recording their steps. Their activity increased by 1473 steps on average (25% increase at $P<.001$, indicating a highly significant result. The researchers stated, 'we estimate that Pokémon Go has added a total of 144 billion steps to US physical activity' and that 'in particular, we find that Pokémon Go is able to

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reach low activity populations'. Thus, these researchers advocate its use as a physical health intervention.

Yet the long-term effects of such an intervention are unknown, and may be limited, given that subsequent studies in the United States of 18-35 year old PG players found that whilst the number of steps of players increased dramatically when first playing the game, 6 weeks after installing the game, the number of steps had gone back to pre-game levels (Howe, 2016).

Could playing an 'active' game such as PG reduce the negative effects of isolation, loneliness, and reduced social interaction from other VG? Or is it counterproductive to attempt to treat IGD using yet another kind of game? It may be that any benefit of exergames, including PG, simply derives from the physical act of moving that alleviates mood disorders and depression (Schilling, 2016; Watanabe et al., 2017), or for those with anxiety, from the induction of calm through interaction with nature (McCartney, 2016).

However, research findings surrounding the effects of playing PG are not all positive. Some warn that there can be inherent dangers involved in playing the game, including longer-term mental health issues (Raj, Karlin & Backstrom, 2016; Serino et al., 2016). Wagner-Greene et al. (2017) for example, using a cross-sectional survey with 662 adult PG-players, have found that over a quarter admitted they had played the game whilst driving or cycling. Importantly, nearly a third claimed that they had or would sacrifice sleep to play the game. Such practices have obvious adverse implications for physical safety and mental health, even if maladaptive play patterns would not be exclusive to PG.

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A (rare) qualitative study investigating the experience of playing PG from nine Swedish parents' and 13 Swedish children's perspectives (Lindqvist, Castelli, Hallberg & Rutberg, 2018) found that there were three themes encapsulating their experience: exciting and enjoyable experience; dangers and disadvantages; and cooperation conquers competition. The second theme, dangers and disadvantages, indicated that children find themselves having small accidents when playing, whilst parents noticed their children were less likely to heed their surroundings when playing, which potentially increases the likelihood of one hurting themselves. Moreover, having the phone in one's hand at all times may increase the likelihood that it would be stolen (Lindqvist et al., 2018).

Overall, however, research showing negative effects of playing PG in terms of psychological wellbeing is thin on the ground. This may be because of a general paucity of research on PG due to its recent launch or, as Carbonell (2017) points out, excessively playing PG may have a different impact on participants' lives compared to excessively playing other VGs due to their different features and rules of play. Moreover, PG has been found to attract a wide range of players; not all players will exhibit the same characteristics (Rasche, Schlomann & Mertens, 2017), thus the many survey studies assessing player perspectives may be invalidated by treating PG players as a homogenous group. Meanwhile, PG may become a 'gateway drug' (Ray, 2016) to other forms of VG, where players start by playing PG before moving onto more complex MMORPGs, such as WoW (which will bring them back inside from the 'real world' outside). It is necessary to better understand the compelling features of PG and the key indicators of psychological wellbeing (in particular, self-esteem and social life) and risks from playing this game. These remain relatively unknown until players

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themselves, with their preferences and psychological states, motivations and expectations, perceptions and experiences of the game, become the focus of an investigation.

2.7 Research Questions

Research into VG, including PG, has resulted in mixed conclusions, which may reflect the conceptual and methodological inconsistencies, limitations and debates within the wider context of VG and IGD. This is in line with the issues raised in the prominent reviews and debates regarding the lack of consensus in terms of conceptualisation, assessment and diagnosis of IGD. The issues make drawing comparisons across studies or recommendations for treatment rather difficult.

Importantly, there is a paucity of research into players' experiences on their own terms, including 'normative', non-pathological gaming experiences. Most studies have adopted a positivist approach, with the gamut that currently exists on VG using predominantly or exclusively quantitative methods to assess the effects of primarily pathological gaming on gamers' outcomes, mainly stress, depression and anxiety in an attempt to operationalise IGD similar to other addictive behaviours (e.g. alcoholism and gambling). Whilst the measures and scales are useful, and an attempt to define compulsive pathological gaming and IGD from a clinical perspective is important, understanding the motivations for, and experiences of, 'just' playing VGs will illuminate certain essential questions.

Pokémon Go, its place within the VG world and its impact on a player's wellbeing remain relatively unexplored, in part due to its newness on the gaming market and thus the very few studies that address the psychological effects of this game. Studies

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exploring the place of self-esteem and social life—particularly critical issues for IGD—in playing PG are non-existent. Qualitative investigations that attempt to delve into virtual gamers' lived experiences are also woefully lacking. The present investigation was proposed to address these gaps, given the evident need for insight within a Counselling Psychology context for IGD.

This research asks an overarching research question:

How does playing Pokémon Go influence the self-esteem and social life of players?

To answer this question, various objectives must be met throughout this research:

- To ascertain the pattern of play (including extent of any excessive play, if applicable) and motivations for playing Pokémon Go and identify the most common maladaptive cognitions (if any) as a negative outcome of playing this game;

- To understand how players compare Pokémon Go with other virtual games (if they play both) with particular regards to the influence on social lives;

- To explore players' lived experiences of playing Pokémon Go, probing how they feel it has generally impacted their lives;

- To investigate whether Pokémon Go players perceive a change in the self, in particular self-esteem and worth, since playing and if so, how;

- To investigate whether players of Pokémon Go perceive that the game has altered their social life, in particular, social skills and relationships, and if so, how;

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Focusing on the two concepts, quality of social life and self-esteem, ensured that the scope of the research did not become overly broad, while considering these two constructs are the primary consideration for pathological virtual gaming or IGD. Also, given PG's novel idea of encouraging players to leave their homes and interact with others—the antithesis of stifling social lives and lowering self-esteem—it is pertinent that these two constructs are considered in the research to explore how they feature in this purportedly 'active' and 'social' game. It is hoped that through investigating the above research question, further debates and research into this under-explored area can be instigated, given the detrimental impact that IGD, at least from other games, can have on mental health.

Chapter 3: Methodology

3.1 Introduction to Methodology

This chapter details the methodology that was used to answer the research question and meet the research objectives set out in the previous chapter. Firstly, it is essential to establish my epistemological stance, both as a Counselling Psychologist and a psychological researcher, as this naturally informs the theoretical framework and methods within which my research is grounded.

3.2 Epistemological Stance

Psychology contains a rich plethora of paradigms (Smith & Eatough, 2016), and as Counselling Psychologists, these must be considered in terms of therapeutic practice to ensure that the theoretical framework informing both counselling research and practice aligns with the humanistic values at the core of Counselling Psychology. Practitioners should therefore establish their own values and attitudes (Hays & Wood, 2011), as they are likely to play a significant role in shaping both the therapeutic relationship and the relationship between the practitioner and their choice of research methods (Trevithick, 2003).

There are various key paradigms in psychological theory and practice; of interest here are primarily positivism, constructivism-interpretivism, and post-positivism, and the tensions between them (Ponterotto, 2005). Positivism utilises the hypothetico-deductive model, rooted within a realist ontology and a nomothetic ideology, to rigorously test hypotheses in an objective, value-free manner. Investigations are conducted within controlled (often laboratory-based) settings to minimise extraneous variables, to isolate the independent variable, and establish causal relationships.

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Constructivism -interpretivism however is positioned within relativist ontology, and proposes that multiple realities and subjective 'truths' exist. This paradigm asserts that when individuals interact with each other, meaning is constructed (Kvale, 1996). There are various sub-divisions of this paradigm, including social constructionism and postmodernism; within each, individuals create their own particular subjective reality as a result of shared meanings, and in effect they work to co-create knowledge. Whilst never claiming to be value-free, researchers working within and from this paradigm suggest that values can be acknowledged via exercising reflexivity (Creswell, 2013). Thus, whilst researcher preconceptions and bias may be unavoidable, especially given the extent of researcher-participant interaction and data interpretation within the associated methods (Ponterotto, 2005), these can be made transparent and acknowledged throughout, so as to inform the validity of the findings.

Post-positivism harbours a 'critical realist' ontology. This was developed by Bhaskar (1978) and builds on positivism by claiming that objective realities may exist, but only when individuals come together in an attempt to access and understand them. A critical realist approach combines realism and interpretivism, stating that both are required for constructing and accessing reality (Archer, Bhaskar, Collier, Lawson & Norrie, 2013).

Critical realists argue that research (which can use qualitative and/or quantitative methods) should still strive to be value-free, yet acknowledge the difficulties of this, particularly given that often the perspectives and experiences of others form the focus of research from this epistemological stance. This is because, when combined, it may be possible to access an objective and collective understanding of a phenomenon. This

approach may be limited—certainly from the perspective of positivists—given the lack of control over variables in many of the research methods used by critical realists.

In the light of the above, the tension concerning the topic consists of that between the medical model adopted by the NHS, which assumes a positivist (and at times post-positivist) paradigm (in line with the concept of the 'scientific practitioner') and the interpretivist-constructionist position occupied by most Counselling Psychologists (Creswell, Hanson, Clark Plano, & Morales 2007; McLeod, 2015). The medical model, which sees illness as an internal problem to be 'fixed', generally uses evidence-based quantitative tools, measurements and methods, including scores, checklists, and scales (for instance, the GAD-7 for anxiety and the PHQ-9 for depression). This enables health professionals to objectively assess, categorise, diagnose and treat an individual's symptoms, providing a 'label' by which other health professionals and society at large can understand the individual's health issues (Hoff, 2017).

By contrast, the interpretivist-constructionist epistemological framework of Counselling Psychology typically adopts a more person-centred, humanistic, contextualised approach to exploring the actual experiences of individuals and their symptoms (Smith & Rhodes, 2015). Therefore, to generate a richer, more detailed view of that individual's unique worldview, in a very idiographic way, Counselling Psychologists draw on qualitative methods—either in research or in therapy—in an attempt to access a client's/subject's worldview, and (if applicable) help to inspire change. As Strawbridge and Woolfe (2004) assert, Counselling Psychologists within the interpretivist-constructionist paradigm emphasise non-medical rehabilitation, rooting the individual firmly in their personal and social environment.

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Despite the positivist/interpretivist-constructionist tension, it is possible for the humanist and scientific perspectives to join forces. The marrying of two distinct paradigms may even be beneficial in assisting Counselling Psychologists and practitioners to comprehend different positions for a fuller understanding of an individual's experience (Kasket, 2012). The primary focus in Counselling Psychology research, according to Kasket (2012), is whether a selected paradigm can properly address the research questions of a study, given that paradigms are generally associated with specific sets of methods for exploring certain kinds of data. The scientist-practitioner model can inform Counselling Psychologists by integrating empirical research and counselling practice in therapy (Bury & Strauss, 2006). Engaging in reflexivity during this merger to consider one's own values and attitudes, can inform both research and therapy practice. Any valid, reliable research conclusions gained can inform best practice in a clinical context, assisting Counselling Psychologists in their therapeutic relationships through a better understanding of each client's unique subjective worldview (Willig, 2013).

Whilst there is a place for the scientific-practitioner model (for IGD, for instance), and the associated positivist and post-positivist paradigms, as a reflexive practitioner I am constantly engaged in constructing *with* my clients and collaborating with them within the therapeutic relationship (Cooper, 2009; Martin, 2010). In my experience, it is impossible to gain a true, holistic understanding of an individual by employing positivist methods alone; rather, I find that merging a post-positivist paradigm with methodologies generally associated with the interpretivist-constructionist position can generate a complementary synergy to thoroughly understand a topic from different angles. This can assist in enabling an individual's subjective experience, ideas,

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attitudes and cognitions to emerge both within the research and therapeutic contexts (Lyons & Coyle, 2015) in a multifaceted way (Kasket & Gil-Rodriguez, 2011).

Given my choice of research topic—exploring the perspectives and experiences of Pokémon Go players regarding the role it may have had on their social lives and sense of self—it was essential that I remained reflexive throughout the research. Thus, an obvious choice for my epistemological stance was to operate within a reflective practitioner model (Schön, 1983; 1987; 1996), building on Kolb's (1984) experiential learning ideas, and remain self-aware and critical through my work with others (Redmond, 2017). This is the model I adopt when in the therapy room as it focuses on the therapeutic relationship; undertaking primary research with participants in a bid to understand their subjective experiences is akin to working with clients.

At the same time, although the focus on gamers' social lives and relationships would naturally lean towards a more interpretivist-constructionist paradigm, as I explored the topic of IGD, and the ways it was both defined by the DSM-5 and currently being researched within the literature, a more critical-realist paradigm began to shift into place. I realised that whilst it was essential that my research explored and interpreted the different meanings, perspectives and experiences of Pokémon Go players, the concept of IGD remains firmly within the scientific-practitioner model. It is measured using numerous scales and has a checklist of symptoms, even though its very existence continues to be questioned by some. The fact that the reality of IGD has been criticised and viewed from a range of angles, with many 'truths' having been uncovered, and tentative conclusions drawn (ultimately inconclusive, given the differences between them), a critical realist perspective appeared intuitive and appropriate.

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Additionally, little is known about even the 'basic facts' of PG players, particularly in the UK, such as what kinds of people play (demographics such as male/female ratio, from where, the kinds of occupations and relationship statuses they have), how much they play PG, whether and how much they play other VG, and how 'widespread' gamers' common concerns are (that they play too much, the game may do them good, or the opposite). It is useful to first establish the players' profile by asking the 'whats' (using quantitative methods such as surveys), and then delve deeper to ask the 'hows' (how they become a different kind of gamers, if they do play PG differently to other games, for example) and the 'whys' (why they think the game is good, or not, or that it has no real impact, for example) through the use of qualitative methods such as interviewing.

Critical realists perceive the impossibility of an 'objective' truth (Bhaskar, 1978; 1989), but appreciate that alternative (and equally valid) accounts of the same phenomenon will exist (Archer et al., 2013). With 'knowledge' being seen as incomplete and fallible (Groff, 2013), viewed from multiple 'correct' viewpoints (Lakoff, 1987), it appears acceptable—and even desirable—to merge realism and interpretivism for this research. Indeed, Frazer and Lacey (1993) advocate this view, that ontology can be approached from a realist perspective, whilst simultaneously allowing interpretivism to be adopted at the epistemological level. This is because in both paradigms, knowledge is seen as something that is interpreted, instead of being absolute. The merging of critical realism and interpretivist-constructionist concepts is supported by other authors as being perfectly compatible (Elder-Vass, 2012), encapsulating the synergy between the medical model and the more person-centred, reflective-practitioner model. In fact, for professional Counselling Psychologists-in-

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training, Gkouskos (2016) argues that it is essential to continually 'marry…theories, practice and personal development' where expertise in a range of psychological theories and research approaches is essential for best practice in the therapy room.

Elder-Vass (2012) indicates that critical realism may encourage greater understanding of any causal mechanisms that underpin social constructionism. In this research, the potential factors or mechanisms that might prompt participants to experience changes in their self-esteem or social lives from playing PG, or the way they experience these constructs in their gameplay, can be elucidated. The critical realist perspective, in emphasising contingent causal powers, alongside an individual's interpretation of these powers, was chosen as the most applicable epistemological paradigm for this thesis.

3.3 Research Design

This thesis explores any impact that PG has in players' social lives and self-esteem from their perspectives. Generally, research into VG and its addiction has primarily adopted a positivist paradigm and used quantitative methods (e.g. Beard & Wickham, 2016; Martončik & Lokša, 2016) supported by large samples and checklists so that general patterns of behaviour and symptomatic criteria in gamers can be established. Similarly, I adopted a mainly quantitative method in my first study using a survey because this could enable certain comparisons with previous research with other gamers in this area to deduce PG gaming patterns and gamers' backgrounds and preferences, since little is known about PG gamers, particularly in the UK. The survey also provided a 'scoping' exercise to first explore overall whether self-esteem and the quality of social life are areas that players felt had changed since playing, and common

motivations, occurrences and concerns among them with regards to PG. This is so that the potential reasons for any self-esteem and social life issues (or lack thereof) among PG players can be explored in depth through the interpretivist approach in the second stage.

It was acknowledged that adopting a solely quantitative method would not permit a full exploration of the subjective experiences of PG players. Nor would it offer an insight into the causes of such experiences of gamers (Silvermann, 2010), who might be experiencing issues with their self-esteem or social lives through excessive gaming. Qualitative research methods (such as interviews, case studies and observations; Fossey, Harvey, McDermott & Davidson, 2002), are more suited to exploring sensitive issues, lived experiences, and personal attitudes and behaviours, not only rooted within past experiences, but pertaining to future attitudes and intentions. Such methods are concerned with meaning, and the creation of meaning within different contexts (Willig, 2013). They focus specifically on interpreting personal responses and understandings of certain phenomena from specific individuals (Elliot, Fischer & Rennie, 1999). Also, the significant gap in the literature derived from the perspectives and experiences of gamers, in particular PG or other VG players, shows that qualitative insights in this area are woefully lacking. This is in part due to the lack of interest from the field of qualitative inquiry in the topic of IGD, and in gaming more generally.

In terms of the research design for the second stage, interpretative phenomenological analysis (IPA), developed by Jonathan Smith in the 1990s (see Smith, Flowers & Larkin, 2012) was deemed a good fit. This approach combines ideas based upon

phenomenology, hermeneutics and idiography, acknowledging the complex role of experience in contributing to individuals' worldview and understanding (Smith et al., 2012). IPA is therefore compatible with a critical realist paradigm when investigating how gamers discuss their experiences of PG in their lives. IPA is also compatible with the goal of Counselling Psychology to put the individual at the heart of the therapy process and to emphasise the core values of respect for autonomy, perspective and experience, and promoting justice for all (BPS, 2009; HPCP, 2016). The approach views participants from a humanist perspective, emphasising the value and agency that individuals have, aiming to promote wellbeing wherever possible (Rowan, 2015).

IPA's idiographic orientation has an interest in the *particular* (Tomkins & Eatough, 2013): in the context of VG, in this case PG, it is the particular experiences of individual gamers that matter. Using IPA has assisted in distilling the complex web of participant experiences into the broad themes that may later be applied to practices within the Counselling Psychology therapy room. IPA is also interrogative, resting as it does on the critical realist belief of a 'psychological centre' hidden at the heart of the participant's experience that can be accessed and interpreted (Tomkins & Eatough, 2013). The ways in which researchers reach this centre involve language: words are imbued with specific meanings due to personal and collective experiences, rendering a method such as interviews useful in accessing these meanings.

The role of language in IPA means that it is able to pick apart the highly nuanced meanings that individuals may imbue into the words they choose. This allows for flexibility in the data collection and analysis process, and encourages the subjective experience of each participant regarding the impact of PG on their self-esteem and

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social lives to come through. Given that humans use symbols such as language to communicate their sense of self and experiences, including their identity (Duranti, 2004)—which includes their self-esteem and place in their social life—using a technique that can access participants' feelings, attitudes and experiences with respect to the 'self' was highly congruent. Language is a key signifier of the PG players' identities and an important way by which these individuals reflect on their own behaviour and experiences, their use of the game, and their sense of self-esteem and social life.

As participants' experiences are always interpreted by a researcher (Reid, Flowers & Larkin, 2005), which necessitates the researcher's self-reflection (Larkin, Watts & Clifton, 2006), this is a useful practice for Counselling Psychologists more generally, given its central role in the therapeutic relationship. Using IPA, it was assumed that I, as the researcher, would influence the collection of data and shape the analysis. Moreover, as a practitioner, the practices used within my Counselling Psychology training were drawn upon, to understand and highlight my value base, whilst acknowledging the importance of trying to be as neutral as possible through the processes. Furthermore, using IPA to provide a detailed exploration of how Pokémon Go players perceive their self and social worlds may generate a deeper understanding of whether excessively playing this game may lead to IGD. Uncovering this link is of particular interest for researchers and Counselling Psychologists within this field, who endeavour to more fully understand this complex phenomenon before it can be appropriately treated (Wertz, 2005).

Other qualitative stances that complement a critical realist position, such as discourse analysis and narrative paradigm, were considered and rejected as it was concluded due to their central focus on the role of language in constructing relative realities. These reject the notion of an external reality or 'centre' of truth, conceiving everything as relative and entirely subjective, meaning that nothing can be 'known', if common experiences can be explored (Willig, 2013). IPA was chosen as the most suitable for this inquiry; being aligned with critical realism, it enabled the reality of playing PG, if interpreted differently by participants, to be discovered.

Having weighed up the advantages and disadvantages different methodological approaches would offer in addressing the research question, it was concluded there were a multitude of benefits in employing both quantitative and qualitative methods for this topic. Both can cater to the critical realist position, considering its stance on the unavoidable role of both realism and interpretivism in constructing and accessing reality.

A mixed-methods approach was adopted as a 'triangulated' approach that enables results to be compared (Bryman, 2006). A larger and diverse sample of PG players first provided a scoping exercise to assess the scale of the matter under investigation (such as who play PG, how much they play and the extent of common impacts). The patterns from a greater range of PG players could be compared with findings from studies of other VGs in terms of player profiling to draw any parallels or contrasts. This exercise still included a subset of qualitative elements, by the means of open-ended questions, to offer participants to supplement with brief comments so that common themes from this exercise might facilitate a subsequent richer exploration of

the experiences of PG players in the second stage. In combination, the triangulation could also serve to validate, deepen or broaden understanding of the issues; for instance, if the interview accounts shed light on some patterns or common themes generated in the survey.

Interestingly, Clark and Clark (2016), two leading researchers in the field of health and educational interventions, coined the concept of 'supercomplexity' in a paper entitled *Pokémon Go and Research: Qualitative, Mixed Methods Research and the Supercomplexity of Interventions*. They propose the idea of a creative mixed-methods approach when dealing with 'supercomplex' interventions including PG playing. Supercomplexity, they argue, is becoming the norm, promoting the 'transcendence of virtual, social and physical space', and that understanding the 'interactive' elements is key, which means:

Understanding interventions of this type require methods that can capture the uptake and effects of social dimensions in a comprehensive and sophisticated manner. Mixed method designs are ideal for this purpose, as they can incorporate measurement of key behavioral outcomes combined with qualitative studies to identify the full range of potential and actual benefits for possible future measurement (Clark & Clark, 2016; p. 2).

Whilst these authors have not themselves conducted research with PG players, they recognise the timeliness of mixed-methods research into this area. Its potential as a health intervention can only be realised, they assert, by using more holistic approaches to understand the impact it has on those that play. This view augments my own

position regarding the uses and efficacies of a mixed-methods approach, particularly for studying such a novel genre of games.

3.4 Research Methods

This investigation involved empirical research using both quantitative and qualitative data-collection and analysis tools in two stages.

Stage One: Survey

This stage consisted of a mainly quantitative online questionnaire comprising close-ended multiple-choice options, but also a subset of open-ended questions to which participants could type in their responses (see Appendix A), distributed via Qualtrics. This inquiry enabled us to chart the patterns of Pokémon Go and other game play and explore the relationships between gaming patterns and psychological outcomes, including quality of social life and self-esteem measures. This was done by capturing participant demographic details such as gender, age, location and occupation, frequency of playing PG and other games and responses to impact of play statements, and using the Quality of Life Scale (or quality of social life, QoSL; adapted from Burckhardt & Anderson, 2003), Self-Esteem Scale (SES; Rosenberg, 1965) and several open-ended questions from reasons for playing PG to change in self.

Participants were asked to complete the QoSL and SES for both their current state (at the time of filling in the survey) and retrospectively (one year previous; before PG was launched). This allowed any change, since playing PG, in self-esteem or quality of social life to be assessed. Besides that, agreement to statements regarding excessive play, and positive and negative social impacts about both PG and other games meant

that direct comparisons could be made between PG and other games. The open-ended questions gained further information about players' common motives and perceptions. The quantitative data was analysed to ascertain prevalence, differences and relationships (see 3.9 Data Analysis Methods). The open-ended data were analysed using Thematic Analysis (TA) to identify themes that were salient across the sample. This stage helped specifying further the selection criteria for recruiting suitable participants for the qualitative study (Stage Two) and supplementing aspects of the Pokémon experience to be explored with those participants in interviews.

Stage Two: Interviews

This stage involved six semi-structured interviews (see Appendix B for indicative interview questions) based on the results from Stage One. These built on trends found about the players and expanded on the themes identified. When the findings from both stages were synergised (see the final chapter), this second stage provided strength to the triangulation, enabling the researcher to gain a greater understanding of the complex phenomenon of playing PG and its potential impact on social life and sense of self. The interview process was reflexive, enabling meaning to be constructed through negotiation between the researcher and participant. The interview transcripts were analysed using IPA to explore the salient themes with a specific focus on players' social lives and self-esteem.

3.5 Participants

The survey was aimed at people who described themselves as regular PG players (thus au fait with online technologies), and as it was hosted on Qualtrics, an online site designed for survey research, it made sense to recruit the sample online. A few gaming

websites, such as Pokémon Go (http://pokemongoforums.uk) and NeoSeeker (http://www.neoseeker.com/forums/90031), were approached for permission to post a link to the survey on the forums. Inclusion criteria included that the participant be over 18 years of age, spoke English, and played Pokémon Go on average at least 5 times a week. They were also informed that the next stage of the study involved interviews for participants that took an interest by volunteering for that stage; for that UK-based participants would be asked to commute to London for face-to-face interviews or for those outside they should have a Skype handle for online interviews.

The final survey sample (N=101) comprised 43 males and 58 females aged 19 to 39 years (M=27.01; SD=9.11; N=64), the majority of whom self-identified as 'White' ('European' or 'Caucasian'; N=71), and the remaining 'Black/African/Caribbean' (N=4), South or East Asian (N=9), Hispanic/Latin American (N=7), mixed race (N=6), or 'other' (N=4). The country of residence of two-thirds of participants was the UK (N=65), followed by several European countries (N=13), North America (Canada and US; N=10), and countries from the Middle East to Australia (N=10). City of residence was predominantly London (N=40), other UK cities/towns (N=27), and a third in non-UK locations (N=31) (For analysis, participants were categorised as UK and non-UK.) More participants self-reported as 'single' (N=60) than any other relationship status: married (N=18), cohabiting (N=20) or 'other' (N=3; non-live-in relationships; grouped as 'in relationship' for analysis). The vast majority also self-identified as heterosexual (N=85), with a small number of gay/lesbian (N=6), bisexual (N=7) or other (N=2) orientations. Two-thirds of participants were in full-time employment (N=65), and the rest (grouped as 'non-full-time-employed' for analysis purposes) were split between part-time employment (N=9), self-employed (N=6), unemployed (N=8), unable to

work (N=4) and studying (N=9). Two-thirds had at least a Bachelors/Undergraduate degree (N=44), 28 had Postgraduate degrees, and a minority with pre-university qualifications (N=29) were grouped together for analysis. Participants were asked to type in their actual job or occupation and the responses were categorised into the main sectors: full-time student (N=15), education (N=11; e.g., teachers, including nursery), health/caring professions (N=8; e.g., nurses, care assistants), sales/customer-facing (N=10; e.g., customer services, sales manager), technology (N=10; e.g., IT manager, programmer), higher professional (N=32; e.g., accountant, lawyer, professor) and other (N=13; e.g., entertainer, actor).

After the survey had been launched in September 2017, various individuals from the sample contacted the researcher about the interviews. The wide range of participant backgrounds and preliminary patterns informed the purposive sampling to include both males and females from any location, of any occupation or relationship status, but who felt they had both positive and negative experiences with PG. This was critical in building up a more complete picture of the phenomenon at hand.

A final sample of six (3 male; 3 female) interviewees was chosen from those that volunteered. Due to logistics, safety and ethical issues (see below), face-to-face interviews were conducted with the three UK-based (2 British, 1 Brazilian) participants in designated rooms at the UEL, and three based abroad (2 in Sweden, 1 in Norway) were interviewed via Skype (see Table 1).

Table 1. Interviewee Details

Participant	Gender	Details

P1	Female	UK-based. Brazilian. Lawyer.
P2	Male	Sweden-based. Swedish. Environmental officer.
P3	Female	Sweden-based. Swedish. Psychologist.
P4	Female	UK-based. British. Lawyer.
P5	Male	Norway-based. Swedish. Telephone environmental officer.
P6	Male	UK-based. British. Show business tech manager.

3.6 Materials

The materials for this study included:

- The 4-part survey (containing the key measures listed below and in Appendix A), built and distributed via Qualtrics;

- The semi-structured interview questions for the individual interviews (Appendix B);

- A tape-recorder for interviews.

- The 4-part survey was organised as follows:

- Demographic information (gender, ethnicity, age, sexual orientation, marital status, (any) dependents, employment status, occupation, academic attainment, geographic location), history of PG, and time spent playing and other games

per week, and 4-point Likert-scale statements on perceived excessive play and positive and negative social impacts of play);

- Information and consent forms, and debriefing after the survey (Appendices C-G);

- Rosenberg's (1965) Self-Esteem Scale: ten statements on a 4-point scale from strongly disagree (1) to strongly agree (4), half requiring reverse scoring; Cronbach's Alpha = .953 (highly reliable);

- Quality of Social Life Scale (adapted from Burckhardt & Anderson, 2003) including five questions on a 7-point scale from Strongly Agree (1) to Strongly Disagree (5), no reverse scoring required; Cronbach's Alpha=.953 (highly reliable);

- Five open-ended questions, with space to type in textual comments, regarding: reasons for playing Pokémon Go; enjoyment from playing PG; (any) life enhancement from playing; (any) negative experiences with PG; (any) change in self since playing.

3.7 Pilot Study

To ensure the questionnaire's items were comprehensible and to check for technical issues, a pilot study (Kim, 2011) was first performed, using an opportunity sample of PG players from UEL School of Psychology. The questionnaire was based on the requirements of the research question and included all items of the survey used in the actual study (as seen in Appendix A). An email was circulated to all Psychology undergraduates, particularly to encourage students that required research participation for course credits, giving details of the study and referring PG players to the Qualtrics link to complete the survey. At the end of the survey, a feedback form was attached

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that asked participants to write about their experiences of completing the survey, any wording they found difficult or unnecessary, and their overall impression of the study.

The feedback indicated that participants were generally satisfied with the composition of the survey, and found the link easy to access and the items easy to complete. Some wording was changed in the information letter and the debrief to cater to those who found ambiguities, and it was made clearer that the participant was to complete both the Self-Esteem Scale and QoSL Scale twice—once for their present perspective and once retrospectively (for a year ago). Although this cannot reveal causal data (many factors are at play in contributing to one's self-esteem and social lives over a year) this could generate a sense of 'before' and 'after' levels of general wellbeing that participants might be more inclined to elaborate on when answering the open-ended questions. The number of such questions was also reduced from ten to five, as the feedback indicated that participants became fatigued or disinterested by that point and wished to exit. Reducing the number of questions was also expected to obtain more detailed textual answers, or fewer one-word responses or no responses.

3.8 Procedure for Data Collection

Participants that clicked the link to the survey first saw the information page explaining the purpose of the investigation, inclusion criteria—be aged over 18 years, regular PG players (at least 5 times a week) and able to read and write English—and that the survey would take no more than 15 minutes to complete. To participate, they were asked to turn to the consent form on which they clicked the statements that they satisfied the inclusion criteria and agreed to participate. They were also able to enter a

unique number by which their anonymous data could be traced, should they wish to withdraw data after participation.

After completing the questionnaire, the debriefing statement appeared onscreen where the participant was thanked, given more information about the study and invited to volunteer for the interviews by contacting the researcher via her email address. The researcher received ten approaches. After considering their initial responses by email, six participants were chosen to take part in the interviews based on their varied experiences with PG.

Interviewees arrived at UEL and were greeted and taken to a private interview room by the researcher. They were given the invitation letter about the purpose of the interviews to read and asked to sign the consent form before proceeding with the interview (Skype interviewees submitted this form by email). During the interview, the researcher's role was facilitative, prompting responses through the use of open-ended questions to enable participants to recall and explore their experiences for a rich and detailed account (Harper & Thompson, 2012) of playing Pokémon Go. Interviews lasted up to 60 minutes, were recorded and later transcribed.

3.9 Data Analysis Methods

The data gathered from the survey was downloaded from Qualtrics and imported to SPSS for sorting first. Statistical analysis commenced with Descriptives (for averages and percentages to indicate trends and prevalence) before tests of differences (t-tests and analyses of variance) for between- and within-groups comparisons and tests of relationships (correlations).

Paired-samples t-tests were used to analyse the data for PG versus other games' play pattern and perceived impact, and current self-esteem and QoSL versus a year ago given the repeated measures design, to test for changes in perception over time or across contexts. Independent-samples t-tests were used to analyse *between-groups* differences such as gender, regional and any other demographic differences, as subgroups in the sample could play PG and perceive its impact differently. Using such testing enabled the researcher to determine whether there was a significant or 'real' effect of the independent variable (e.g., PG vs other VG) on the dependent variable (e.g., excessive play or negative impact) rather than simply down to 'error' or chance (Hole, 2009). The probability level for the latter was set at $p<0.05$ per standard, but kept at 2-tailed (non-directional); no specific hypotheses were made given no known prior research on PG with those measures to inform particular predictions. Yet the tests have been used in many studies on other VG, to assess differences between players and non-players and others based on demographics such as age and gender (Williams, Martins, Consalvo & Ivory, 2009). On the latter, a distinct gender bias has been noted in the literature, with females being less likely to play most VGs (Hartmann & Klimmt, 2006; Todd, 2012). Their greater representation in the current sample might reflect the uniqueness of PG that the gender bias does not apply as this game would attract the sexes more equally compared to other VGs.

The open-ended responses from the survey were analysed using Thematic Analysis. TA is a flexible qualitative method that aims to uncover themes via coding text into categories (Braun & Clarke, 2006). Coding was based on summarising the text into shorter codes with labels to capture the text's meaning. The analysis process categorises such data into recurrent themes and, unlike IPA, does not place special

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focus on language, making TA easier to use on larger samples (Smith, 2015), which this study gained from the survey. From open-ended responses, TA gives an overview of the main themes (Braun & Clarke, 2006), here recurrent across the large sample, as inputs for further exploration in the interviews.

The interview transcripts were analysed using IPA. Analysing interviews using IPA requires innovation and creativity from the researcher to reflexively engage with the material and understand what the participant is thinking (a double hermeneutic; Giddens, 1987). Combing through the transcripts individually, each participant's experience is explored in his/her own words to provide a fluid description of the data therein. Smith, Flowers and Larkin's (2012) guidelines for IPA was drawn on for my data; although not prescriptive, they were useful in allowing me to become more familiar with the data through a loose structure of stages:

1) Reading and re-reading the transcripts while listening to the tapes to understand the participant's language and potential subtle meanings to become personally acquainted with their narratives;

2) Exploring their descriptive, linguistic and conceptual meanings through coding using black, red and blue pens respectively. These notes were generally made in the margins of the transcript, as well as on the transcript itself (see Appendix H for an example of a transcript and this stage 2 coding);

3) Developing the initial coding notes on the transcripts into emergent themes, recorded in a table with examples of extracts across all transcripts. These themes were devised through dividing the transcript into thematic 'chunks' (including both the discourse and my interpretation using initial coding). More

precise and summarised terminology was used to assist in developing emergent themes (see Appendix I for an example).

4) Drawing connections between themes, by placing all themes into a Word document, and moving them around, placing them into various groups that shared commonalities (a process called 'abstraction' by Smith et al., 2012). The similar themes were grouped together and named 'subordinate' themes. Clusters of subordinate themes were then given a superordinate theme title. An example of transcript extracts relating to themes can be seen in Appendix I.

5) Re-reading the transcripts to ensure that the themes were matched to appropriate subordinate/superordinate categories, and ensuring titles of themes were appropriate. A table was created to display superordinate and subordinate themes, and transcript examples linked to highlight the presence of the theme(s) (see next chapter). Any data that did not easily fit into a subordinate or superordinate theme was considered and adjustments were made to remain synonymous with the idiographic nature of IPA.

Creating an organised table lends transparency to the different meanings within the data during analysis (Harper & Thompson, 2012; p. 104). Themes tended to be grouped according to their similarity (abstraction), but other methods such as subsumption, polarisation, contextualisation (place is key), numeration (how many times it is mentioned) or function (what role they serve for the participant(s)) were occasionally considered to ascertain best fit (Smith et al., 2012). The IPA method used provided a means of structuring the findings, wherein a narrative account was woven together regarding the most salient themes and issues. This was also compared to the

literature review, to explore whether the meanings emerging from the interviews are concordant with existing findings in the literature (Guest, MacQueen & Namey, 2011).

3.10 Ethical Considerations

This research had been assessed as abiding by the UEL Code of Practice (2015) and BPS (2009) Code of Human Research Ethics, which are largely based upon the ethical principles of respect for autonomy, beneficence, non-maleficence and justice. An ethics application form (see Appendix K) was discussed with my supervisor and submitted to UEL Psychology's Research Ethics Committee, and the approval (Appendix L) for my study to go ahead was granted before data collection ensued.

I was required to abide by a professional code of conduct when working with participants or their data (APA, 2010; BPS, 2009). This included ensuring that they gave fully informed consent to participate, after I provided them with ample information regarding the purpose, design and requirements of the studies and my commitment to maintaining confidentiality. Participants in the survey were never asked for their names, and any communication with individual participants (the interviewees) was kept strictly confidential (Silvermann, 2016). References to interviewees in the thesis make use of a pseudonym to protect their identity, and transcripts and contacts were kept in a locked file on the researcher's private laptop. However, whilst the participants for the questionnaire were anonymous, and those invited to interview were participants I did not know, to conduct interviews on campus to ensure a safe and comfortable environment, it is possible that interviewees might have seen me around campus, which might have made them feel uncomfortable answering certain questions in the interview (affecting the validity of the results).

However, whilst this is not something I could have controlled (if they neglected to tell me they recognised me), I strove to remain open and non-judgemental throughout my interviews to encourage participants to feel respected and comfortable enough to give me their honest responses, and to minimise any feelings of vulnerability, anxiety or unease they may have felt during the process of the interview in discussing something potentially sensitive.

Participants were made aware that they had the right to withdraw participation at any point during the survey or the interview, or to withdraw their survey data up to the point of analysis or interview data up to the completion of this thesis. Debriefing occurred both after the survey and after the interviews, where interviewees were given various helplines with information regarding IGD in case they felt affected by any issues covered in the interview.

No ethical concerns were reported up to the completion of the research. However, it is possible that whilst there was a minimum age stipulation required to participate in this study of 18 years old, some online participants may have been younger than 18 and completed the questionnaire without my knowledge, given that the link was freely available to access. This was discussed with my supervisor; however, this limitation of the research could not be avoided, despite strictly instructing participants under the age of 18 to navigate away from the survey page, and for all participants to give their age as a matter of course as part of the questionnaire.

3.11 Limitations

There are a variety of limitations linked to the methodology selected and used to address the research question. As noted, issues in sampling could have meant that the

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researcher was not entirely unknown to the interviewees if they were university students at the UEL; however, given that I was careful to ensure the individuals being interviewed were not known to me, this was not a limitation that could have been avoided given the opportunity sample that was used of university students.

Also, it is possible that participants in the questionnaires were unclear on the perceptions of 'social life' (which can mean different things to different people). Divergent interpretations could jeopardise the validity of the data collected. Whilst the pilot study did address this to some extent, what participants understood to be the meaning of various concepts (such as social life) could have been ascertained from the pilot study to gain a better insight as to the extent of differences in conceptualisation across individuals This could have helped by giving further clarification of what the terms referred to in the questionnaire to improve the survey's validity.

Moreover, the open-ended section of the questionnaires was potentially limited by asking only 5 questions, which may not give a holistic view of how the participants felt their social life and self-esteem had changed from before to after playing PG; however, this was settled upon the feedback from the pilot study, which indicated that any more than 5 questions generated fatigue and less depth in the answers received. In addition, I devised the questions based on what seemed relevant (to me) from both the literature review and the research question and objectives; therefore, there was little concurrent validity with these questions (in pre-established questionnaires) to testify to their construct validity (Bolarinwa, 2015). This means they might not have been measuring what they were set out to measure (again the pilot study was used to

ascertain how the participants perceived the questions so any adjustments could be made).

Moreover, for the analysis of the interview data, given that IPA is such a reflexive, interpretive process, there may have been preconceptions and bias when interpreting the results (detailed in the next section), especially as the open-ended answers were analysed after the quantitative data was gathered and analysed. Thus, the knowledge of the quantitative results/findings could have impaired my ability to analyse the open-ended and interview data objectively, biasing me towards supporting the quantitative results, for example, although I did attempt to minimise this by remaining reflexive and consistently double-checking my choice of codes/themes.

3.12 Reflexive Practice

This study arose given my long-standing interest in the effect of excessive gaming on psychological wellbeing. This interest was initially sparked by my brother's compulsive game play when we were growing up; his voracious need to play virtual games caused tension in my family, and I witnessed a variety of effects of this gaming, from the pleasure and excitement he gained from them, to his sullenness and depression when he was prevented from playing. This initial interest continued as I progressed through school and into university: everyone seemed to be talking about and playing MMORPGs, and I would occasionally watch other people play them when I was socialising as part of a group. This led to my undergraduate dissertation being based on the effect of MMORPGs on psychological wellbeing, which I found fascinating. As I progressed through my Masters and Doctorate, I became even more aware of the rise of gamification and mobile games; my interest in gaming shifted

towards how technological advances and societal norms (constantly being 'connected', with a mobile phone to hand at all times) could potentially increase addiction to technology, the Internet, and the games it enabled. This led me to read about the release of PG with interest and apprehension; I saw some of my friends become seemingly glued to their phones, playing the game constantly, and both gaining a great deal of pleasure from this game as well as frustrating our friendship circle for their lack of availability, their distraction and inattentiveness when socialising (as they would often be playing PG). This is the background by which I came to study the effect of PG on QoSL and self-esteem; as such, and given that my epistemology of critical realism and use of a mixed-methods research design required that I persistently engaged in self-reflection, I have attempted to remain transparent about my potential preconception of the game, of players, and of the study's findings, and to minimise any bias.

As Harper and Thompson (2012) state, interpretation is a critical element of this methodology, and therefore the ensuing subjectivity should not be ignored, but rather acknowledged and utilised to help me make sense of my participants' own views and experiences. In order to help practice this reflexivity, and to commit to improving my research skills and therapeutic practice, I kept a diary throughout this journey, detailing my decision-making and analysis processes and questioning whether I was really placing the participant at the heart of the processes. Moreover, working with participants, both remotely through the online questionnaire and in the face-to-face interviews, was recorded in my diary, as were my supervision sessions.

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My diary entries helped me become increasingly aware of my preconceptions regarding virtual gaming. I had developed some biases regarding the negative impact of VG in general given that I had witnessed first-hand the detrimental impact that playing VG had on my brother. Although he was never diagnosed with IGD, and never sought professional assistance, I suspected his compulsive behaviour towards virtual and video games as he was growing up could have constituted a mild addiction, and whilst this experience ultimately led me to undertake this research, it was only through reflexivity that I realised how far this experience had affected my analysis of the questionnaire and interview results. My diary entries, and discussions with my supervisor, helped me to acknowledge and challenge these preconceptions. For instance, diary entries allowed me the time and space to reflect how far I was adhering to my epistemological and ethical (see below) principles, and to scrutinise any subjective input or bias I might unwittingly have had in the analysis. I wrote about what I was expecting to find, not only due to my experiences of IGD via my brother and in my therapy practice (where I see increasing numbers of clients seeking help for self-esteem and social issues linked to technology use), but also due to the findings of the literature review. This initially led me to expect to uncover similar findings for PG, and I found I had analysed the open-ended questionnaires and first two interview transcripts as such.

For example, I recorded my surprise when participants reported positive outcomes in terms of QoSL and self-esteem, as well as other advantages and enrichments to their lives as a result of playing the game. Recording this surprise was especially helpful in challenging my original preconceptions about the role that PG may play in participants' lives, to help me remain as unbiased and curious as possible about the

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participants' actual experiences. Moreover, talking about my preconceptions and experiences of IGD and excessively playing VG more generally during supervision helped me to expose and understand my preconceptions, including where they stemmed from, and how they may be impacting on my data analysis. This awareness assisted me to minimise their impact when interpreting the qualitative data, through rigorously going through each interview transcript and open-ended question/themes several times, to challenge every decision I made and whether it stemmed from the participants themselves, or from my own subjective interpretation of what they were trying to say.

I also used reflexivity when actually conducting the interviews, in the same way that I would during therapy (Morrow, 2005). Thompson and Russo (2012) state that rapport and trust must be maintained within participant interviews, especially when they involve sensitive topics. This requires empathy on the part of the researcher, particularly when using the IPA approach, to assist in exploring the topics of self-esteem, social life and excessive gaming as fully as possible (Coyle & Wright, 1996). As I engaged in regular supervision sessions, I was able to discuss any ethical issues or difficulties that might have arisen during the interviews, which assisted me in further developing my reflexivity skills when conducting research.

Chapter Four: Stage One Survey Results

4.1 Quantitative Patterns

The distributions of the dependent variables (from play frequency to self-esteem and quality of social life) were first observed (in histograms) and checked for outliers. Although not all measures showed an entirely normal distribution (e.g., PG play was slightly positively skewed), the trend was clear considering the sample size (<100 data-points for some measures), thus all planned testing was conducted. This chapter begins with the whole-sample patterns, before the between-groups comparisons and relationships between measures, and finalises with the themes from the open-ended responses.

On average, the sample began playing PG 12.82 months (SD=4.42) before the survey. 52 participants that played PG stated they also played other games, whereas 49 stated PG is the only game they played. The average number of hours spent on PG was 7.98 (SD=8.94), and that on other games was 7.63 (SD=5.74).

Overall, 18.5% participants agreed (with 5.5% agreeing strongly) that they played PG 'too much' versus 10.6% (2% strongly) for other games; 13% agreed that PG had a negative impact on their relationships versus 12% for other games, but 43% felt that PG enhanced their social life versus 22% for other games. The mean agreement with these statements (Table 2) from excessive play to impact bears out these patterns.

Table 2. Mean agreement with statements on Pokémon Go and other game play.

Statement (Scale 1-4; higher = greater agreement)	Mean	SD	N

"… I play Pokémon Go too much"	1.87	.78	101
"… I play other online games too much"	1.75	.83	98
"… playing Pokémon Go enhances my social life"	2.20	.86	101
"… playing other online games enhances my social life"	1.95	.75	98
" … playing Pokémon Go has a negative impact on my social relationships"	1.76	.80	101
" … playing other online games has a negative impact on my social relationships"	1.91	.82	98

Three paired-samples t-tests were performed to compare PG and other games about each statement. Regarding 'playing too much', there were no significant differences between PG and other online games, $t(99)=1.30$, $p=.21$. Regarding enhancing social life, participants agreed more with the idea that PG enhanced their social life versus other games, $t(97)=2.87$, $p=.005$. Participants also agreed more with other games having a negative impact than PG, $t(97)=-1.90$, $p=.03$.

Table 3. Means and Standard deviations of reported self-esteem and quality of social life for current and last year (pre-Pokémon Go).

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	Mean	SD	N
Self-esteem current	29.0	6.9	98
Self-esteem last year	28.6	6.6	98
Quality of Social Life current	21.0	7.9	97
Quality of Social Life last year	20.7	8.5	97

Table 3 shows negligible changes in self-esteem and quality of social life (QoSL) from last to current year. Two corresponding paired-samples t-tests comparing current and last year levels confirmed that there were no differences between them (self-esteem, $t(97)=.61$, $p=.55$; quality of social life, $t(96)=.26$, $p=.79$).

For the between-groups comparisons, independent t-tests were conducted comparing groups based on gender, region and relationship status, among others (although too many missing data-points in age for analysis), on gaming pattern, impact of play statements, self-esteem and QoSL. One gender difference was found for how long one had played PG, $t(96)=2.34$, $p=.022$. Males on average (M=13.85, SD=3.45, N=41) had played for about 2 months longer than female gamers (M=11.78, SD=5.39, N=58). A regional difference was also found on how long participants had played PG, $t(94)=-94.25$, $p<.001$. Non-UK residents (M=14.52, SD=3.03, N=33) had played the game on average for nearly 3 months longer than UK residents (M=11.65, SD=5.24, N=65).

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Several relationship status differences were found with a marginal one involving PG, $t(99)=-1.879$, $p<.06$. Those 'in a relationship' (M=2.39, SD=.80, N=41) agreed more with "playing Pokémon Go enhances my social life" than single participants (M=2.07, SD=.88, N=60). Others were differences involving self-esteem (currently, $t(79)-2.34$, $p=.021$; last year, $t(98)=-2.37$, $p=.020$) and QoSL (currently, $t(95)-2.125$, $p=.036$; last year, $t(95)-2.615$, $p=.010$). Those in a relationship showed higher levels of self-esteem currently (M=30.92, SD=6.33, N=39), and for last year (M=30.44, SD=6.682, N=41), than singletons (M=27.63, SD=7.12, N=60; M=27.32, SD=6.307, N=58). The same applied to QoSL; those in a relationship scored higher (currently, M=23.05, SD=7.16, N=39; last year, M=23.46, SD=7.51, N=39) than their single counterparts (M=19.62, SD=8.195, N=58; M=18.97, SD=8.79, N=58).

Pearson's correlations were used as exploratory analyses to examine the associations between measures, in particular between the pattern of play (how long they had played to time playing per week) and the impact statements or key psychological measures. The amount of hours spent on PG per week was positively correlated with agreement with "I feel that I play Pokémon Go too much" ($t(101)=.49$, $p<.001$) and "playing Pokémon Go has a negative impact on my social relationships" ($r(101)=.29$, $p=.003$). The more participants played, the more they felt they played too much and that it had negatively impacted their relationships. Furthermore, a positive correlation was found between hours spent on other games and agreement with "playing other games has had a negative impact on my social relationships" ($r(98)=.611$, $p<.001$). The more they played other games, the more they felt it negatively impacted their relationships, and it is notable that this association was stronger than that pertaining to PG play.

In sum, the statistical analyses showed, at the time of survey, similar amounts of time spent on playing between PG and other games (for those that played) and no differences in perceived excessive play between them (and only a few per cent strongly agreed that they played either 'too much'). However, the sample agreed more with the ideas that PG enhanced their social lives and other games negatively impacted social relationships. Still, no noticeable changes in QoSL or self-esteem at the sample level were detectable since before PG play. The level of perceived excessive play, however, was associated with the agreement that both game types had a negative impact on social relationships, but more strongly for other games than PG. The key demographic differences in play pattern and impact were that male and non-UK gamers had started playing PG earlier than female and UK gamers, respectively, and those settled in a relationship were more in agreement that PG had enhanced their social lives compared to their single counterparts.

4.2 Open-Ended Responses

This section presents the key themes that resulted from interpreting the open-ended responses, and coding and collating for commonalities using TA. The primary reasons for playing PG are presented, then, following the order of questions, themes for enjoyment and life enhancement, negative experiences and change in the self. For each question, the theme's definition, the number of responses pertaining to each and proportions of participants who fell into different demographics (with example quotes) are given (Appendix M-Q) for context, since the analyses above found certain

demographic differences in play pattern, agreement with the impact on social relationships, or QoSL and self-esteem.

Appendix M illustrates the themes evolved from the reasons participants gave for playing PG. The themes are predominantly positive motivations, such as improving health and wellbeing through exercise and connecting with the inner child through nostalgia. The most prominent (eliciting most responses) themes were wellbeing and health, passing the time and connection to childhood. Taking the sample's proportions of different demographics into account, it can be deduced that those who were single and those in relationships were equally likely to play to enact childhood nostalgia, while the latter were more likely to be motivated by wellbeing and health reasons and the former more likely to pass the time using PG.

Secondly, the enjoyment from playing PG garnered a variety of responses driving towards several themes from active entertainment, distraction, connection, virtual reality, to challenge and competition. The theme of active entertainment was especially prevalent, with a majority of participants stating this as the primary motive for keeping up play (see Appendix N). It is noteworthy that, perhaps due to different interpretations of the question "How do you enjoy playing Pokémon Go?", some stated whether they enjoyed it (or not), while most referred to the ways in which they enjoyed playing the game.

Appendix N shows the themes that highlight the ways in which participants explained whether and how PG had 'enhanced their lives', from opportunity for relationships and friendships and sense of belonging to enhanced self-concept or wellbeing. The themes of enhanced wellbeing and opportunities for relationships and friendships were

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most prominent, with the latter being claimed by relatively more single participants than partnered participants that PG helped with forming social relationships.

Several themes also evolved from responses to the question about 'negative experiences' from playing PG. These included disappointment or anxiety, reduced social interactions and physical hazards (such as walking into things and other accidents), technical issues that caused frustration, and the feeling of wasting time and receiving abuse (see Appendix O). The most prominent themes were physical hazards and technical issues, followed by negative emotions experienced when not doing well in the game.

Finally, several themes evolved from responses to the question regarding whether participants had seen changes in themselves since playing PG. The valence of responses varied the most for this question and included the more positive such as improved health and wellbeing and increased self-esteem; however, negative changes (negative emotions, arguments and physical hazards) were also reported (see Appendix P). Most responses described the positive changes, however, from playing PG.

Taking those dominant themes and corresponding responses into consideration, three primary themes emerged from the secondary themes amalgamated from the key themes' contents and connections (in Table 4 below).

Table 4. Overall Primary and Secondary Themes from Stage One

Primary Theme	Secondary Theme
New Horizons	Actively entertaining self

	Connecting with others
	Enhanced health and wellbeing
	Opportunities to form relationships
	Improved self-concept and self-esteem
Negative Experiences/Emotions	Physical hazards
	Technological issues
	Negative judgements
	Arguments
Escape	Connection to past/childhood memories
	Passing the time
	Distraction
	Wasting time
	Outlet for impulsivity

The primary themes uncovered included new horizons, negative experiences and escape, all of which linked to the participants' experiences of playing Pokémon Go to a greater or lesser degree. The majority of participants responded with experiences regarding the new horizons theme, whilst only a minority experienced negative emotions/experiences or used PG as an escape.

From the Thematic Analysis, one of the key motivations for playing PG concerned relationships, including the formation of new ones or maintenance of existing ones, as well a enjoyment from the game itself and alleviating boredom. Other prominent

positive takeaways from the game included increased self-esteem, and alleviating mental health issues through exercise and activity (such as reducing stress and generally improving one's health and wellbeing). The most salient negative issues appeared (for some) to include an increased risk of physical hazards, such as accidents whilst playing, and experiencing negative emotions such as frustration stemming from arguments with others, or technological issues with the game.

Chapter Five: Stage Two Results and Discussion

5.1 Introduction

Three superordinate themes emerged from the data (see Table 5) by clustering salient concepts that ran across the interviews. This is known as a process of abstraction, where patterns were identified between emergent themes to create a sense of an overarching superordinate theme (Smith et al., 2012). Those three themes, alongside the contribution of subordinate themes, are discussed individually with extracts to explicate the findings.

Table 5. Superordinate and Subordinate Themes from Stage Two

Superordinate Theme	Subordinate Theme
Social Gains	A Collective
	Blurring the Worlds

Psychological Gains	Improvement of 'Self'
	A Fine Past Time
Undesirable Consequences	Defending My Right to Play
	A Losing Battle

5.2 Superordinate Theme 1: Social Gains

This first superordinate theme, as generated from 'A Collective' and 'Blurring the Worlds,' encapsulates various ideas and experiences of a 'social' side to Pokémon Go that were regarded as positive by all participants. This is in line with the survey results that PG was regarded as enhancing social life more compared to other VGs. The idea of a collective group of gamers was prevalent throughout the interviews

where all participants registered the social benefits of playing Pokémon Go in terms of being part of a group with a shared interest.

5.2.1 Subordinate Theme: A Collective

A variety of contributory themes fed into the idea of forming a 'collective' (a subordinate theme), from creating friendships to recognising a fellow player. That friendships can be created through playing PG was agreed by every participant, who noted they had met many people through playing the game and had even made very good friends with some of them. For example, P2 discussed how he met '10 or 15' players at a PG event, a few of whom he remained in contact. He elaborates that:

> [I]t's nice because besides Pokémon Go, it turned out that we had a lot of common shared interests you know, so it was fun because it's a lot harder making new friends when you are an adult…everyone is more settled, so it's nice that because of Pokémon Go it brought new friendships (88-95).

This suggests that the game provides common ground to enable people to begin a friendship, based on shared interests. Interestingly, P2 highlighted his struggles as an adult in making friends, and paused to search for reasons why this might be the case. His admission that 'everyone is more settled' might indicate a feeling of isolation, in that everyone (perhaps except him?) is 'settled'—perhaps to go so far as to indicate that he finds people his own age in a different life stage to himself. In admitting that he finds it (note the present tense) difficult to make friends, he was perhaps intimating a sense of loneliness that had been alleviated by feeling part of a new

group, one with shared interest. He used the word 'nice' twice in this passage, indicating a calm, pleasant feeling derived from the experience; it is interesting that he did not choose words that indicate a more intense feeling of excitement and joy. This could suggest that the feeling of pleasure gained from these new friendships is perhaps more subtle. PG is a stepping-stone here towards discussing other topics, as indicated by many participants, with the shared interests and initial mutual interest in PG developing a shared intimacy; this is in line with findings by Cole and Griffiths (2007) or Taylor (2006) who found that players can forge trusting and intimate relationships with other players due to their mutual experiences and enjoyment in the game.

Participants also talked about a sense of individuals being 'brought together' due to PG—individuals that might not otherwise have interacted and become friends, including those from different walks of life, different ages, and providing a reason to open a dialogue while avoiding awkwardness. P6 explained it helped him to meet his partner's friends:

> It certainly was an ice-breaker between meeting her friends and her meeting my friends because it didn't leave much opportunity for an awkward conversation…but erm, then also, I did play with friends that I already had so that's not a new friendship, however, in terms of those who were strangers first, the funny thing is, you, you recognise people playing the game from miles away so if you are all heading towards the same gym or battleground then yes I met a lot of really cool people that I guess I would call my friends. I mean Pokemon Go, was one of the

biggest things I mean apps and games to happen in history, so guaranteed

others would also be building new friendships (298-305).

Here P6 indicates the 'gap' that PG plays, almost as a form of distraction, helping to ease social interaction between strangers and avoid awkwardness. There seems to be a slight dichotomy however between the guarantee that PG generates new friendships, and the hesitation and lack of certainty that this is the role it played for him personally. His use of 'I guess' and admission that he often played it with people he knew already suggests that personally he had not made firm, close friends from playing PG, but could objectively see that others might have done. This is potentially interesting from an identity standpoint—he was *in* the group, but not *of* the group, in that he felt he belongs to a community of easily recognisable PG players, with similar characteristics, but his personal life did not revolve around sharing PG with others, and as such, his own friendships are not based solely on the game.

The above account supports Steinkuehler and Williams' (2006) assertion that video-gaming has moved from being a traditionally isolated experience to a more interactive one, allowing players to play against each other in real time. Pokémon Go, however, carries the added element of being in physical proximity with other players; by its nature of having players venture in the real world, PG is different to most VGs. For instance, a feature of Pokémon Go is the creation of 'gyms', where players can fight and play against each other, described by participants as very social (because players can actually chat to other players in real life whilst playing the game; Pettersson & Vaarala, 2016). This kind of socialisation differs from that of VG played in the home due to the real-world interactions. In particular, the launch of

the game and the gamer gatherings that occurred at the time appeared pivotal, as described by P2:

> It really was fun just going up to people and people coming up to me and asking how does this work, what does this mean so it really introduces you to a lot of strangers, and I know that as a fact if it wasn't for the game people certainly wouldn't be doing this… (102-104).

This emphatic passage suggests how keenly P2 felt that PG had influenced his social interactions for himself and others. His frequent use of the word 'people' here perhaps indicates the crowd present at PG gatherings, and the continual interactions between different kinds of individuals, with his language suggesting movement (the comings and goings between individuals approaching other individuals). It gives a sense of the 'fun' and buzzing atmosphere of the event, which was also evidenced in P2's excited tone of voice and animated facial expressions. He clearly remembers this as a very positive experience and attempts to convey this. Also of interest is the assistance he feels others were seeking from him regarding the game, which he was able to provide, regarding what things mean and how things work. This could indicate that the social interactions he was engaging in enhanced his self-esteem, as he was someone to look up to, that others felt knew more than them about the game, and that his expertise and experience were valued. This finding—that game play enhances self-esteem via recognition from other players—has been uncovered in studies from various researchers (Ng & Weimer-Hastings, 2005; Caplan, 2005; Beard & Wickham, 2016; Sert, 2019).

It became clear from all the interviews that PG helps friendships to be forged due to the increased amount of interaction between otherwise-strangers. This interaction-to-friendship progression was articulated by P5, who claimed, 'It really does encourage you to interact…so it helps you to get to know people and become friends'; 43-44. Again, this idea of 'help' suggests assistance in an area that perhaps the participants required help, and all participants experienced PG as having had a markedly positive impact on their social interaction. This worked by encouraging individuals to lose their inhibitions and approach stranger, to foster communication based on the mutual interest of PG,while potentially improving social skills and reducing social anxiety in the process. This appeared to cut across online *and* offline worlds, unlike in Martončik and Lokša's (2016) study, or findings about other VGs, such as MMORPGs (King & Delfabbro, 2014; King et al., 2017). IGD from pathological gaming is associated with a decline in real-world social relationships, but the interviewees suggest that the more one plays PG, the *better* the quantity at least of one's relationships. The result that there was no significant increase in perceived QoSL since playing PG from the survey might bear out Lo et al.'s (2005) finding that any reduction in loneliness and social anxiety experienced by gamers is temporary. While most interviewees stated that social 'interactions' had been increased, a few had built close friendships and others did not have lasting friendships.

In essence, there appear to be two ways in which Pokémon Go helps interactions. Firstly, it encourages individuals to interact while engaging in play, as it is in essence an interactive game, encouraging face-to-face communication and motivating individuals to begin a conversation with another player during game play. Perhaps

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there is a feeling of safety in interacting with strangers given that they are both engaged in a mutual task, either working together to achieve a goal, or enjoying friendly competition as their avatars battle it out in one of the PG 'gyms' (Pettersson & Vaarala, 2016).

The second, more prominent way that PG helps interactions is by finding 'common ground' between players when *not* playing. Apart from creating new friendships as explored earlier, interviewees also experienced this as, for instance, having a 'reason' to talk to colleagues that they had not engaged with before (P5; 85-85) or finding a potential romantic partner where PG meant they 'immediately had something in common with' them (P4; 241-242). This mutual interest was also referred to as a 'cultural touch stone' between individuals by P6, who explained:

> It's one of the biggest things…to happen in history so guaranteed others would also be building new friendships. So Pokémon Go was one of those things and I think you know, as you become more socially aware, you begin to suss that there are more certain things you can kind of use as shared experiences, shared cultural touch points, which actually helps you to relate to people… (302-308).

P6 here indicated that PG was a seminal creation, a major historical event, given the prominence that P6 gives the game, which perhaps suggests the great impact it had on P6 himself. Interestingly, he indicated that his social awareness has increased, whether or not through the game itself, or just generally in life. In fact, the social awareness he has gained in adulthood that helped him to 'suss' out the things that

can help connect individuals may parallel the social awareness P6 felt he had gained through playing the game and interacting with others. His repetition of the word 'shared' indicated a mutual understanding that fosters a sense of belonging, regardless of cultural differences. Indeed, his reference to PG as a cultural touchstone and the 'help' he has received in relating to others indicated his feeling that people may look back in history and pinpoint PG as having a profound, lasting effect on bringing people together. Its place in the historical canon thus secure, his own gratitude to the game for helping him connect to others, and the pride he felt in being part of this historical event, was apparent. Perhaps there was a sense of ingroups and outgroups here (Tan & Zizzo, 2008)—with P6 being part of the cultural revolution— or being outside of it, lacking it, looking in.

Some interaction, and its resultant impact, was unexpected and seen as monumental, such as getting a job offer through having networked at a PG event ('that's a lot right?' P2; 249-252) or facilitating learning as explained by P3:

> We used Pokémon Go at work to get through to some of the autistic children, so, for instance when you talk about the alphabet, you use the Pokémons instead of that and for example, P would be for Pikachu…I remember one child, barely ever spoke to me, but when it was his turn to play Pokémon Go he constantly wanted to speak to me, so I guess that was a really touching moment (P3, 159-186).

P3 discussed how PG helped her working life by 'getting through' to children with Autism as she was able to link the letters of the alphabet to PG characters. The

change in the child that barely ever spoke, to speaking constantly, indicated on a very overt level just how far PG facilitates communication and interaction between those who may not normally communicate—either because they are strangers, or because (as here) they have difficulties or a reluctance to communicate. There was a sense that P3 had become indebted to PG and was grateful for the role that is played in generating these 'touching moment'. Perhaps the game had become emotionally charged for her, or she felt a sense of loyalty and warmth when playing or thinking about the game. This may contribute to her game play, which makes sense in the same way that P naturally stands for 'Pikachu' in her classroom. Moreover, this sense of loyalty/warmth/gratitude could lead participants such as P3, and others that have experienced positive outcomes from playing the game, to continue to play— even to the point that it brings back happy memories, floods the body with endorphins or contributes to the dopaminergic reward cycle (as found by Richter et al., 2017, amongst others). This sense of pleasure associated with the game—almost a kind of classical and operant conditioning—could encourage even greater game play, potentially leading to problematic behaviours and outcomes.

Another element of finding common ground as part of 'the collective' of players was mutual respect (for fellow gamers), as highlighted by the various forums and events that the participants described. The welcoming and generally positive atmosphere on the forums was indicated, as was an appreciation of other 'helpful' players (P3; 70-72) that shared information about the game ('telling each other where the best Pokémons were', P5; 210-211). P2 revealed that:

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I am part of a lot of Facebook groups, forums, websites for Pokémon Go, and I have to say they have always been very welcoming and inviting…I never experienced any bullying or racism there or anything (P2; 252-254).

P2 clearly participated in many different forms of communication with other players online; this not only suggested that he played a lot in real life, but spends much of his time thinking about and discussing PG with other gamers. There seemed to be a cynical undercurrent in P2's words, however, for the kinds of behaviour one expects to find from online groups. Not only did he refer to the lack of bullying and racism, but the welcoming feeling he gained from the PG forums appeared surprising to him and as though he expected to find it surprising to others (he said 'I have to say…' as though, 'you won't believe this but…'). Perhaps the welcome that he experienced was a surprise to him, hinting at his previous negative experience and understanding of his place amongst online (and even offline?) groups. Perhaps P2 had not felt welcomed like this by many groups or individuals at all before, and he was revelling in his new-found sense of belonging as part of this community. It is as though he was justifying his frequent accessing of these PG groups, or his need to be part of 'a lot' of groups—he gains a sense of pleasure from being welcomed as part of the 'in-group' and not ostracised (no bullying or harassment) as part of an out-group, like he may have been before. This sense of belonging, as found in the literature (Townley, 2017; Watanabe et al., 2017) could potentially encourage game play—not only due to the sense of relief and pleasure of being part of PG—but for something to talk about in the forums, and with other players, providing a way of connecting.

That the interaction on groups deliberately set up for each other was perceived as helpful and positive might have encouraged more interaction with other gamers in the real world, and some participants hinted at this:

> I attended some Pokémon Go events, so what happened is, it was advertised on a forum that I was part of, so I decided to get my partners and quite a few of our friends who play it together and go to this event, that was really fun, because it was hundreds of people at the same time who had the same goal and I really enjoyed that…seeing thousands of people there was incredible, but of course the groups that we formed was pretty cool (P5; 143-149).

Group formation was often a direct outcome of forums. Here P5 discussed an event he attended, notably using positive adjectives to describe his feelings towards the event, such as 'fun', 'enjoyed', 'incredible', and 'cool'. Moreover, perhaps he became more excited at the memory as he continued to talk about it, as it appeared to take on an even more grandiose depiction; first there were 'hundreds of people', yet in the next line there were 'thousands of people'. Perhaps I was conveying a sense of being non-plussed, or he was worried I was unmoved and un-amazed by the event, and thus heightened the stakes; perhaps he was lost in the memory, and it took on greater significance, or he was attempting to convey the feeling of being a tiny part of a very large crowd of people, all working towards the 'same goal'. His repetition of the word 'same' is telling here ('same time…same goal'), suggesting a sense of camaraderie, of kinship with his fellow players. The spectacle of being part of that was 'incredible', perhaps contributing to a sense of belonging, of being part of a

wider group or world of individuals with the same interests and values (towards PG at least) as him. Of course, it could be argued that the group he formed was solely comprised of his partner and friends, thus lending a sense of safety in such a big crowd.

Yet group formation seemed to be a precursor to participating in PG events, as indicated by P2, who stated:

> They introduced the events where you had to have like 20 people as a minimum to start competing, however, that's when the social aspect did come back because you couldn't play unless you formed that team' (P2; 115-117).

This suggests that not all events attended and groups formed were made up of known friends/partners (as indicated by P5 in his experience). Rather, as P2's comment suggested, the requirements set out by the PG event necessitated that a large group of individuals worked together, which in many cases meant strangers interacting, agreeing to form a group, and then working together as part of that group on the game. Interestingly, P2 stated this was when 'the social aspect did come back', which indicates that it might have disappeared prior to these events, as if playing PG solo does not contribute to social interaction. Of course, it is possible that this was a language faux pas, given that P2 is Swedish.

In the excerpts above, it appears that playing as a team 'brings people together' (P6; 231), encouraging interaction and enabling friendships. This is line with Guegan et al.'s (2015) finding that VG players can bond by collaborating against a common

'enemy' by forming in-groups and out-groups, groups that facilitate communication and a sense of identity, 'togetherness' and 'community', as demonstrated by the interviewees.

The 'collective' of players also appears to be age-diverse. This is interesting as PG had been created first for children (according to P3 who cited a Buzzfeed article while claiming that 'it's all the 30-year-olds running around looking and catching Pokémons'; 339-341). Most interviewees commented on the 'wide appeal' of PG, that it was 'a game for all ages' (P1; 313), from the 'extremely young like 4-5 walking with parents' (P2; 165), to 'anyone…who has a phone to maximum age' (P4; 388-392). Thus, participants seemed to want to impress on me the wide age range of players, the 'wide appeal' of the game, and the potential for PG to be a game for everybody.

Helping older people engage their younger counterparts had been experienced by others, such as P2:

> What was actually hilarious was going up to people in like their 60s or more and help[ing] them and then you get into conversations with them, some were interesting and fascinating, so that made me feel quite good actually…I met an 80-year-old too, and I was walking with him for about 30 minutes, teaching him how to play and he was excited, and his 50-year-old daughter was there too wanting to play it so that was interesting (*laughs*) (107-109 and 153-155).

This excerpt indicates a kinship with individuals of both sexes and different ages. P2 appears to have derived a source of pleasure and purpose in assisting older players;

P2 begins by suggesting that he approached the older man to 'help' him with the game, which generated a conversation. His surprise that he had a 'fascinating' and 'interesting' conversation suggests he perhaps had (negative?) preconceptions about the kind of conversation he might have had with this older man, and was pleasantly surprised. This memory seemed to spark another memory about speaking to an even older, 80-year-old man. He repeats the word 'interesting', and clearly enjoys 'teaching' the man and his daughter. Perhaps this suggests P2 feels useful—especially to someone older and 'wiser'—and as though he has some value, boosting his self-esteem as he is able to 'help' and 'teach' older individuals in the particulars of the game, in a world that (very generally) sees age as being associated with greater expertise. P2's laughter at the end of this paragraph also highlights his incredulity at the situation—perhaps he would not normally talk to older women, or perhaps he did not expect the older man and his daughter to be interested in the game, given their age, and he is conveying his surprise at this.

That the design attracted people of both sexes and all ages to play was seen as 'not common amongst a lot of games' (P2; 162-165), that 'the game has been designed for everyone' (269). The interaction between players of varying demographics that develops prosocial skills has also been found by other research (Ewoldsen et al., 2012) when games reward collaboration and helping behaviour.

Studies have revealed that players of VG often seek to establish a social identity (Guegan et al., 2015). The idea of being a collective of players with a particular identity as 'PG players' can be borne out by how most participants claimed to be able to recognise a fellow PG player if they saw one ('the first guy I saw doing it

[playing PG] I knew he was doing it', P4; 119-120; 'you recognise people playing the game from miles away', P6; 301-302). According to P1:

> Interestingly, when you are playing the game, you can recognise straight away in the street who is playing the game and who isn't…But it is so much fun, even you see them walking down some quiet street where there is absolutely nothing to do, yet everyone is going there so you know straight away, ah that moron is playing Pokémon Go (155-157).

P1 later elaborated that one can recognise a player immediately 'as they are walking around in nonsense directions, and erm, looking at their phones' (301-302). It can be said that P1's comments contained an element of judgement (use of the terms 'moron' and 'nonsense directions'). Perhaps this is judgement that P1 applies to herself; she seems to enjoy the game ('it is so much fun') yet is self-deprecating about other players through the pejorative terms P1 uses to describe them. This conveys the idea that some players may feel they judge themselves or others (or are judged by others) for playing. Perhaps P1 discusses PG players in a way that she thinks I (the interviewer) will agree with, as though she is voicing my thoughts about PG players being moronic; if so, P1 is perhaps attempting to align herself with me so as to be part of the in-group within the interview room. It could also indicate that a dichotomy exists between the enjoyment of playing and the self-judgement (or the judgement she feels from others) about playing. Perhaps this is a dichotomy she feels about her place in the world—she belongs, and at the same time, she is struggling to belong, perhaps feels as though she does *not* belong. Perhaps she attempts to ingratiate herself to the different social groups she belongs to, feels she is being

pulled in various directions, and perhaps that her identity as a female, occupationally-successful PG player is confused, ill-established, and generates a sense of juxtaposition (should successful lawyers be playing PG, she seems to be asking in her choice of judgemental vocabulary?). Of course, being Brazilian, it is possible that her use of the word 'moron' is imbued with a positive sense of affection, instead of the negative sense of cluelessness and stupidity that it conveys in the English language.

It is unclear whether there are further recognisable demeanours or markers of someone playing PG, given that many individuals in most contemporary societies carry or look at their mobile phone while walking. Yet this sense of 'recognition' of one another could augment the idea that there is a 'collective' of PG gamers with a common identity, which can lead to positive social interactions or friendships.

5.2.2 Subordinate Theme: Blurring the Worlds

The other major social gain from PG featured as a 'blurring' of the real and virtual worlds. Underpinning this subordinate theme were contributory themes of the 'virtual world becoming real' to 'finding love' and 'life changing'.

Participants frequently made reference to the idea that PG had a positive impact on their social interaction in the 'real world' referring to the fact that the game used the real-time location of players and reflected their physical surroundings through the app. For example, 'It fits in with the real world as you are walking in this game and see the real roads, real people, real scenes you know' (P5; 107-108) or 'feels like the

real world, because you interact with everything that is living and real' (P3; 147). P4 coined this as the worlds becoming 'blurred':

> I have to say that the line is quite blurred between the virtual and real world as the game is so real that you can't distinguish between the two, the only difference is that there's more Pokémons floating about (P4; 232-235).

The inability for P4 to distinguish between the two worlds is perhaps suggestive of how real the game actually is for her, especially given that the game is structured for the 'real' world to be seen through the lens of a phone. Moreover, it is possible that because the two worlds are 'blurred', they are interchangeable, and it is possible that one does not realise just how much time they are spending playing the game, as really it is simply an extension of real life. The use of the word 'line' is interesting, suggesting that in general there are two very separate worlds for P4—real and virtual—that are now becoming merged. This opens up in the question of one's place in the world more generally—does one function in real time with real individuals, face-to-face, or does technology and virtual reality make this redundant? Is there a difference in the kind of interactions, the kinds of activities taking place online and in the real world, and how does this affect one's wellbeing? Whilst P4 is not overtly discussing this, she does indicate that her virtual world is bleeding into her real world, and vice versa, until there is no differentiation; one merely just 'is', with a multifaceted existence, both online and in real life (IRL). Perhaps this indicates that P4 does not feel she has two separate identities, one 'ideal' self online and one actual/perceived self offline; rather, she is who she is (same identity) both online and offline. Perhaps it can indicate that her thoughts on herself, and her self-esteem more

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generally, are continuous across both online and offline worlds, given that there is no clearly demarked line indicating which 'self' she must be and how she should behave, interact with others, or feel about herself. Therefore, PG for P4 may not generate a false, aspirational, avatar-like identity in the online world like in some MMORPGs; rather, it may enable her to feel like and express her actual self—her offline identity—in the online, PG world.

That the gaming interface felt 'real' was also proclaimed to be unique to PG ('Pokémon Go for me, has been the only real game I ever played', P1; 61) due to being active in real-world locations ('…the reality of it is that you have gone into someone's shop or gone to their bar', P1; 269-270).

The sense of 'realness' that attracted many participants to the game runs counter to the 'fantasy' world of many VGs that gamers wish to immerse themselves in (Roithmayr, 2014). P6, for instance, claimed that, 'The reason why I play certain games is to simulate…and recreate things' (285-286). He asserts that the reason he used his 'real name' to label his PG character (271), rather than an avatar, was that PG seemed to him different to MMORPGs in that there is less emphasis placed on the avatar and more emphasis placed on the individual in the real world. This is corroborated by P4 who opined that 'the whole point of the game is that it links your realities' (213), and so 'you actually could bring the game into your own reality, so instead of looking at a Gameboy screen where you would go and spot a Pokémon in the grass on your screen, it is actually in real life in front of you' (82-84). This echoes what P4 suggested in the insert above, about the lines becoming blurred, which could lead PG to be part of one's offline world. A feature in many VGs is the

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avatar, often based on an ideal self (Bessiere et al., 2007) to which many players develop an emotional connection (Blinka, 2008). In PG, however, the 'real' self is often used instead as the game was perceived by participants as being grounded in reality.

This merging of (virtual and real) worlds was also said to have positive effects for the autistic children that P3 worked with:

> [They] were so fascinated by the idea of holding a phone whilst walking, and going round in real life and at the same time something was happening on their phone…without Pokémon Go they wouldn't be moving around so freely and talk so freely (161-163; 330-331).

Again P3 indicates her gratitude for the game, attributing this positive change in the children she teaches to playing PG. Her use of the word 'freely' suggests that PG was a freeing experience, a novel game that encouraged 'fascination', talking, and movement in children that otherwise may not have talked, moved, or been interested in other activities presented. The link between the real world and the world within the phone, occurring simultaneously, was something the children were awed with, perhaps as they tried to work out why the Pokémon characters were present on the phone but not when they looked up, at their surroundings.

This merging of offline and online worlds, perceived as a social benefit for many by encouraging interaction IRL, was not simply seen as a novelty by the children that P3 teachers, but was alluded to by other participants when they first began playing PG. Most interviewees cited incidents or experiences indicating novelty, even if this

word was not explicitly used in their description. Apart from newness, this novelty encapsulates the spontaneity and excitement generated by playing ('You just wander around, then all of a sudden, it pops up and you run', P3; 181-182). Described as an 'adrenaline rush' because of what the game offered [her] (87-88), P3 expanded:

I did find it really exciting, I felt a bit thrilled…erm, you know when I catched [sic] the rare ones I felt like, OMG, I didn't catch this one before, so it brought a lot of excitement and motivation (84-86).

Here P3 indicates excitement, thrill, and motivation (to keep playing?) surrounding the rare Pokémon characters she caught. Her words suggest that she may stake her self-esteem and even happiness on catching rare Pokémon in the game, given how thrilled she was ('OMG') to catch the rare characters. This is indicative of novelty, but also perhaps a sense of pride, in a 'look at what I caught!' manner. These feelings described are similar to the 'high' or 'euphoria' created when certain behaviours boost activity in the brain's reward circuit (Nutt et al., 2015), which can encourage more of this behaviour to achieve the same feeling. This resonates with findings by Kuss (2013), that a state of euphoria is often described by gamers. Moreover, neuroimaging reveals that biologically, the common reward pathway is activated when gamers play virtual games (Ding et al., 2014; Han et al., 2016). Novelty and other factors (e.g. being outside, exercising and engaging in social interaction) can encourage the release of dopamine in the brain (Patriquin et al., 2015). As a game that was seen to combine these elements, PG promoted the feelings of excitement, pleasure and enjoyment in P3, which were experienced by others who continued to play as a sense of 'satisfaction' (in building a collection of Pokémon, P6; 179). There

was also much discussion about the rarity of certain Pokémons, which 'made you want to do it [play the game]' (P4; 116), like in P3's insert above. Like the virtual world becoming real, this feeling of novelty—unique to PG—clearly encouraged play among new (as discussed earlier) and existing social circles ('I had to play it, all of my friends in the real world and online were talking about it', P5; 75-76), potentially cementing social interactions and relationships. Yet interestingly, P3's dialogue (previous insert) was in the past tense, as is much of the discussion from other participants regarding the novelty of PG. This could suggest that the novelty of the game wears off—perhaps now, these participants have moved on, found other games or behaviours that fulfil the need for excitement.

The strengthening of relationships and a sense of bonding with friends and loved ones more generally was discussed by all interviewees, in terms of the alternative PG 'reality' blurring with real-world relationships. This contrasts with the survey result (see the last chapter) of a correlation between the number of hours spent playing PG and the negative impact that participants reported it had on their social relationships. Apart from the fact that the number of hours played and perceived excessive play (where 'too much' play was also correlated with negative impact) did not feature in the interviews, the situations of the interviewees in terms of social relationships varied and as such were highly nuanced.

Take family relations. P1 focused on family that lived far away, and claimed that playing PG allowed her to feel closer ('we don't see each other that much, so playing Pokémon Go is something that has brought us closer together and we can all play at the same time…'; 70-71; 'we are always sharing experiences related to the game…

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We are now close'; 90-91). Others mentioned their extended family being brought together ('with my family and nieces and nephews, it really brought us closer together because of playing the game, we call each other which before the game never happened so yes it's pretty a good family game', P2; 159-161) or referred to PG as providing a 'common interest' between other family members (e.g., parents and brothers, P4; 314-315) as P5 described:

> I love how my family and friends play it and it's something that we can do all together…There has been a very positive impact for example with my sister's son's family, they were playing as well at the time, and it gave us something in common more than other games and it was more intense but I think we really bonded and had a better connection since Pokémon Go (108-144).

P5 discussed PG in the present tense here are something that has had (and continues to have) a beneficial impact, and that over the course of time and through mutual experience, more fulfilling relationships have been generated between family. There is an indication that the barriers caused by age differences between P5 and his nephew(s) have been minimised through PG specifically. P5 suggests other games had been played with family, but PG was more 'intense', enabling a greater family bonding experience. P5 highlights that family does not always necessarily bond instantly; just because one is kin, one does not necessarily feel a relationship exists. Rather, it must be fostered, which can be difficult when there are age or geographical differences. As P5 indicates however, the common feature of PG provided a shared bonding experience, something to talk about together, and a way of facilitating interaction and friendly competition.

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Other relationships reportedly enhanced by PG included romantic partnerships ('it bonds me and my husband as it gives us something to do and talk about together', P1; 176-177), friendships and those at work ('I play it with my partner but also with a lot of our friends and at work…we really bonded with some of the children' (P3; 159-160). Indeed, it is the belief that relationships had been strengthened that led P3 to continue playing (105). That PG was free, and played outdoors, also meant some could 're-bond' with friends that had stopped going out (due to lack of funds) or they had lost touch with while exploring different environments:

> Because Pokémon Go we played on the streets, in the cities and town, we could all play and for free you know, so they [his friends] came outside more and we had a good time together (229-231).

Thus, the outdoor nature of PG, and its general accessibility, suggests friendships can be forged or rekindled. The use of the word 'we' indicates a sense of belonging to an in-group, which was perhaps lacking given that P3 appears to blame his friends for not having the money to come out (to drink) more often. It does feel as though PG provided a means for his friends to change their behaviour to allow them all to connect, instead of him having to change his (such as suggesting they meet at one of their houses, to eradicate the need for his friends to have money to spend on going out in order to maintain the friendship). Yet P3 here suggests that there was much playing of the game, in different cities, towns and streets; therefore, there could have been ample bonding time for the friendship to be rekindled.

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It remains to be ascertained in further research whether perceptions of 'negative' impact on social relationships (found by the survey) are specific to excessive play for PG (and perhaps other games) or certain areas of relationships. The nuances of interviewees here, focusing on the augmented and accessible reality interface, point to this feature of PG strengthening existing relationships.

Pokémon Go has even, according to some, encouraged players to 'find love', date or engage in romantic relationships in the real world, through playing the game:

> You might see someone you like so you can flirt with them by bonding with each other over the game. So it's great for people who are single too. They might find the love of their lives playing Pokémon Go (P1; 167-169).

The possibilities presented by PG are imbued within P1's dialogue, as she says 'you might' several times. She first starts by describing 'you'—which indicates that seeing someone she was attracted to playing PG and flirting with them might have actually happened to her, despite being in a relationship herself—and ends by discussing 'they' and 'their lives', indicating that finding the love of one's life whilst playing PG is what happens to *other* people, and is not something she has personally experienced. P1 almost discusses PG as if it's a dating app, given how she recommends that single people use it to achieve a loving relationship. This indicates her personal values surrounding relationships, where she assumes that all individuals want a loving, long-term, monogamous relationship, and that this is the goal for single people.

While P1 was speculating about the use of PG to meet a romantic partner, others cited this actually happening to others ('I know that some of my friends met girls on Pokémon Go and dated them so that's really good', P2; 212-213) or themselves ('Twice now, girls have showed interest whilst I was walking down the street and things, so to be honest, Pokémon Go does have that aspect as well…it's like a dating app', P5; 186-187). Two other interviewees (P4 and P6) used PG on their first dates with their current partners, P4 explained:

> I actually met my boyfriend on the app, so what I mean by that is not the actual app but we used it on our date, on our first and second dates…You know from that experience, we are now living together for about 2 years now so a long-term relationship came out of it…It would have been a lot harder to have met my boyfriend if we didn't have something like Pokémon Go bringing us together (238-239; 243-244; 363-364).

P4 here attributes PG as being responsible for her relationship, providing both common ground and an activity to participate in to help her get to know her now boyfriend. She suggests that without PG it would have been difficult to forge a relationship; like P3, she suggests there is a level of gratitude to PG for this assistance. P4 outlines how it was used for both the first and second dates, which could suggest that it helped take the focus away from simply talking, and perhaps enabled P4 to feel more comfortable. This links with the idea of gaming to assist social skill deficits or insecurities surrounding interacting (Watanabe et al., 2017; Kato et al., 2017; Bonus et al., 2017), especially perhaps in such a highly pressured situation as meeting a prospective love interest.

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P6 claimed that PG was the pretext of meeting his partner (whom he referred as 'the love of [his] life' several times) by which he meant a 'PG-playing date' was arranged as a ploy to explore a romantic interest. Similarly to P4, P6 attributed the success of his relationship to PG: 'Look where Pokémon Go got me to now, I have a girlfriend and soon to be fiancée, and imagine, we would of never have met if it wasn't for Pokémon Go' (P6; 384-386). Although not all participants benefitted from PG romantically, their belief that it can strengthen existing relationships and boost probabilities for new ones in the real world, highlighted as potentially life-changing, provided one of the main draws for the game.

The extent to which PG can change a player's life in terms of social relationships or opportunities it affords formed a significant part of the interviewees' dialogue. P2 even suggested PG as an alternative to medication for those with depression, by lifting their mental state through more social interaction:

T: Who do you think would benefit from Pokémon Go?

P2: I think those who just stay at home, who might feel down and depressed, and those who don't really have a social life, because I do think it can really help them to get out of this state naturally, without seeing doctor or having medication and things for them would be so perfect, so the ones who mostly would be at home and the smallest social life I think would be the ones who would benefit from them, it can be really life changing for them…(274-280).

The dichotomy in the above dialogue from P2 between being 'out' and being 'just' at home could be said to carry a level of judgement regarding the kinds of activities one engages in. P2 indicates the benefits of PG as boosting social life, as a form of assistance from those with a small (or non-existent) social life—again, carrying a judgement that they need their lives changing (as PG can be 'really life changing') as they are not necessarily satisfactory in their current 'state' (even the word 'state' carries the connotation of 'mess' or chaos in the English language). It is interesting that P2 not only sees PG as a cure for depression and feeling down, but as an antidote to introversion and lack of social interaction, indicating the power of the game, a form of medication in itself, creating a kind of 'perfection'. It is possible that this is the role that PG played for P2 himself, and thus he speaks from experience. It is also possible that he has become somewhat judgemental regarding the activities of others, now that he himself is often outside, playing the game, interacting with others.

In a similar vein, P3 explained how PG had made 'massive changes' to the well-being of the children she looked after, that they were more 'extroverted, open' and 'exposed to the sunlight and fresh air' (321-323): '…with the autistic children that we introduced this game to, my God, it has been life-changing for them hasn't it, so how could I not recommend it to others' (360-361). Yet the same participants tended to see the effect of PG on their *own* lives more as an 'enhancement' ('but for me, I guess it made some of the bits in my life more enjoyable'; P3; 321-323; or 'In many ways, not that it changed my life, but the right word I guess would be enhanced because my life was always good, some things just changed for the better…it did enhance my life'; P2, 210-214). Others used such terms as 'helped' ('[It] definitely

has really helped me with so many aspects of my life, for example meeting my partner' (P6; 175-176) or 'assisted' ('Pokémon Go has assisted with improving the quality actually of my life' (372). So whilst not 'life-changing' per se, P6 described a better mind-set, health and knowledge because of playing PG. The interviewees in general indicate that the life-changing nature of the game was something that *other* people experienced, or they believed other people *could* experience—but that they themselves did not 'need' it or rely on it for a major life change (despite the fact that long-term relationships had been attributed to the game by some).

That the impact of PG on one's own lives is relatively 'minor' (particularly when compared to others with disabilities or mental health disorders) is in line with the survey finding that the quantitative change in quality of social life was negligible. Clearly many factors contribute to quality of social life, where gaming can be just a minor facet. However, the line of thoughts from the interviewees suggests that having witnessed profound changes in others whose conditions caused social barriers, while their social lives 'before Pokémon Go' were 'fine', changes would pertain more to enhancement than 'life-changing' improvement.

5.3 Superordinate Theme 2: Psychological Gains

Another main theme running through the interviews regards the personal benefits experienced in terms of psychological gains, which were experienced as enhanced inner feelings about the self or self-improvement from playing PG. These are reflected in the subordinate themes Improvement of Self and A Fine Past Time, encapsulating ideas and experiences of the participants that contributed to their definitions.

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5.3.1 Subordinate Theme: Improvement of 'Self'

There were various ideas arising from the interviews contributing to 'improvement of self', including happiness, self-esteem, and a sense of achievement and motivation. The idea of enhanced mood, or feeling 'happier' from playing the game was prevalent amongst all participants. PG was seen as an antidote to negative moods and stress that can lead to feelings of wellbeing in general. This is in line with the finding that using the online world to connect socially can alleviate feelings of depression and loneliness and enhance overall psychological wellbeing (Kirby et al., 2014). For instance, P1 commented:

> It's made me feel much better. But also, it certainly alleviates when I feel stressed at work and is a good distraction when I am feeling a little upset or down. So being outside and getting fresh air automatically makes me happier (182-184).

This implies the outdoor nature of the game particularly helps to alleviate negative emotions such as stress, low mood, or feeling sad. This is in part due to being outside, which 'automatically' makes P1 happier, although the game itself appears to play a role in making her feel 'much better'. The distraction of the game perhaps provides a form of escapism from the working day. All interviewees were in 'white collar' occupations, though of different nationalities, and shared the experience of excitement at playing PG. Those that were more vocal about their work as being stressful tended to refer to using PG as a 'coping' mechanism. This is reminiscent of previous findings (Gelkopf et al., 2002; Yan et al., 2014) that VG players with

greater stress in their lives are more likely to engage in pathological game play, and will be worth exploring more in further research with those that play PG or other games to alleviate stress.

P3 expressed that the autistic children, while playing PG, 'literally were so happy playing it…they got the D vitamin, they would be happy and running around' (167; 327). This also alludes to the outdoor nature of the game, with exposure to the sun, as mood-boosting for younger players, potentially for accessing Vitamin D (Humble, 2010). Yet others stated that they were simply 'happier' without referring to specific aspects ('I can't explain it properly, but it really does make you feel good within yourself, and positive and happy', P2; 207-208; 'back to wellbeing, a few changes…just happier' (P5; 236). Some described a 'calming' effect ('I am so much calmer and happier', P4; 376; 'I am a lot happier now and certainly less anxious than I was before, so the quality of life has changed (*smiles*)', P6; 374-375). It is uncertain how far the game may have a long-term direct impact on individuals' moods, as part of the elevated feelings could be due to the 'tangible' gains PG brought (such as P6 repeating that he had found 'the love of [his] life' through PG). However, the fact that P6 smiles as he discusses the game suggests that simply remembering the benefits that PG has brought him conjures positive emotions.

Some descriptions of the pleasure felt besides 'just happy' applied to the state that was felt *during* play ('Now with how I feel when playing it, I would say exciting, curious, happy', P4; 182-183; 'So when I play, I feel really good', P6; 176-177). These feelings are not experienced always in isolation, as P1 explained how there can be downsides after playing that can be emotionally negative:

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[A]lthough it is fun and makes me happy playing, it does also make me more anxious because I am competitive and want to be playing all the time…so yes it does cause anxiety you know and also makes me feel nervous. Also, it does make me disappointed sometimes, actually more frustrated because I want to play when I am at work and I can't, it's very frustrating. Yes so, it does bring bad emotions but mainly good emotions (322-327).

Whilst negative emotions will be discussed in greater depth later, here a dichotomy is discernible between the negative emotions (anxiety, nervous, disappointed and frustrated) felt when not being able to play and the happiness and perhaps 'relief' felt when playing. It is as though P1 here is describing a kind of Fear of Missing Out (FOMO) (Lai et al., 2016; Marczewski, 2017) when not playing, because she is competitive and feels as though other people might be getting ahead of her in terms of points or levels whilst she is at work. Her working day and the tasks she must complete is therefore getting in the way of her game play, to the point where she feels frustrated that she has to work, as though she has begun to resent work because it detracts from being able to play the game. Furthermore, the negative emotions P1 is experiencing could possibly be indicative of withdrawal, which relates to the idea of PG being like an addiction (similar to other VGs) from which players experience withdrawal symptoms (Beard & Wickham, 2017). Linked to this is the idea that addicts need more and more of a behaviour or substance to experience the same benefit/positive emotions, and here P1 admits to wanting to play 'all the time', even when it is not appropriate (i.e. when she is at work). This suggests that, for some, the

'happiness' experienced while playing PG is temporary (existing until they stop) and a double-edged sword, as it comes with a cost—withdrawal, and the associated subsequent negative emotions and even physical effects.

As one of the key constructs in this research, most participants did vouch that they felt a boost to their 'self-esteem' from the game ('there's been changes in my self-esteem I would say', P1; 319; 'The positiveness I got from Pokémon Go…maybe my self-esteem did change a little bit' (P3; 315-316). Some referred to changes in their self-descriptions ('I am a lot different and a lot 'cooler' (*laughs*) honestly its crazy how much you can change because of the game', P5; 229-230). P5 explored the potential reason; that PG and other VGs operated by encouraging people to interact with each other, which changed his activities:

> I want to also tell you that before I started playing virtual games and also Pokémon Go, I was not like this, I was more staying at home, playing normal computer games, watching TV, but since it is all more of a virtual world and I mean by playing Multimedia Online Role Playing Games where you can communicate with others I have changed quite a lot (40-43).

P5 put PG in the same category as other VGs, indicating that their interactive element changed him. The change in P5 is something that he clearly felt he wanted me to understand, and wanted to impress upon me, as he begins this dialogue by indicating how important it is that he tells me about the effect PG and other MORPGs had on his life. He differentiates between VGs and 'normal' computer

games, as though VGs are abnormal by default; he also suggests the dichotomy between staying at home and doing 'indoor', more solitary activities, and going out (for PG at least) and participating in interactive, group activities via MORPGs. Perhaps P1 feels his identity has changed as his activities have changed, as though he communicates with other players now and connects via the shared platform of gaming.

It has been identified (King & Delfabbro, 2014) that interaction with and acknowledgement from others is a way in which self-esteem is boosted by VGs. The meta-analysis, however, notes that gamers with symptoms of IGD report an overreliance on gaming to meet self-esteem needs. This was considered by P4:

> [T]his guy who did this clearly felt really big because he has caused for all these Pokémons to arrive and everyone was trying to catch them, and I really think that he liked the attention as everyone was boosting him telling him how amazing he is (147- 150).

Size and elevation is indicated here, with P4 suggesting someone felt 'really big' and was 'boosted' by the attention gained from others; it is possible there is an element of jealousy here, as P4 was not the one to cause the Pokémons to arrive, and perhaps wishes she was. Those that provide enjoyment and excitement for others can possess elevated status in the group, to possess more value (being seen as 'amazing'), which naturally can affect one's own sense of self-worth and self-esteem, as seen in the above dialogue. This inferred desire for social acceptance is seen as a core motivator contributing to IGD (King & Delfabbro, 2014). Recognition by others may work in

tandem with *self*-recognition if one plays well (as P4 later asserts: 'You feel better about yourself because you have kind of achieved something, even if it is just in a game', P4; 310-311). This reflects a sense of achievement (a theme to be discussed later) that can raise self-esteem (Seligman, 2008). As PG is a highly 'social' game, and achievements can be openly viewed by others, it may be one way in which players can raise self-esteem.

The participants also specifically linked self-change with increased confidence in social situations. While P5 felt that PG endeared others to him ('makes me feel quite like people want to hang around me even more, it's a really good feeling'; 102), P6 felt he became 'a lot more confident' ('I have realised that I don't always just take the backseat anymore'; 51-52) since playing the game, which was 'kind of a safety blanket to the interaction' (139-140). He described feeling 'much more comfortable' (205) in social situations by knowing 'how to interact and socialise' (231). This confidence was considered by P2 in terms of approaching others:

> I didn't feel confident with strangers before. I would never go up to someone I don't know and ask them questions. Like when I play here in England, I can go up to anyone that I know who is playing the game so there's been changes in my self-esteem I would say. Much more confident now than before (317-320).

P2 (from Sweden) therefore suggests that playing the game is a cross-cultural phenomenon, allowing individuals to connect despite cultural and language barriers. The confidence that P2 now has is attributed to the game (there is a sense of before—

especially given this word is repeated—and after PG) has helped him to approach strangers without the fear of rejection—either because those playing PG are less likely to reject other PG players, given the common ground (discussed earlier) they share to begin a conversation, or because his global self-esteem has been increased through talking to more PG players in the past (perhaps improving his social skills, so he feels he can approach strangers more easily and feel comfortable talking to them).

This sense is also fitting for P4, who besides feeling 'more confident to walk anywhere and everywhere' or 'explore things rather than just sit at home' (343-347), saw herself as 'quite introverted'. She claimed that PG 'makes you go outside, even when you are feeling shy or anxious' ('[I] feel that I have some confidence and know how to start a conversation'; 329-330) and became able to talk to strangers. Interestingly, research (Müller et al., 2014) has found that players engaging in problematic VG tend to have low extraversion. Participants did not overtly claim they experienced problematic (levels of) game play, but noted a change in their social approach despite relative introversion. In particular, P2 claimed that his self-esteem increased with his 'social competence', which was attached to new social behaviours such as approaching strangers. This bears out Lemmens et al.'s (2011) idea that social competence contributes to gamers' self-esteem, which includes self-appraisal in relation to others to generate a feeling of self-worth. However, P2 pointed out that before PG he had been 'a bit louder', if 'as a person there was no big change' (251). As the interviewees all related the increase in confidence to social activities or approach rather than a dispositional change, this might in part explain

the survey finding that global self-esteem at the sample level remained unchanged after playing PG. Still, this differs to what has been found about other VGs or MMORPGs (from excessive play), which boosts self-esteem in the online world but reduces it in the real world (e.g., Caplan, 2005; Stetina et al., 2011). This might be due to how, as explored earlier, PG seems to blur the boundaries between the real and virtual, transferring the benefits of play.

A sense of 'oneness' with the surroundings and other players (which relates to the previous subordinate theme of 'A Collective') also appears to boost psychological wellbeing by the feeling of 'belonging'. As P4 stated, 'I really like Pokémon Go, and having a shared interest with others makes you feel like as if you belong to a certain team or group' (195-197). Playing PG conferred the identity of being 'a gamer' (P5; 129), which led them to feeling 'part of a community actually' (P5; 210) or 'to fit in more, I guess' (P6; 204). P6 further claimed that PG enabled some to feel that they knew their place better, as if confirming a deeper sense of identity ('I am also definitely a lot more assured in who I am and in what my purpose is'; 378-379). This is interesting, as with most VG, the 'avatar' provides a virtual identity, which can be idealised and help foster a sense of belonging in the online world (Bessiere, Seay & Kiesler, 2007). However, here this sense of identity does not seem limited to the online world, but translates to the offline world, given the blurring of offline and online worlds. Thus, PG appears to provide benefits in line with Social Identity Theory (Tajfel & Turner, 1979; 2004), which emphasises the importance of belonging to social groups and the positive effect this has on self-esteem and pride. Moreover, the common 'markers' of identification for PG players that places them in

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the same 'group' can foster this sense of belonging, as well as pride and self-esteem from this collective identity (Brown, 2006). As Guegan et al. (2015) found, VG players can internalise their gameplay identity into their self-concept, again feeling valued as a member of part of a wider community. This could perhaps link to the idea of a safe base; in attachment theory, if a child feels anxious they have no safe base to return to (in their caregiver), they may lack this sense of safety and belonging (Holmes, 2014b). It is possible that some players of VG, such as PG, may achieve this feeling of a secure base through the welcome they receive from fellow players and being part of this community.

As alluded to earlier, part of the higher self-esteem felt was based on a sense of 'achievement', which was discussed by most participants in relation to playing. P3 enjoyed 'the fact that you could get a set number of things, but you had to find them, and you wouldn't know where they were, you sort of have to look for them physically' (100-103). P1 further explained a 'competitive' element of the game, 'because whoever catches it first gets it, and then it disappears for all the other people playing it. So you have to be extra quick and super competitive' (157-159). They emphasised the effort that is required to play the game or to achieve results including physical exertion and winning against other players. The goals set and achieved by players mean they can see how they are progressing (such as what level they are at and what they must achieve next). These do not only encourage further play, but mean that players, as P4 claimed, 'still feel like [they] are doing something productive…because of the goals that they set you'; 307-308).

More specific 'achievements' from playing included encouraging autistic children to leave the house (P3; 177) and travelling ('Pokémon Go made him travel cause he wanted to catch different ones...but because of it, he went to the coolest areas in the world and told me the stories when he came back, and to be honest, he enticed me to go to travel the world' (P3; 195-199). Here P3 suggested that PG was responsible for promoting desired behaviours and experiences, leading to a sense of achievement at having accomplished tasks and serving as motivation to encourage this behaviour/experience.

The desire to gain a sense of achievement (alongside that for other psychological gains discussed, such as a better mood) provides motivation to play PG even more. For instance, P3 related that although it simply 'felt good having a motive to go outside' (189-190), the possibility of achieving a rare or new Pokémon motivated her to play more (she felt, 'OMG I didn't catch this one before, so it brought a lot of excitement and motivation'; 86). PG seems to give some players a 'push' they need to go outside ('that's why I like Pokémon Go, it does still encourage you to leave the house, even if I don't really want to leave my home but you have to play it outside', P5; 68-69). This was viewed as relevant even to those who are already sociable, such as P2 ('those individuals who are like me social and quite active but sometimes need some motivation to go outside'; 281). The motivation to go out often begets the social (such as interactions) and psychological gains discussed above. Overall, the elevated sense of self-esteem from improved social competence and reinforced identity contributed to the psychological process of 'self' improvement—as

supported by the literature review (Bessiere, Seay & Kiesler, 2007; Guegan et al., 2015).

5.3.2 Subordinate Theme: A Fine Past-Time

The themes that contributed to this subordinate theme included enjoyment, passing the time to escapism/de-stressing, getting fitter and nostalgia. Participants felt that PG benefited them in such ways, which did not immediately pertain to 'social' or 'psychological' gains, but proved to be advantageous nonetheless. For instance, all participants, like P1, mentioned how enjoyable playing PG was:

> If you are doing nothing, feeling bad, it's such a good game to play, as it will make you go outside and get fresh air, and make you feel better about yourself. It's so much fun…I really enjoy it (118-119).

Here P1 suggests using PG as a kind of antidote to both boredom and negative emotions, with a real dichotomy between 'bad' and 'good'; whatever state P1 might have been in before, playing PG makes her 'feel better about yourself'. This 'about yourself' suggests that the feeling bad may be linked to negative thoughts or feelings towards oneself (for instance, self-esteem or self-worth), which PG can assist with and help alleviate. There is also a sense of compulsion about this; P1 unwittingly uses words 'make you' twice, suggesting that PG is actually in control of the player, and can manipulate their behaviour and therefore their emotions, flipping bad to good, and boredom to fun.

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Although some comments from participants led to the theme of boosted mood, the focus of many participants was on the intrinsic enjoyment shared by all players when playing PG ('so much fun and entertaining. I mean imagine how entertaining it is building these teams', P3; 222-223). Words such as 'entertaining' or 'fun' were used frequently, whilst some used stronger words such as 'I really love playing Pokémon Go' (P4; 313) or, in P5's case, his first impression of the game was 'actually crazy good', indicating a significant (and perhaps surprising) level of enjoyment he derived from this past-time.

Alleviating boredom was another major motivation to play; PG was said to make dull or boring regular journeys more enjoyable. This included walking to the pub or supermarket (P3; 322-323) and commuting ('introducing that extra element to help you with the mundane walk is fantastic, you know you can be walking along and have an eye on your phone and you could be picking up something new', P6; 147-149). 'Passing the time' was indeed why many play ('Pokémon Go does give you a purpose not to be bored outside either, it's easy to fill up your time…', P2; 221-222). Others liked PG as a distraction from mundane tasks ('I could say that it was distracting me and keeping me busy from chores', P6; 212-213). For some, PG even served as a form of procrastination, often to avoid domestic duties. P1 said that she was 'not at home much anymore', cooked less and avoided cleaning or paperwork that needed to be done ('I would rather be outside playing…so you could say I am constantly on Pokémon Go and not doing all the things I should be doing'; 243-250). To the extreme, PG seemed to provide a form of escapism, not just from chores, but also unpleasant emotions or difficulties as P4 explained:

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> [A] nice way of distracting yourself when life is hard, and it is hard most
> of the time, so when you can't see your life goals, and you can't really,
> erm, get away from that, that is then a good way of doing it (311-313).

Avoiding life's challenges in this way was a salient theme in P4's interview; as a lawyer she felt substantial pressure at work ('my job is quite stressful, but playing Pokémon Go on my lunch hour, it alleviates some of that stress'; 371-373). In the dialogue above, she suggests that she distracts herself from emotional turmoil, when she is unable to 'see' her 'life goals', as though the pressure has become too much to be the best version of herself, to achieve self-actualisation, and she needs an escape route. She hesitantly suggests that PG is a good way of helping her to 'get away' from the feelings of failure she might feel from not being able to see or realise her life goals, as the one thing that provides escapism when other avenues do not help. Perhaps this is why P1 plays PG so much—because she finds life 'hard most of the time', and therefore constantly needs distraction and escapism.

It is unclear if PG can provide something beyond a past-time and become a coping strategy. It has been found that avoiding challenges in the offline world reduces global self-esteem, a discrepancy between feeling competent in the online world and feeling that one is failing in the offline (real) world (Stetina et al., 2011). This can lead to greater avoidance if players prefer to rely on virtual worlds to meet social and psychological needs (Neys et al., 2014), indicative of maladaptive behaviour that is 'masking' a problem without solving it.

PG was said by all participants to encourage physical exercise that had led to better fitness ('since playing PG, I have lost 16kg because I walk so much more and move around a lot more', P1; 239-240) and psychological health (after losing weight and becoming 'more active', P6 also talked about 'feeling good' (378)). P2 explained how the change happened for her:

> I noticed changes in my health and became fitter, some days I would walk 20km, because sometimes I would end my train journey two stops before the actual location and that meant I would walk the rest, so I was very active…it's so much healthier being outside catching up and things than being at home on the sofa and talking…I do feel fitter and better (120-124; 215-217).

The activity generated by P2 is linked to physical health outcomes, such as being fitter and more active, but also here P2 indicates that interacting outside whilst walking is healthier than staying stationary indoors and interacting. Thus, he infers a mental health benefit from playing PG, something that he 'noticed' about himself; he made choices such as deliberately getting off the train early, which has contributed to feeling better (and perhaps believing himself to look better?). Thus, there is a sense of 'improvement of self' through PG.

PG was seen to literally motivate movement ('Pokémon Go gave me a purpose to walk more', P3; 172) besides just 'a motive to go outside' (189-190). This seemed to be a gradual and subtle process as participants said they did not realise how far they would walk. P4 explained how this happened: 'because it will say oh there is a

Pokémon, you know, a few streets away, so you end up walking there to get it so…I remember that the first time I played, I walked about 2 miles' (106-109). Thus, the game prompts movement and walking by dangling the carrot in front of the donkey, tempting the player to walk just a little bit further to find the Pokémon. This temptation to walk may be simply the bi-product of the eagerness to find the Pokémon, leaving players surprised at how far they *have* actually walked (and no doubt did not intend to)—such as P4, above, who walked 2 miles when they first played.

Exercise is well known to boost mood and improve psychological wellbeing, but here it was seen as a gradual result rather than just a 'happier' mood *during* play. P5 explained the 'the positive thing' from exercising outside, besides being fitter or feeling better, was that he was 'less tired, even more happy' ('yeah, it enhanced my life'; 201-203). For all participants, becoming healthier was not the initial reason to play, but more a by-product that happened to be what they needed to encourage more exercise, leading to 'changes in…being well [and] wellbeing overall' (P4; 370).

Another by-product of playing the game is the learning of new information. As a feature of the game, PG often reveals facts about the local area, as P2 explained:

> The fun thing is like the Pokémons that you get stuck on in the game called Landmarks, and they really inform you about things, about the history and that's been very interesting…and it's crazy how before, you could be walking past there day and night and not yet realise what you

have gone past, whereas with Pokémon Go you are in a way more
mindful about what is around you (197-201).

The idea that playing a VG such as PG, which encourages players to look at their phones more when out and about, can be *mindful*, is perhaps surprising. P2 clearly feels as though PG informs him various interesting facts, and draws his attention to things (buildings, landmarks and so on) that he otherwise generally ignored or overlooked. The use of qualifying words such as 'really' and 'very' indicate the impression this experience perhaps left on him, which he attempts to convey to the interviewer. He suggests that PG has an educational benefit, a mental health benefit (mindfulness), is historically relevant, as well as being enjoyable ('fun'). His use of the word 'crazy' to indicate his general state of obliviousness prior to playing the game indicates a significant incredulity to his previous state of existence, perhaps also indicating that this is how non-players walk around, with a lack of awareness as to their surroundings. Perhaps as a PG player, he has 'seen the light', and is more mindful, and would like to help other people convert to such a state of mindfulness about the surrounding landmarks/buildings and so on.

Others also mentioned that they learnt more about their area and 'popular places' (P4; 321) or that PG helped them feel as though they were taking more notice of their surroundings. For example, it 'helped' P6 to 'explore the side roads' (241) and learn (from 'stumbling across a landmark or a place that I would have never ever seen before unless I was playing Pokémon Go'; 242-243). In P5's case, from having to 'go anywhere and everywhere' and seeing places that he had never seen before, he claimed that: 'honestly I became more intelligent and knowledgeable because I

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found some cool places to hang around and some streets to walk in that's new' (207-209). This, like P2's dialogue (inset, above), indicates a sense of learning, of self-improvement and betterment, which renders PG as the 'sensible' choice of past-time. P5 does however suggest through his use of the word 'honestly' that he is aware he may come across as fanatical, as though he is unsure if I will believe him (as the interviewer), and as though he is pre-empting any doubts he believes I might have about the educational benefits of PG.

Some went further claiming that PG could help them navigate in and learn about new countries ('Pokémon Go can help you to get around in a country where you might struggle in and learn new things', P4; 332-333). Others had actually visited other countries, which they said they would not have done had it not been for PG. For instance, P2 stated: 'I have travelled to forests for it and even popped into different countries, because it is exciting catching that rare one' (189-190), and P3 talked about a player where Pokémon Go 'made' him travel 'cause he wanted to catch different ones' (196). P5 explained that as 'playing it in different countries, you can catch Pokémons that in other countries would have not existed, so that made me want to go and venture out and travel' (133-134). Widening horizons, even as an accidental outcome by traveling to capture Pokémons, was proclaimed highly favourably as a psychological benefit by all participants.

Learning new facts and finding out more in new places involves exploration. Besides traveling more widely from playing PG, all participants claimed that they had forayed into areas or seen things they 'might have missed or wouldn't have gone to before' (P3; 173). This exploration was argued to make them engage even more with

their present location and seek new experiences while challenging prior assumptions, as P1 explained:

> [W]ith Pokémon Go it made me go to areas and places I would have never seen or gone to before because I thought it would not be interesting. But since playing the game it has enhanced my life because I found new shops and bars and places that are very nice. So actually thank you Pokémon GO…it got me out of a normal boring routine you know, I am now fun because I like to experience new places and things…it can be very fun finding something in your area that you never found before (273-292).

Firstly, the control element of PG ('it made me'; 'it got me') is apparent, for taking over and forcing P1 to experience new places and things. She highlights how judgemental she was prior to PG, believing certain activities not to be interesting (without trying it first), a 'boring routine' where perhaps she dismissed ideas to explore as dull. She appears to now enjoy exploration, experiencing novel places in her area, and her use and repetition of the words 'new' and 'fun' contrast with words such as boring. She also thanks PG, indicating her gratitude, but also perhaps personifying the game as somebody to be thanked, that has widened her horizons, provided an educational past-time and subsequent psychological gains.

A final theme that contributed towards PG being 'a fine past-time' is nostalgia. This idea was expressed by every participant where playing PG evoked memories from childhood and unlocked positive sentiments and child-like joy. A narrative across the

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interviews points to nostalgia as what sparked their interest to play PG and encouraged them to continue. P1, for example, said that as 'a kid' she used to be 'obsessed' with Pokémon, which 'brought up so many positive childhood memories so [she] couldn't wait to play' (63-65). She recounted a cousin with whom she used to watch the show and 'play Pokémon' pretending they were the characters ('God it used to be so much fun (*15 second pause*)…it really connected us'; 82-84). That the key feature of PG made her reminisce about her childhood (and, within it, a close relationship) with keen sentiments also applied to others who felt compelled to ('had to', P2; 72-74) download the game. How the 'sentimental part [was] huge' (205) was explored by P4:

> It goes back to when you were a child and you have a Gameboy and you play Pokémon…so it brings back those memories …obviously the nostalgia when you were a child makes you want to cry (76-78; 92-93).

P4 indicates the timeline from the present 'going back' to the past, and the delineation between 'then' and 'now'. She mentions the word child several times, and relics of the past such as a Gameboy. Interesting here though is the emotion she attaches to being a child, which evokes perhaps a sense of sadness (or tears of joy?) in her, making her want to cry for the innocent, golden days where playing PG and spending time working through the levels, competing for points, provided a simple kind of joy. She suggests that 'obviously' this is something I understand as the interviewer too, indicating that she realises this sense of nostalgia is not unique to her; her desire to cry at the thought of the simplicity of childhood gaming perhaps indicates how evocative the game is of previous past-times, generating the same

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sense of playfulness, simple pleasure and lack of responsibility that she experienced as a child. Perhaps playing the game in the present conjures these feelings through 'bringing back' those memories, making her *feel* like a child again, as though she is catering for and tending to the child within.

P4 used 'nostalgia' several times through the interview, reflecting its importance as a reminder of childhood that enticed her to play. Even those who did not play Pokémon when they were younger (such as P3, who did not download PG as early as those who were 'obsessed with Pokémon Go'; 71-72) believed that the 'hype' around its release in 2016 was due to nostalgic reasons, and understood it, as they could relate to the sentiments from other games, as P5 demonstrated:

> I never played Pokémon as a child, I guess if I did then I would of course
>
> be playing it as an adult, but as a child, I played Nintendo and Super
>
> Mario, so when I see a new Nintendo game coming out, I do get that
>
> same excitement and nostalgic state that someone would get with
>
> Pokémon Go… (242-244).

The sense of being transported back in time, experiencing memories from the past by playing the game in the present, or being given 'permission' to feel like a child again, was explored by each participant. This nostalgia, or sentiment and memory of childhood that the game evoked, appeared uniformly pleasant for all of them (despite Bonus et al. (2017) finding that nostalgic regret predicts a reduction in wellbeing) and was an impetus for trying, and continuing, the game.

In some ways, this links to the psychodynamic theory (Eisenstein & Ryerson, 1951), where during early childhood there is perhaps less to repress, and a sense of innocence and security that might have disappeared over time as players entered adolescence and adulthood. As Kaplan (1987, p. 466) states:

> In a psychoanalytic context, the meaning of nostalgia changes to become a variant of depression, an acute yearning for a union with the preoedipal mother, a saddening farewell to childhood, a defence against mourning, or a longing for a past forever lost.

Many psychodynamic authors and theorists agree that the preoedipal mother is highly significant in the emotional development of nostalgics (Kleiner, 1970; Batcho, 2013), especially as one struggles with the painful alienation of individuation as an adult (Neuman, 1971). Perhaps playing PG is a hankering for a 'person' (child) that participants feel no longer exists, or who has changed so much as to become unrecognisable. Perhaps the 'safe base' of the preoedipal mother, or the childhood home more generally as a symbol of something (or one) they yearn for (in a secure attachment) (Peters, 1985), such as an idealised past (Bassin, 1993), is soothed by the predictability of playing video games (one knows how to win and why they lost, compared to real life relationships and situations that are far less predictable). This may encourage participants to play PG, to conjure repressed or unconscious emotions or long-forgotten experiences, which they both yearn and mourn for. This 'peculiar combination of sadness and pleasant reminiscing' (Kleiner, 1970, p. 15) generates a bittersweet quality to nostalgia that is seen in the comments of most

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participants. Castelnuovo-Tedesco (1980, p. 122) explained the genesis of nostalgia's bittersweet character:

> It is sweet because the original object or event gave pleasure and because the pleasure is enhanced through idealization. It is bitter not only because it cannot be made to come back but also because, even in its original setting, it contained conflict and disappointment.

This combination of joy, pleasure, idealisation, and sadness is echoed in P4's comment as she indicates that the childhood memories attached to the original Pokémon game when she was a child 'makes [her] want to cry'. The difficulty in relinquishing this idealised past for a more difficult present leads to an internal conflict that—perhaps—might be assuaged slightly in the participants through engaging in an activity that helps them to remember their sense of worth as an 'adored infant' (Kaplan, 1987, p. 151) and perhaps feel this worth in the present.

5.4 Superordinate Theme 3: Undesirable Consequences

This final superordinate theme stemmed from responses to a combination of questions during the course of the interviews, including how far PG is relied upon by participants, the downsides of playing the game, and how healthy gaming is. The answers often reflected some inner conflict in the interviewee, that they had themselves internally battled with various issues and debates, where playing PG is not a purely positive experience for a variety of reasons. The two subordinate themes discussed are Defending My Right to Play and A Losing Battle.

5.4.1 Defending My Right to Play

This subordinate theme evolved from the contributory concepts of judgements and arguments. The perception of being judged was raised by some participants, such as P3 who claimed:

> I remember people frowning about it so in a judgemental way I guess…they would give you the look of "oh so do you play Pokémon? How old are you, 12?"…but yeah I guess a lot of people judged you slightly for it so, judged the game for a bit, which is sad, but usually those people who did judge wouldn't play or wouldn't have played it (334-343).

P3 mentions the idea of being judged several times in the above dialogue; the feeling of being judged as causing 'sadness' was suggested, and it appears as though this judging was not overt (that is, spoken), but perceptible in others' body language and facial expressions. This in itself is interesting—how far were others actually judging P5, or how far did she assume and expect them to be? She suggests that others frowned, and gave her specific 'looks' conveying a sense of judgement and mockery, especially regarding her age ('how old are you, 12?'). It is possible that these looks conveying this judgement did really exist; it is also possible that some of this 'judgement' experienced was projected or assumed by P3, perhaps due to feelings she has about the suitability of the game for herself. There is a sense of 'us' and 'them' generated; 'lots of people' judged the game, but P3 was quick to point out that these individuals had not played the game, and thus did not belong to the 'club' of players. They were not 'in the know' about PG, for if they played or understood the game, they would not judge it so harshly (or at least make her feel judged). This

sense of 'otherness' (perhaps even alienation from the majority) about herself compared to others is contrasted with the derision she seems to convey regarding the lack of understanding of those who judged her for playing the game, creating an in-group/out-group mentality. This enables P3 to pitch herself against others and feel a strengthened sense of kinship from other players. There may be pleasure in feeling like the misunderstood minority, an underdog that does not 'go with the flow' or do what is expected of her perhaps; yet interestingly, there is also a dichotomy where the judgements are not too harsh. People judged 'for a bit', or 'slightly', with a look or a frown. Thus, perhaps P3 felt the effects of the judgement strongly, yet must admit the judgement was not altogether strong in and of itself.

The perceived judgments felt by other interviewees often centred on how playing PG was seen as a juvenile activity; P5 also pointed to the age of the 'judges' ('people who are a lot older like my parents') who thought he was being 'childish' and 'immature'. However, he felt the same about friends who had never played and felt it was his 'job to tell them to try' so that they would 'stop the judgment' (194-196). These comments hint that, for PG players, non-players judge PG players simply because they know nothing of the game, have no experience, and yet show prejudice about it and its players, and that they must try the game for themselves to open their eyes to the realities of PG and cease (unfair) judgments. Others defended the idea that PG is for adults by the fact that adults, such as themselves, play it; P3 does this herself earlier in her interview, claiming 'You are not someone who is young playing the game, it is definitely more an adult thing, and I guess it just shows that it isn't for young people' (P3; 337-338). Thus, there is the juxtaposition between the childish

nostalgia and idea of PG as being for younger people on the one hand, and the fact that the participants—as adults—gain immense pleasure from playing it. Thus, how can it possibly be for children? the participants seem to ask.

Yet whilst there is some judgement experienced by participants from others, others appeared to participate in this judgement of PG players—including themselves. P1 said that [PG players] looked 'like morons looking at their phone without even looking where they are going [*laughs*]…I guess I am a moron, too'; 154-155. At the time, P1 did give the impression that she felt judged for the seemingly foolish behaviour in public, before making the self-deprecating comment (delivered with sarcastic laughter as if in jest). This might have belied some insecurity about the perceived image of PG players (like 'morons') to non-players (being aware that I was not a PG player within the interview); or perhaps it was a realisation-in-the-moment—she cannot call others 'morons' for playing PG without including herself in that bracket too.

P3's comment concurs with this image: 'which to someone outside of playing Pokémon Go might seem odd' (318-319). This indicates that she can see it from the perspective of non-players, those in the 'out-group', and she wants to reassure me that she is fully aware of how playing PG must seem. However, the fact that she plays it still carries the subtle message (to me) that there must be something worthwhile in the game for P3 to continue to play it, despite it seeming like the 'odd' choice, or from P1's perspective, to be seen as a 'moron'. Perhaps this indicates that whilst from the outside it might seem like an irrational choice, playing PG is actually a rational decision, given the benefits that one gains from playing it. Both P3 and P1

positioned themselves and other players as having something in common (public behaviour playing PG) and a shared view in which they imagined non-players saw them. This relates back to the idea of a 'collective', in line with Guegan's et al.'s (2015) finding, that a social identity can be generated in gamers versus out-group members (non-players).

Others appeared to take a pragmatic view, dismissing the idea of 'judgement' by juxtaposing PG against other games. P4 argued that it is 'easy' to judge a gamer that 'just sits on his backside all day on the sofa for 12 hours a day' ('you can see why people might judge him, but what is there to judge about people, you know, being outside and socialising…'; 398-401). Though a positive image was forged of 'PG' players here, the intergroup process was similar, framing own group as distinct from (or here perhaps superior to) other gamers as another out-group, to stand against the judgement of non-gamers.

Apart from wondering if non-players would judge him if he played 'too much' (as 'a bit of a nerd'; 353-357), P6 also felt he would be judged by other PG gamers for not playing enough, particularly when he first met his fiancée, a keen player. He explained that 'obviously' he had to reach a certain level before he went on a first date with his partner (202-203), but needed to strike a balance between being an experienced player and not appearing an obsessive player:

> I consciously was thinking, if I meet this girl and I was on level 1, it
> would immediately look like oh he is just pretending to be interested in
> this as a pretext, and erm, I can't really trust this guy as he is pretending

and erm, but then I thought I need to play the game a bit in order to level

up and look like this, so you can have that innocent explanation that if it

didn't go well, erm hmm, I already play the game, but on the other hand I

thought, if I do go for and am on a crazy level, and…get to a much

higher level than she is, she might think that OMG this guy is really into

this (342-348).

P6 here spends much time discussing how he wanted to 'appear' to his date, and how

his level of game play would 'look' to her. His interest in appearing to like PG just

enough to show a shared interest, yet not enough to appear 'too into it' (he uses the

word 'crazy' to suggest that achieving a high level of PG might come across as

obsession with the game—an image he did not appear to want to convey to his date).

The dilemma within regarding just how much to play the game, mostly in terms of

how he looks to others, suggests he is concerned with a superficial image—perhaps

gaining confidence or self-esteem for how others perceive him?—or perhaps it may

signify his pre-date nerves. Interestingly, he focused very much on outcome of the

date through projecting his date's potential thoughts during or even discussions after

the date regarding his own behaviour. He conveys her imagined words, and

untangles this dilemma by signifying his thoughts vs. her (potential) thoughts, using

fillers ('erm' 'hmm') as he remembers his thought process at the time. This dialogue

is a clear indicator that P6 did not want to be rejected by his date, and that there were

unwritten rules that he was attempting to fathom surrounding what should happen—

and be conveyed—on dates. Ultimately, he wants to be the kind of guy that his date

will think highly of, perhaps signifying that he is not particularly comfortable in his

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own identity, in owning his personal level of game play and playing preferences. Rather, he desired to mould his behaviour to something he thought would be accepted/acceptable by his date. This fear of rejection could possibly stem from being rejected by other dates in the past; or perhaps it could stem from an insecure attachment style, linking to the psychodynamic idea that previous experiences of rejection can lead adults to feel anxious about being rejected in the present (Shaver & Mikulincer, 2005). It might be argued that in P6's dialogue he did all he could to reduce the possibility of being rejected, and he even went so far as to provide 'an explanation' in case 'it didn't go well' on his date, perhaps buffering what he might have seen as the inevitable. Yet the very fact that he openly told me this experience is perhaps also telling, especially now he appeared to be in a secure relationship; this suggests that he had become more confident in explaining this fear of rejection, and his own insecurities, as though they were a thing of the past.

While all participants agreed that PG helped to strengthen relationships as earlier discussed, some (P1, P2 and P3) also talked about arguments or conflicts that they had experienced with loved ones due to playing. This is in line with the findings by Ryu et al. (2018) about problematic gaming and reduced relationship quality. For example, P1 (who, to be discussed, might show IGD) claimed that the game 'sometimes…can tear us apart too' (193) when [her] 'mum would get really mad' (as 'it takes longer to get to the destination [*laughs*] as I want to play in the car'). She said the same about her husband ('also sick of me asking him to drive…so I can play…He gets very annoyed…[*laughs*]'; 207-208). It is unclear how much PG really caused a rift to her relationships or if she exaggerated such disturbances (English was

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her second language, and her laughter indicates it is more mildly amusing than highly disturbing for her), but the statement PG 'can tear [people]' apart' is powerful, implying that a game can sever relationships. Descriptions by others can help to specify how romantic relationships may suffer due to PG, such as P2:

> Sometimes my partner would want to go somewhere and then my phone would buzz that a rare Pokémon Go is within the area, and she might get mad at me because I would be running to find it…just leaving her there, but of course I always come back too (231-233).

Similar to P1, this portrays how playing PG is prioritised, if momentarily, over the emotional wellbeing of a loved one, leaving the other party to 'get mad'. The key feature of the game, the time-limited appearance of Pokémons in the local area, motivates some to act quickly over other matters at hand. Even the word 'buzz' here conveys a kind of energy, as though there is implied movement, a galvanising drive to 'run' for the Pokémon as soon as the phone buzzes. It also could indicate the kind of 'buzz' or 'high' that players could gain from playing; the trickle of dopamine that might be released when the phone 'buzzes'—alongside the competitive element to catch the Pokémon before anyone else can—could make it very difficult to ignore such a message, even to the detriment of a relationship. P2 in the above dialogue indicates how he leaves his girlfriend in these pivotal moments, despite the consequences that this can have (on her mood and the quality of their subsequent time together), suggesting that he may prioritise PG in the short-term on those occasions. He does however attempt to alleviate some of the potential guilt he may feel (or attempts to minimise the potentially negative view he may think I have of

him, as a woman listening to his behaviour and perhaps—he assumes—sympathising with his girlfriend here) by asserting that he 'always comes back'. This suggests perhaps that P2 believes PG is not completely in control of his decisions, and eventually he can resist the urge to play and return to his relationship.

P5 claimed that PG even 'destroyed' a former relationship ('we broke up as I started playing Pokémon Go and I was less available for her online and text so we broke up'; 182-183). This compulsion to play (discussed in depth later) is aligned with Ryu et al.'s (2018) finding that problematic gamers tend to have higher impulsivity that is associated with lower quality of interpersonal relationships. Even if that means it can be due to the individual's trait, and only indirectly through a game like PG, some players' relationships have suffered in a similar way as those of other types of addictions.

5.4.2 A Losing Battle

Several themes derived this subordinate theme including difficulty finishing the game, technological issues and accidents, addiction and compulsion to play. It appeared that actually 'finishing' play was difficult for most participants, due to the fact that the game seemed never-ending (there are always Pokémon to catch), unless boredom set in. As P3 explained, 'When you catch them all, then it can be a little mundane' (356). She elaborated that, after playing around two years, it was 'normal' that sometimes it could 'get boring' (or 'I can't be bothered'; 143-144). A decline in enthusiasm was prevalent across most interviews, which described a 'peak' level of excitement and enthusiasm that had then 'died down' (P5; 225).

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Participants felt the fact that waiting times for new Pokémon characters to appear was 'boring' (P3; 98) or 'tedious' (P1; 126), which discouraged them from playing further. P2 suggested that increasing the amount of novelty or new developments was required to maintain interest for 'every game'; to 'introduce something new, otherwise it would get very boring' (266-267). P1 explained that one's location could create boredom (131-132). This dissatisfaction seemed to creep in over time, as explained by P6:

> After a while there are certain things that you look at and you think, I am not going to bother picking up that one because I already got seven, but erm... I don't fancy picking up the same one multiple times, although you can exchange them after a while, but that's a little boring…and obviously there is no real reward for picking up the same one… so it's unsatisfying! (160-164)

There was a sense that participants were growing bored of the game, either because the novelty was wearing off or, as P6 explained, there were limited new challenges to accomplish so the sense of achievement began to wane. P6 here indicates a kind of lethargy setting in (not 'bothering', 'boring') and the dissatisfaction that ensues with the game. Even the ellipses (pauses) indicate a kind of lethargy to even speak about PG when it begins to feel dull. The feeling of gaining a reward appears to be the key focus, acquired from the thrill of the chase, as opposed to simply exchanging Pokémons, which is boring by comparison. The waiting time between collecting Pokémon characters they did not already have, and the wait for a new version of the game, meant that participants in general found other games or activities to pass the

time, reducing their enthusiasm for PG. Yet with new releases on the horizon (such as Harry Potter GO) it is possible that players will experience a renewed peak in their enthusiasm for the game, hence the theme, 'a losing battle'. This theme is linked to the idea that whilst interviewees may grow bored or dissatisfied with one game, their interest seemed to be piqued by newer releases, versions and other types of similar game, suggesting that they were likely to keep playing VGs. Without an end in sight, they were fighting a losing battle to stop playing the game—or something similar.

For most participants, game play was also hampered by technological issues, including running out of battery/storage or complications with WIFI or signals. Some experienced the app crashing when they tried to download it due to its popularity, which caused frustration and felt as though participants were fighting a losing battle. These issues were unsurprising as most of the survey sample and interviewees—most of whom volunteered after the survey—were early adopters of PG. It might be that the initial technological issues such as lagging in the game generated both frustration and excitement, increasing the appeal of the game, as they were caused by the game's popularity. Other problems associated with playing included not having enough battery for an emergency (P4; 296), the app crashing (P4; 164 and P6; 261), a lack of fluency (P5; 151), and poor customer service (experienced by P5, who contacted the company several times due to 'glitches' with the game, and received a 'rude' answer; 148-149).

Although technological in origins, some issues had led to negative emotions, such as anger and frustration. P1 was able to rationalise that, though it was 'annoying', it could happen with every app and that 'you're not meant to be on your phone 24/7'

(333-335). Whilst playing generated enjoyment that could boost mood, issues with the game appeared to cause negative emotions, which together means that the game is a powerful mood-changer, both positive and negative, in part depending on its functioning.

Accidents while playing PG were mentioned by four participants. Having talked about a car hitting a person playing PG (139), P1 described an accident involving herself:

> I was so focused on the game, that I didn't see the car that was coming, so erm…(*coughs*) and I didn't cause the accident, however I could tell that I was able to avoid it…if I was attentive, I totally could have avoided the situation as I have been driving for nearly 10 years, however I was so distracted by playing the game (218-224).

P1 clearly feels a sense of responsibility and perhaps even guilt here. Her speech slowed, she paused and coughed, suggesting that this dialogue was a little difficult for her. She indicates that her focus and attention was not on what it should have been at the time (driving), which is why she was involved in the accident; as an experienced driver, she could have avoided the situation. The conditionals here (could and if) suggest an alternate reality where the accident had not taken place, as does the fact that the accident was clearly 'totally' avoidable, so perhaps she feels should not have happened at all. It is difficult to tell if P1 blames the game here, or herself; she states 'I was so focused' and 'I was so distracted', as if putting the onus on her (which perhaps, as the driver, she feels she is culpable). Yet 'The Game'

appears to be an enigma, a vortex claiming attention, eye contact, and concentration, to the detriment of P1's real world safety. In this sense, the game has been prioritised, giving more immediate rewards (fun, enjoyment, a 'high') than the more boring, less glamorous reward of arriving safely at her destination.

Inattentiveness appeared to be the key issue amongst other participant experiences; P5 also described how a player 'didn't notice me until the very last moment', to the point where 'one guy that bumped into the side of [him]…fell off his bicycle and hurt his arm badly' (166-168). Another version includes P3's description of a keen player running into the path of a bicycle, causing the cyclist to fall (253). P5 claimed that he 'could have died' due to the excitement when he saw a 'very rare' Pokémon ([they] 'had to try and find out') and jumped off a tram, which was 'extremely dangerous' (158-160). Having witnessed accidents involving PG players that resulted in hospitalisation, he concluded that the game 'isn't the safest' (169-170).

The accidents or near-accidents (supported in the literature, such as Griffin 2016a; 2016b) suggest that PG can be so all-consuming that attention to immediate surroundings can be greatly impaired. This resonates with Stavropoulos et al.'s (2013) finding of 'online flow', where gamers become fully absorbed in their game, and contradicts the earlier theme about how players can learn new information by being more 'mindful' of their surroundings. The descriptions here indicate that 'mindfulness' is undermined if a player is fully absorbed into the game (pursuing Pokémon), missing surrounding dangers.

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Negative effects of PG on work were also experienced by most participants. For instance, P1 claimed that she sometimes 'got into trouble' at work by not finishing a report on time or missing an important phone call ('cause I was outside playing'; 248-249). P4 also 'got into trouble' occasionally for coming in later or leaving early ('as I would be distracted with the game'; 227-229) and the most significant negative outcome was 'not being able to concentrate on work' (292). These comments signal participants were not meeting performance indicators, such as underworking and delayed submission, which were attributed to poor concentration and prioritisation that might be underpinned by compulsion to play (to be discussed shortly) or using play to avoid regular tasks such as work.

Being late was widely cited by participants. P5 gave a vivid example of how he and his colleague arrived at a meeting 'so late and got into trouble for it' by trying to 'catch this rare Pokémon', which they did but 'took a while' (160-161). In fact, he stated that, due to PG, he was 'late and distracted [the] majority of the time' (121-122):

> T: How often did you find yourself playing Pokémon Go instead of focusing on daily chores and other activities?
>
> P5: Erm.. well, at work… [*laughs*] a lot of the time (120).

P5's laughter perhaps indicates that he does not take this distraction seriously. Rather, he seems proud of his lack of engagement at work, as though he is showing

off that he has 'gotten away with' not working without repercussions. He does not indicate that PG affects other daily chores or activities, suggesting it is work that takes the brunt—perhaps if work is boring, a distraction is welcomed. The expression was similar to P6's ('I did attend work late and got into trouble for it [*laughs*]'; 213-214). The laughter accompanying these comments might reflect that the 'trouble' was not that serious or a cavalier attitude towards work, or belie the severity of these issues in which some found themselves.

Finally, the theme of 'addiction', manifest as the compulsion to play, was prevalent. This was experienced by P1, who felt 'addicted' to the game, [loved] playing the game and that 'slowly [she] should work to become less active in the game a little less everyday' (329-330). She explained how PG could be addictive:

> …the game plays with your anxiety levels as you always want to crave like more and more, because in order to progress onto a new level, you have to catch lots of Pokémons and be out and about constantly. So sometimes when you are stuck in an office, and you know you cannot quickly pop out to catch the Pokémon that has just appeared it can make you feel frustrated and upset. It's like an addiction, you just want to do anything and everything to go and catch and find the Pokémon. It's not normal, that's why it's an addiction, it's not normal to have the app open for that long. I mean I should be working, but I am constantly waiting for a Pokémon to appear. I actually have to acknowledge, or maybe I should acknowledge that I am addicted to Pokémon Go, but also the people in my office as well. Worst thing is, it's very conscious (103-112).

This detailed account of how compulsion to play was fostered, with concomitant 'craving' and withdrawal feelings (anxiety, frustration and feeling upset), is similar to some other (substance or gambling) addictions. Here P1 openly admits her view that 'it's not normal'. She suggests she may be failing to function adequately, keeping the app open when she should be working, and perhaps not getting enough work done in the day as a result. She suggests she is part of a culture of PG players however that all engage in the same behaviours, although again she is adamant that it is not 'normal' behaviour. P1 even uses the word 'crave' and the idea that she wants 'more and more' game play, indicating her tolerance has become high and she needs more of the game and to play it constantly for it to have the same effect, perhaps allaying the anxiety she feels; it's a frustration and anxiety she wants to assuage so badly that she admits she will do 'anything and everything' to engage with the game. This indicates a level of desperation where P1 feels the barriers of her workplace prevent her from engaging fully with the game, chasing after the Pokémons and even preventing her from progressing. In some respects, work is seen to be holding her back from achieving more rewards and recognition on the game, and perhaps others in her workplace feel the same, and have openly discussed it. The term 'addiction' is used here three times; it is something she is 'conscious' of and 'acknowledges' about both herself and other people in her office, as though she can see it in others as well as in herself. She may even be indicating that she would like a workplace intervention in order to help all gamers to address the problem. It is possible there is a level of competition amongst her work colleagues here too however; perhaps there is an element of playing PG to bond with colleagues, although now there is a strong competitive element between them, which generates unpleasant emotions and

anxiety when she is too busy at work to play PG, as other employees may get ahead of her in the game when she is not playing, and she will feel as though she has little value or status in that circle as a result.

Beard and Wickham (2017) cite that gamers that pin much of their self-esteem on success in the gaming world often suffer (extreme) withdrawal symptoms. P1 seemed to use playing PG to relieve anxiety which is similar to Koppel's (2016) and Hall et al.'s (2015) conceptualisation of addiction. It is 'conscious' (P1 *knew* that it was not 'normal' behaviour, repeating the word) if also apparently common (as shared by colleagues), if not challenged, at the workplace.

The feeling of needing to play might explain how some players continue playing, even when they know that they may get into trouble at work or in their relationships. This might underlie the survey result of the more hours spent playing PG the more relationships were believed to suffer. For most, 'overplaying' only applied to the early period. P3 remembered that, for the first few months, 'it did really give me an adrenaline rush because of what the game offered' that was 'really exciting…a bit thrilled' (85-88). This is similar to a release of dopamine, the pleasure circuit being activated (Patriquin et al., 2015; Richter et al., 2017). She claimed that 'we played for hours and hours…at the event from 5 or 6pm until 1am in the morning' (285-289), similar to P5's 'extremely intensive for the first 2-3 months' (82; 131), yet both did not play as much by the time of research. It might be that the initial 'hit' wore off over time (growing 'bored' as discussed earlier) or the need to play even more to get the same effect (due to developing tolerance) was unfeasible.

Others, however, expressed a lack of control they still felt over their behaviour. As described by P4: 'you can't really help yourself apart from doing it...I tell you honestly, it's actually very hard to not play it…So you can't really help yourself, I just had to play and catch them' (181-182; 217; 338-339). P6 specified, for him, that there was a 'compulsiveness about the collection element of the game' (146) that kept him playing heavily, while he also altered his behaviour:

> I really, I really got into it, to the extent where I played it all the time. Like 4-5 hours a day I guess, and even now I play it 3-4 hours a day roughly...I would always be on my phone playing it on my commute or going to the shops or wherever, so what I even do is tailor my path to where I am walking so if I am heading home or even to work I might even take a detour to catch one or two more Pokémons [*laughs*]…if only you knew, this game is incredibly addictive (151-156).

Altering the day to accommodate a past-time is normal behaviour for most people (such as changing the work route to visit the gym). In P6's case, the exercise was incidental while the focus was capturing Pokémons. Apart from the way that it was delivered (similar to how he talked about being late for work due to playing, with a wry laughter, which might belie the gravity of the issue), the comment itself ('if only you knew') suggests that he believed the issue was due to the *game*, which would not be discerned by non-players such as myself. Again this links to the idea of an in-group and an out-group; P6's description of how he slots PG into his day (or rather how his day fits round his game play) is also highly detailed to allow me (a non-player) to understand how it works, what a busy individual like P6 needs to do to

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satisfy his desire to play each day. He indicates that it took over his life, playing it all the time, emphasised by the fact he 'really, really' got into it. It is highly portable, with P6 taking the game with him to work, home, to the shops, on his commute; it pervades each area of his life, enabling him to clock up the hours he spends playing the game easily. He later then admits how 'incredibly addictive' the game is; although the fact he was/is playing so many hours a day, in a variety of places, is perhaps an indicator of this already.

P3 also identified 'indicators' of 'addicted' individuals, as well as length of time playing the game. She discusses a 'guy who actually used two mobile phones…so…he therefore had more of a chance of catching…legendary Pokémon…but that's ridiculous I mean he must have been an addict', P3; 296-299). This idea that addicts have identifiable behaviours was seen as a sign that they are not coping, or had gone to extreme lengths to make sure they could progress quickly (or at least, more quickly than the competition) in the game. Perhaps behaviours such as these help to allay the anxiety that P1 talked about earlier at work, when she was not progressing as fast as she wanted to in the game. Other markers identified include avoidance (chores or daily tasks) and distraction (often at work). P1, who admitted that she was addicted, struggled in the mornings as she liked to play before going to sleep and was 'too tired to wake up,' which impacted her day. These factors, all linked to addiction and compulsive play, indicate that participants often felt like they were fighting (or perhaps *not* fighting) a losing battle to resist game play, where the game had infiltrated their emotions, time, tasks, and thoughts.

One of the critical issues that shaped the focus of this study concerns the features of maladaptive play (distinct from gaming enthusiasts). When considering the six components of addiction reviewed in Chapter Two (salience, mood modification, tolerance, withdrawal, conflict and relapse), some participants seem to be engaging in maladaptive PG play, or had done so in the past. For example, salience applied when it dominated work or drove cravings and altered behaviour (e.g., procrastinating, running off from companions in pursuit of new Pokémons). Mood was modified; some relied on PG to reduce anxiety, and if tolerance was built, they played more to feel gratification through pleasurable sensations. Low mood and irritation, discernible as possible withdrawal symptoms were psychological, if no physical reaction was reported. Conflict occurred in the workplace and personal relationships, and relapse might be borne out by another 'peak' in interest after a new feature was brought out. Arguably, the collection of features is indicative of IGD, given the resemblance between addiction and IGD (Kuss & Griffiths, 2012; Pontes et al., 2017).

Take P1 as an example, who self-proclaimed an 'addiction' to PG, among other interviewees that reported playing less than they had before and mostly positive experiences in terms of moods, social relationships, general psychological health and maintaining regular daily functioning. P1 emphasised the effects of excessive play on daily moods, causing arguments and accidents, besides sleeping issues and having lost 16kg (which might be attributed to excessive play over time). The 'lack of control', corroborated by others such as P4, aligns with Young's (1998) conceptualisation of problematic Internet use or Griffith's (1997) of technological

addiction, which likened the problem to impulse control disorders. It may be that some individuals are more prone to (behavioural or substance) addictions than others (including genetic causes as reviewed in Chapter Two; Le Strat et al., 2016; Han, 2007). Given the popularity of PG and VGs, it would be timely to study further individual differences in susceptibility to this form of gaming addiction.

Chapter Six: General Conclusions

6.1 Conclusions from the Research

The purpose of this research was to address the research question, 'How does playing Pokémon Go influence the self-esteem and social life of players?' For this, I used various tasks in a series: ascertaining patterns of play, and their associations with indicators of self-esteem and quality of social life changes since PG play; gathering potential reasons for any change; and exploring these within lived experiences with keen players, to include propensity for symptoms of pathological play, such as maladaptive cognitions and behaviour.

Despite a few discrepancies between the statistical and interview results (the latter being generally more positive in terms of social relationships), in the main those lived experiences corroborated with the survey sample's perceptions. The survey participants reported PG to enhance their social life more compared to other VGs. Their open-ended responses pointed to opportunities for more relationships as a main 'life' enhancement, and the aspect of 'connection' (with friends and family to build on existing relationships) was particularly valued by single participants. Similarly, interviewees described how their social interactions had improved in the main as a result of the interpersonal nature of the game; most had become more comfortable approaching strangers or made new friends and felt that PG helped to strengthen existing relationships, with some attributing finding romance to the game. These are seen as 'social gains' of playing, being a 'collective' of players sharing common interests and merging the real and virtual worlds of novel experiences using their real selves rather than idealised avatars. This was

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attributed to the highly interpersonal nature of the game, which affords the opportunity to meet and converse with individuals in real life whilst engaging in game play.

However, some interviewees felt that the quality of their relationships was affected if they played PG excessively (several hours each day) or compulsively (where they just had to drop everything when a new Pokémon character appeared on their phone), in line with the survey result that the perception of playing 'too much' was associated with the perceived negative impact on relationships. It appeared that PG could cause arguments with loved ones, and frustration and anxiety when play was curtailed or prevented (also reported in the survey). Whilst not a maladaptive *cognition* per se, this could potentially indicate a maladaptive emotional response that is possibly emblematic of pathological play, aligned with the biochemical description of the addiction process (lowered dopaminergic response when the common reward pathway is overstimulated). If this is the case, this can encourage players to continually seek stimulation from the game and is a potential underlying reason for any negative affect experienced when this stimulation is denied them (due to being at work, for example).

The key difference between the survey and interview findings concern changes in self-esteem; the former showed no significant change in global self-esteem since playing PG. However, the open-ended responses brought increased self-esteem (as confidence around others) out as one of the key perceived/self-reported changes in the 'self'. This aligns with the descriptions given by interviewees regarding feeling as though they had increased their self-worth and experienced

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greater feelings of social competence, which may have been interpreted as higher self-esteem, from the recognition from others for doing well in the game and self-recognition for meeting game goals. The 'psychological gains' also included a sense of wellbeing and better health, expanding horizons through exploration or learning new information, and enjoying a sense of nostalgic sentiment—which are linked to some open-ended survey responses as 'motivation' to play or aspects of enjoyment and life enhancement.

There were also 'complications' in cognitions associated with playing PG. Some players perceived judgment from others for playing PG, which seemed to cause an internal conflict or a sense of unease. Other issues that players grappled with included regrets from spending too much time playing the game, its negative impact on functioning, concentration and punctuality at work, the boredom they began to feel from playing, and frustration due to technological issues that hampered play. Finally, accidents and physical hazards associated with playing were a significant problem noted by both survey and interview participants.

Overall, the way in which playing PG may improve social life and self-esteem can be made clear, at the individual level, from the experiences of keen players (if not necessarily quantifiable on a large scale by using global measures) as greater social interactions and strengthened relationships and, relatedly, an enhanced sense of social competence and recognition. However, if self-esteem needs are being met by PG, this raises the question—why were they not met intrinsically, and why has the game helped to raise self-esteem in a way that activities in the real world has not or cannot? Linking this adult behaviour to the psychodynamic

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theory, we can perhaps conjecture that some participants may not have had their self-esteem needs met when younger, and have turned to the game to meet these needs (as proposed by theorists such as Aleksandrowicz & Aleksandrowicz, 1987; Hirschfeld et al., 1976), and therefore they gain a sense of self-worth, value, status and achievement through playing the game. This sense may be strengthened when recognition from others is thrown into the mix, combining both intrinsic and extrinsic rewards as motivators for game play. Even if this is not the case with these particular participants per se, it is possible that this is the outcome for others that develop IGD as a result of playing VG, and PG in particular.

Moreover, playing is not without its issues or risks. Some of the survey's open-ended responses and interview data suggest that this apparently benign game app, in the hands of certain players, has the potential to enable maladaptive behaviours, such as compulsive play, risk-taking, and neglect or conflict in relationships. 'Pathological' play can be accompanied by withdrawal symptoms (negative emotional responses) and a need for increased play (for relief or the same level of gratification). Therefore, the powerful appeal of the game can be double-edged; on the one hand providing enjoyment or even social life and self-esteem benefits for the masses and on the other encouraging or leading to addictive behaviour for some.

6.2 Implications for Clinical Practice

This research aimed to explore the effects that players may experience on their social life and self-esteem as a result of playing Pokémon Go. The literature review on virtual gaming and addiction set the scene and rationale for exploring

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the impact of PG, a popular, unique, and often highly interpersonal game, while researching pathological VG is timely. However, whilst this research provides some player-based evidence to suggest that a minority feel 'addicted' to PG, its influence on the quality of one's social life and self-esteem has been reported to be largely positive. In fact, the suggestions made by regular players of this game to use it as a potential intervention for struggling with confidence and social relationships are plentiful, in line with some recommendations from recent research (Townley, 2017; Watanabe et al., 2017).

The findings from this study therefore generate a paradox. On the one hand, PG appeared to improve the self-reported social and psychological wellbeing of most players and, as some researchers and practitioners (Grayson, 2016; Kato et al., 2017) advocate, *may* become a 'novel therapeutic tool' for Counselling Psychologists to recommend to clients suffering from loneliness, low self-esteem, or social anxiety. On the other hand, if used as such, Counselling Psychologists and other healthcare/ educational practitioners must be aware of the potential for PG, not unlike other VGs, to enact pathological play, particularly for individuals with higher tendencies to engage in excessive gaming associated with symptoms of IGD. Therefore, its potential as an intervention tool is not yet validated, requiring extensive subsequent research evidence to support its future use within a clinical setting.

On the potential of PG to encourage exercise, exploration and social interaction, and to boost confidence, self-esteem and wellbeing (Watanabe et al., 2017; Bonus, 2017; Kato et al., 2017), the implication is that these benefits could (in the

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future perhaps—if research validates this use) be harnessed through recommending the app to help individuals with social, relational or self-esteem issues to reduce anxiety and develop social competence (Grayson, 2016), especially if it is used when supervised. It is currently being used successfully by some psychologists in Japan to treat hikikomori (extreme social anxiety) and re-engage them with society (Kato et al., 2017), which suggests that there is potential in the game for similar disorders in the UK, although no longitudinal research exists to examine the long-term effects of this.

In specific, it is possible that PG can help create friendships, challenging negative thoughts about one's social skills or ability to make friends. As such, it could potentially be used in CBT as a behavioural activation tool to, for example, prompt physical activity, help individuals get outside of the house who may struggle to do so (as in Japan; Kato et al., 2017), and even provide a way of re-engaging with existing friendships without as much pressure placed on the interaction (sitting down face-to-face and talking may feel too difficult to some individuals). In this way, PG could potentially be used to help foster a sense of belonging, and enhance mental well-being through boosting self-esteem and feelings self-worth, as various studies have found. This is similar to the ways in which other games are being used to boost mental health, foster psychological and behavioural changes and relieve symptoms of negative affect via 'gamification' (Anguera et al., 2013; Bakker, Kazantzis, Rickwood & Rickard, 2016; Khazaal et al., 2015; Leutwyler, Hubbard, Cooper & Dowling, 2015; Merry et al., 2012;

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Tárrega et al., 2015). There is also scope for PG to be used in health practice more generally to improve the physical health of individuals given its status as an 'exergame' (Li et al., 2016; Weber et al., 2016), although again the long-term effects of its use to increase overall physical health have been disputed in the literature (Howe, 2016).

If PG *were* eventually to be used as a mental and physical health intervention as outlined above, it would mean a 'bold' move for Counselling Psychologists (and the allied team such as mental health staff and social workers) to adapt training and associated curricula to accommodate gaming apps such as PG as an intervention. Yet substantial research to define and implement this is first necessary, given that current research on its use in a therapeutic setting only includes other doctoral dissertations (Carpenter, 2018; Narayan, 2018) or CBT website commentaries (Sunderalingham, 2016). Therefore, it is not clear whether PG *should* become part of the Counselling Psychologists' toolkit of treatment options for specific issues, or how it would work in practice as an intervention.

if PG were to be proved beneficial, and therefore used by Counselling Psychologists, there would be a need for targeted educational programmes/ series of sessions. These should at least cover how the game works, who it can benefit most, when it may not work, and when it may be harmful given the potential dangers inherent within the game, for accidents, a lack of awareness on surroundings (Wagner-Green et al., 2017), opening oneself up to theft (Lindqvist et al., 2018), and of course the long-term mental health implications (Raj et al., 2016; Serino et al., 2016), and so on. This could include hands-on 'training

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through playing' and require programmes for advising, reviewing, monitoring or supervision if PG was to be used as a treatment (see, for example, one participant's appraisal of the efficacy of PG to help develop the social skills of autistic children with supervised play). Risk assessments would then be needed to establish the suitability of the game for some groups or individuals, such as young and vulnerable people. Furthermore, policy/regulations and guidelines would need to be updated to reflect the potential use of game apps within treatment plans, in the same way that other software applications (such as Headspace for meditation) are currently used by some Counselling Psychologists. This is all on the proviso that PG was conclusively found to be beneficial for some individuals.

On the potential for PG to be harmful—particularly to those vulnerable to gaming addiction and IGD—the implication is that greater awareness and understanding of PG may be required within Counselling Psychology teams—especially if they are to learn how to deal with PG 'addiction'. It is possible that using PG as a tool within therapy may reinforce social anxiety defensively through the social exclusion some clients may feel if judged. Moreover, given that mobile phones (with which players play PG) are now ubiquitous tools for everyday functions, Counselling Psychologists should be aware of how treating an addiction such as PG would present difficulties within treatment delivery. It may require a different treatment plan to that for giving up a substance or other activities (such as VG at home) as various options may not be applicable for an activity that is enacted through an essential device. Still, addiction to PG has not yet been documented in the literature, and there have been no reports in the literature (as yet) of

individuals requesting treatment for excessive PG play. This could be either because PG is still a relatively new phenomenon, and therefore it may be unlikely that players have had the time to develop a longstanding addiction and sought help for it, or because any compulsion to play the game may not last long enough or may not be felt as severe enough to warrant treatment. The risk of PG being a 'gateway drug' (Ray, 2016), leading to maladaptive play of other VG, also appears to be minimal. The findings of this research study and others suggest that PG is a unique, standalone game, distinct from others. Some players also play other games, but there is no evidence in this study to suggest that playing PG, even excessively, leads to playing other games.

However, the potential for PG (or any interactive game) to lead to maladaptive behaviours or cognitions should be taken seriously as it may become more commonplace when IGD is established as a disorder in its own right in the next version of the DSM, after its recent incorporation to the new ICD. The cognition of negative 'judgment' among players regarding their game choice, for instance, could inform clinical practice, as practitioners should be aware of their own and common initial reactions to, and assumptions about, the players of specific games when they seek treatment. Given the suggested stereotype that some game players are 'childish' or infantile, practitioners should be aware of the effects of stigmatisation as well as the gravity and severity of pathological gaming to offer unbiased reflections and treatment options to those gamers.

Aligned to the above, there is a need for greater provision of information for players regarding the risks associated with PG or the 'warning signs' indicating

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excessive play. The narratives of PG players indicate that the negative consequences are real and destructive, yet perhaps masked by the 'active' and 'social' nature and largely positive image of the game (endorsed by participants). If the relevant information is clarified and distributed, the players may then enjoy the benefits of improved health and wellbeing and enhanced social skills and sense of self whilst being mindful of not 'slipping' into pathological play. The information would also be required for practitioners in the Counselling Psychology allied team, particularly if the game becomes a treatment option that targets other issues, such as maladaptive cognitions. This is so that they can help to specifically harvest its benefits with minimum risks (provided they understand the game and its benefits and potential harm).

6.3 Future Directions

This research uncovered a wide range of perspectives and experiences of playing PG. Whilst many positive experiences were reported, other players presented a mixed view of its ability to improve QoSL and self-esteem. Clearly, there is a need for further research into the factors that contribute both the positive and negative experiences playing this (and other interactive) virtual games. These include (non-exhaustive) demographics such as relationship status, gaming style (such as amount of play, time or place, engagement with other VG), and individual psychological state and disposition (from existing anxiety or loneliness, self-esteem and competence, to extra/introversion)— some of which may have origins in past experiences according to psychodynamic views—and addictive tendency (which may be underpinned by biochemical processes). Research should

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aim to study the combinations that lead to more optimal outcomes versus that those that lead to pathological gaming.

For pathological gaming that is excessive and destructive (to work, relationships or functioning, as identified), there is a need to identify strategies for managing symptoms. Here, pathological PG play shares many similar features with IGD, if both differ from some (i.e., substance) addictions in terms of the lack of physical symptoms (studied thus far). The management will need significant groundwork to identify and cater to the primary concerns of the sufferers. These may include a deeper understanding of how PG is used as a relief or coping mechanism, whether treatment of pathological play in other VGs may be sought, and players' strategies that have helped to reduce or adapt play, while considering that PG is played on mobile devices, a ubiquitous tool for daily functions (as discussed earlier).

6.4 Limitations and Reflections

It was expected that studying such topics as self-esteem and social life—with all their complexities within highly personal experiences as online gaming, and with a new game that differed noticeably from previous ones—required a layered and nuanced approach. A mixed-methods approach, within a critical realist paradigm, was deemed the most appropriate that used a range of tools to gather a variety of perspectives and experiences. The survey enabled the 'profiling' of PG gamers (demographic and play patterns) from 101 individuals, ascertaining whether any psychological change was quantifiable and documenting salient, common themes across this sample. The findings informed the sampling and supplemented the questions comprising Stage Two inquiry: six hour-long semi-structured individual

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interviews from which the data was vigorously and iteratively examined within an IPA framework, for an in-depth understanding of players' experiences.

The overall approach, with methods that complement one another, helped to pave the way towards understanding PG and players, and perhaps other novel games or activities. From a counselling perspective, a deeper, multifaceted appreciation of the motivations of players, their play experiences around their lifestyles and the varied effects not only increases our understanding of interactive gaming, but may also help to harness the 'gaming benefits' and develop treatments for IGD. This is timely given how digital and virtual worlds infiltrate young people's lives today.

As with other research on any specific phenomenon, one of the key limitations of this research concerns self-selection in sampling. Even in the relatively diverse survey sample, the majority of participants were young, White, employed, degree-educated people from Western countries. The interviewees represented an even narrower demographic (professionals from the UK, Sweden and Norway). Even though the findings were not intended to be representative of all PG players, given that the interviewees claimed the 'wide' appeal of the game, future studies should include a wider range of cultural backgrounds, lest PG be branded a 'first-world, middle-class youth' phenomenon. The attempt to capture changes in self-esteem or quality of social life since PG play in the survey by using global scales, with pre-PG levels taken retrospectively, was also not ideal. This may explain the lack of noticeable changes while the open-ended data portrayed otherwise. Short of the opportunity for prospective longitudinal research (cf. Watanabe et al., 2017), more targeted measures of psychological states, social outcomes and physical wellbeing

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(such as affect, friendship, exercise; cf. Bonus et al., 2017) with play style, impact perception and open-ended responses (as in this study) would give a fuller picture.

As a non-specialist and non-gamer, educating myself on the complexities of IGD, addiction and PG was a challenge. Despite digesting vast amounts of material and endeavours to become competent in these areas, my status as a 'novice' in PG and IGD (made transparent to participants) could have influenced some responses or parts of the interview and analytic procedures (such as not picking up on certain game-specific terms).

Although this thesis had a special focus on self-esteem and social life, the wealth of data produced by the interviews meant that I, as the researcher, had to deal with some conflicting or paradoxical accounts and other poignant areas for exploration, which might not be directly related to that focus. The procedure was sometimes also clouded by the technical aspects, such as when an interview was conducted by Skype or when English was a participant's second language, and some nuances of the responses might have been missed. This meant that I had to 'double-down' on examining the materials of each participant to uncover any coherent narrative through the interviews while engaging with the subtleties of their expression. This also applied to the selection and labelling of themes; though most ideas tended to overlap based on the material content, I had to remain mindful of the diversity of experiences of even common phenomena, and my interpretations and original presumptions, to provide a true, honest reflection of the accounts.

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Moreover, I am aware that coming from a Counselling Psychology background, I may have analysed the findings in the light of a psychodynamic or CBT perspective, looking for instances where participants could be communicating an unconscious drive, or an issue within their childhood attachment or experiences, where there may have been none to find. The continuous exercises to encourage reflexivity (keeping a diary, documenting decisions, analysis and questions, and discussing these at supervisions; see section 3.12) however helped me to scrutinise subjectivity and challenge my own biases while still adhering to essential ethical and epistemological principles.

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Appendix A: The Survey questionnaire

Section A: Demographics

Below is a list of demographic questions about yourself. Please tick the appropriate statement.

1) What is your gender?

Male

Female

Other; please specify:

2) What is your Age? Please type:

3) Sexual Orientations. Please tick or specify:

Heterosexual

Gay/ Lesbian

Bisexual

Other; please specify:

Prefer not to say

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4) Ethnicity origin. Please tick or specify:

White/ European/ Caucasian

Black/ African/ Caribbean/ African-American

South Asian (incl. Indian, Pakistani, Bangladeshi, Sri Lankan, etc.)

East Asian (incl. Chinese, Korean, Japanese, etc.)

Hispanic/ Latino/ Latin American

Native American/ American Indian

Mixed race; please specify:

Other; please specify:

5) What is your marital status?

Single, never married

Married

Cohabiting

Widowed

Divorced

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Separated

Other; please specify

6) Do you have any dependents (e.g. children or older relatives you are responsible for)?

Yes – children

Yes – older relatives

Yes – other; please specify:

No

7) Employment Status: Are you currently…?

Unable to work

Full-time homemaker

Retired

Out of work and not looking currently

Out of work and looking for work

Primarily/ full-time student

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Military

Self-employed

Part-time employed

Full-time employed

Other; please specify:

8) Occupation

Please type:

9) Highest academic attainment:

Secondary/ high school completion

Post-secondary (e.g., HNC, diploma, junior college); please specify:

Bachelors/ undergraduate degree

Postgraduate/ Masters degree

Doctoral degree

Other; please specify:

10) Geographic Location/Area of Country. Please type:

Section B: Questions on Gaming

1) Time spent playing Pokémon Go per week

2) Time spent on other games per week (in hours)?

3) I feel that I play Pokémon Go too much

Strongly Agree   ☐

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Agree   ☐

Disagree   ☐

Strongly Disagree   ☐

4) Playing Pokémon Go enhances my social life

Strongly Agree   ☐

Agree   ☐

Disagree   ☐

Strongly Disagree   ☐

5) Playing Pokémon Go has a negative impact on my social relationships

Strongly Agree   ☐

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Agree □

Disagree □

Strongly Disagree □

6) I feel that I other games too much

Strongly Agree □

Agree □

Disagree □

Strongly Disagree □

7) Playing other games enhances my social life

Strongly Agree □

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Agree   ☐

Disagree   ☐

Strongly Disagree   ☐

8) Playing other games a negative impact on my social relationships

Strongly Agree   ☐

Agree   ☐

Disagree   ☐

Strongly Disagree   ☐

Self-Esteem Scale – Rosenberg (1965)

Instructions

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Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

1.   On   the   whole,   I   am   satisfied   with   myself.

Strongly Agree   ☐

Agree   ☐

Disagree   ☐

Strongly Disagree   ☐

2.   At   times   I   think   I   am   no   good   at   all.

Strongly Agree   ☐

Agree   ☐

Disagree   ☐

Strongly Disagree   ☐

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3. I feel that I have a number of good qualities.

Strongly Agree ☐

Agree ☐

Disagree ☐

Strongly Disagree ☐

4. I am able to do things as well as most other people.

Strongly Agree ☐

Agree ☐

Disagree ☐

Strongly Disagree ☐

5. I feel I do not have much to be proud of.

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Strongly Agree ☐

Agree ☐

Disagree ☐

Strongly Disagree ☐

6. I certainly feel useless at times.

Strongly Agree ☐

Agree ☐

Disagree ☐

Strongly Disagree ☐

7. I feel that I'm a person of worth, at least on an equal plane with others.

Strongly Agree ☐

Agree ☐

Disagree ☐

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Strongly Disagree ☐

8. I wish I could have more respect for myself.

Strongly Agree ☐

Agree ☐

Disagree ☐

Strongly Disagree ☐

9. All in all, I am inclined to feel that I am a failure.

Strongly Agree ☐

Agree ☐

Disagree ☐

Strongly Disagree ☐

10. I take a positive attitude toward myself.

Strongly Agree ☐

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Agree　　　　　　　　☐

Disagree　　　　☐

Strongly Disagree　　☐

The Satisfaction with Life Scale

Below are five statements that you may agree or disagree with. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

7 - Strongly agree

6 - Agree

5 - Slightly agree

4 - Neither agree nor disagree

3 - Slightly disagree

2 - Disagree

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1 - Strongly disagree

_____ In most ways my life is close to my ideal.

_____ The conditions of my life are excellent.

_____ I am satisfied with my life.

_____ So far I have gotten the important things I want in life.

_____ If I could live my life over, I would change almost nothing.

Open Ended Questions

Why do you play Pokémon Go?

How do you enjoy playing Pokémon Go?

Has Pokémon Go enhanced your life? If so, how?

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Have you had any negative experiences playing Pokémon Go? If so, could you describe briefly?

Have there been changes in how you see in yourself since playing Pokemon Go? If so, what are they?

Appendix B: Indicative Interview Questions

Hi there, how are you today? Please come in and sit down.

Well, where shall I start? Perhaps a little about myself. My name is Sandra. I am 27 years old and a second year Counselling Psychologist Doctorate Student at the University of East London.

With reference to the project, the reason why you are here today is because of the research I am currently undertaking. I have decided to research Virtual Gaming, but in particular Pokémon Go and what the common themes relating to it are.

So, by agreeing to participate in this study, you are agreeing to be interviewed today for approximately an hour. The decision to participate in this research project is entirely voluntary. The information you provide will be kept strictly confidential and you can withdraw at any point without giving a reason. You also have the right to ask questions about this study and have the questions answered by me.

Also, if there is anything you would like for me not to include, please say so.

The interview will be recorded and during the course of the Interview, I will be asking you a few questions about your own experiences with Pokémon Go.

Before we start, would you like a drink? And are you comfortable?

Okay so let's start.

Please tell me your age, gender and occupation.

Do you work?

Who do you live with? Friends/Family?

Could you tell me about your social network?

How would you describe yourself in social situations?

What about your daily routine?

Could you tell me what type of games you play?

Could you tell me about your experience playing Pokémon Go?

How many hours do you spend playing Pokémon Go?

Tell me, so how do you feel when you play games especially Pokémon Go?

What do you enjoy about Pokémon Go?

How often do you find yourself on Pokémon Go instead of doing other activities or daily chores?

Have you made any friendships/relationships playing Pokémon Go?

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Could you tell me, since playing Pokémon Go, is there a positive or a negative outcome   overall?

We have now come towards the end of the Interview. Do you have any questions?

Thank you so much for taking part and for giving up your time for my research. If you would like any further information, please don't hesitate to get in contact with me.

Appendix C: Information Page for the Survey

UNIVERSITY OF EAST LONDON

School of Psychology

Stratford Campus

Water Lane

London E15 4LZ

The Principal Investigator(s)

Sandra Amelie Rasqui

U1514972@uel.ac.uk

Consent to Participate in a Research Study

The purpose of this page is to provide you with the information that you need to consider in deciding whether to participate a study. The study is being conducted as part of my Doctorate in Counselling Psychology degree at the University of East London.

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Project Title

Virtual Gaming, Self-Esteem and Social Skills: The Case of Pokémon Go

Project Description

This research aims to explore the impact that playing Pokémon Go has on your life. Pokémon Go is fairly new, incredibly popular, and quite different to a lot of virtual/online/interactive games, so studying the people who play it provides a great starting point for exploring the effects of this unique form of gaming. The psychological constructs this research will mainly be exploring concern self-esteem and social life – such as how often you find yourself wanting to socialise, how you feel about it, and the relationships in your life. The questionnaire is an attempt to get an overview of these issues.

Confidentiality of the Data

Participation in this survey is anonymous. No one will know you have participated in it, unless you tell them. Before the questionnaire, you may fill in a number memorable to yourself as your participant number so that no name needs to be given if for any reason you wish to withdraw your data in future. You would only need to give me the number and I will use it to retrieve your data out of the study. If you wish to withdraw your data after participation, please do so before the date of 31 October after which data analysis is planned.

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The completed questionnaires (online) will be deleted after data analysis, and the data-file will be kept in a password-protected file on the researcher's computer for up to three years in case a publication should emerge.

Location

You may complete the questionnaire online using an electronic device of your preference.

Disclaimer

You are not obliged to take part in this study and should not feel coerced. You are free to withdraw at any time without disadvantage to yourself and without any obligation to give a reason. Should you withdraw after the above date, the researcher reserves the right to use your anonymised data in the analysis and write-up.

Please feel free to ask me any questions. If you are happy to continue please sign the consent form attached to this letter. Please retain this invitation letter for reference.

If you have any questions or concerns about how the study has been conducted, please contact the study's supervisor:

Dr Virginia Lam

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School of Psychology

University of East London

London   E15   4LZ

(V.lam@uel.ac.uk)

Or

Chair of the School of Psychology Research Ethics Sub-committee:

Dr. Mark Finn

School of Psychology

University of East London

Water Lane, London E15 4LZ

(m.finn@uel.ac.uk)

Thank you in anticipation.

Yours sincerely,

Sandra Amelie Rasqui

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Appendix D: Invitation Letter for the Interviews

Dear Participant,

Thank you for completing the questionnaire. I would now like to invite you to take part in a face-to-face interview with myself.

The purpose of the interview is to go into a little more depth on the issues presented in the questionnaire, and to focus on your experiences, ideas, opinions and feelings about Pokémon Go. A range of open-ended questions will be asked, exploring your perspective on the impact the game may have (if any) on your self-esteem and social life, and just on you in general. This should be fairly straightforward, and you should not feel uncomfortable in any way. Of course, for some this might be a sensitive topic, and I am mindful of that. Therefore, if you wish to stop the interview at any time, or just need to take a minute, that's fine. You just need to say – there'll be no judgment from me! I can happily provide you with some relevant leaflets and helplines should you feel you'd like them at the end of the interview.

Please be aware that your identity will remain anonymous to everyone except me throughout the entire duration of this study, and beyond. No one will know you have participated in this interview, unless you tell them yourself. Any data that can potentially identify you will be anonymised and remain so through the study and beyond for data storage.

Consent forms containing signatures (to be completed prior to the interviews) will be stored separately and securely locked away from the rest of the data.

Audio-recordings of the interviews will also be destroyed after the study has been submitted, with just the anonymised transcripts kept for further analysis.

Location

The interviews will be carried out at The University of East London, School of Psychology, Water Lane, London, E15 4EZ. If travelling to London may inhibit some of you from participating in the study, interviews may be carried out over Skype at your convenience.

Disclaimer

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You are not obliged to take part in this study and should not feel coerced. You are free to withdraw at any time without disadvantage to yourself and without any obligation to give a reason. Should you withdraw after having analysed the data, the researcher reserves the right to use your anonymised data in the analysis and write-up.

Please feel free to ask me any questions. If you are happy to continue please sign the consent form attached to this letter. Please retain this invitation letter for reference.

Best regards

Sandra Amelie Rasqui

U1514972@uel.ac.uk

Appendix E: Consent Form for the Survey

Consent to participate in a survey research

Virtual Gaming, Self-Esteem and Social Lives: The Case of Pokémon Go

I have the read the information page relating to the above research. The nature and purposes of the research participation are clear to me, and I am aware that I will have the opportunity to discuss the details and ask questions about this study. I understand what is being proposed and the procedure in which I will be involved has been stated.

I understand that my involvement in this survey, and particular data from this research, will remain strictly confidential. Only the researchers involved in the study will have access to the anonymous data. It has been explained to me what will happen to the data once the survey has been completed.

Please click below statement to give consent:

I hereby freely and fully consent to participate in the study, which has been fully explained to me.

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Please click below age disclaimer:

I confirm that I am over 18 years of age.

Please fill in a number memorable to yourself as your participant number so that if for any reason you wish to withdraw your data after participation you can contact the researcher with this number that can track your anonymous data:

Having given this consent I understand that I have the right to withdraw from the study at any time without disadvantage to myself and without being obliged to give any reason. I also understand that should I try to withdraw after the data analysis has begun, the researcher reserves the right to use my anonymous data in the write-up of the study and in any further analysis that may be conducted.

Appendix F: Consent form for Interviews

UNIVERSITY OF EAST LONDON

Consent to participate in a research study

The Impact of Virtual Gaming on Self-Esteem and Social Lives: The Case of Pokémon Go

I have the read the invitation letter relating to the above research study and have been given a copy to keep. The nature and purposes of the research have been explained to me, and I have had the opportunity to discuss the details and ask questions about this information. I understand what is being proposed and the procedure in which I will be involved has been explained to me.

I understand that my involvement in this study, and my data in this research, will remain strictly confidential. Only the researchers involved in the study will have access to identifying data. It has been explained to me what will happen once the research study has been completed.

I hereby freely and fully consent to participate in the study, which has been fully explained to me. Having given this consent I understand that I have the right to withdraw from the study at any time without disadvantage to myself and without being obliged to give any reason. I also understand that should I try to withdraw beyond the planned date of data analysis, the researcher reserves the right to use my anonymised data in the write-up of the study and in any further analysis that may be conducted by the researcher.

Participant's Name (BLOCK CAPITALS)

……………………………………………………………………………………

Participant's Signature

……………………………………………………………………………………

Researcher's Name (BLOCK CAPITALS)

……………………………………………………………………………………

Researcher's Signature

………………………………………………………………………………

Date: ………………..…….

Appendix G: Debriefing after the Questionnaire

Thank you for completing the online questionnaire.

As previously mentioned, this research aims to explore the impact that playing Pokémon Go has on your life. Pokémon Go is fairly new, incredibly popular, and quite different to a lot of virtual/online/interactive games, so studying the people who play it provides a great starting point for exploring the effects of this unique form of gaming. The psychological constructs this research will mainly be exploring concern self-esteem and social life – such as how often you find yourself wanting to socialise, how you feel about it, and the relationships in your life. The questionnaire has been an attempt to get an overview of these issues.

Please print or save a copy of this debriefing form for your records. If you feel that, for whatever reason, you wish to withdraw your data, please contact me on the email address below, quoting the participant number you gave, and I shall delete your contribution with no questions asked.

If you take a particular interest in this research, I would like to invite you to take part in the next stage of research in an individual interview with myself.

The purpose of the interview is to go into a bit more depth on the issues presented in the questionnaire, and to focus on your experiences, opinions and feelings about Pokémon Go. A range of open-ended questions will be asked, exploring your perspective on the impact the game has (if any) on your life. Your identity will still be anonymous in that study. Face-to-face interviews will be carried out at The University of East London, School of Psychology, Water Lane, London, E15 4EZ. If travelling to London would prohibit you from participating in the study, interviews may be carried out over Skype at your convenience.

The researcher's contact email is u1514972@uel.ac.uk

Sandra Amelie Rasqui

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Appendix H: Transcript Example and Stage 2 Coding

Key: Descriptive; Linguistic; Conceptual.

Emergent Themes	Original Transcript	Exploratory Comments
	T: Thank you, could you tell me if there are any other experiences you would like to share?	
Motivation Exploration	C: Yes actually, erm. yes, so Pokémon Go gave me a purpose to walk more I guess and see landmarks and places that I might have missed or wouldn't have gone to before.. so that was good.. erm, I guess a few times when I went out to just catch Pokémon's, erm, there	PG provides a purpose to walk & explore – does she usually lack this? Repetition of 'I guess' – is she struggling to answer my question?
Exercise New experiences	was quite a lot of exercise I guess (*laughs*) a lot of walking, a few times I have been to areas where I haven't been before, erm, but I mean to bring it back to the children when I used it through work, they, that was a	Is exercise positive to her? Why does she bring the focus back onto these children? Is she uncomfortable talking about
Outdoor Tremendous feat	magnificent way to get them out of the house, especially those who never left their house for days and days so, that was a huge benefit for	her own experiences? Emphasising the extent of impact on children. Change.
Life changing Multiple benefits	me and my work and for them, they really struggled to leave the house, like never, they were so anxious and yes depressed, and I guess it's in their nature and diagnosis of	Benefits of PG Equating outdoors with happiness? Emphasis Stepping out of routine
Challenges diagnosis/mental health problems Profound impact	Autism that they didn't but they really did step out of their routine… also, a lot of them did like computer games and video games, or erm, that type of things indoors which	In awe, pride, baffled, thankful Hesitation Indoors vs. outdoors
Interaction	requires a tiny part of interaction, and although Pokémon Go might only require a tiny part of interaction too, it does have the	Does she approach this from an educational POV? Health benefits, interaction
Improving health Prompting change Emotional benefits	health benefits that it gets you outside into the fresh air and makes you feel better you know, so I guess that's what the major difference really is between the two…	Positive language Making her feel better too? Comparing the two – PG = better option

Appendix I: Emergent Themes and Associated Transcript Extracts

SUPERORDINATE THEME 1: SOCIAL GAINS

A COLLECTIVE	Creating friendships	CREATING FRIENDSHIPS
		T: So do you then become friends with them people?
	Interaction	1: Yes absolutely, I met a lot of people and swopped numbers with people. I am actually very good friends with a few (151-153)
	Forums	
	Group events	2: I can't say that it changed my personality, it just enhanced more things in my life like friends (49-50)
	Forming teams	
		2: In the first day, I met like 10 or 15 people and we even swopped numbers and things, so that was nice, I mean I even still speak to some of them now and we met up a few times (82-84)
	Wide appeal	
	Recognising a fellow player	2: I became close friends with maybe 3 or 4 of the 15 people I swopped numbers with, and we hung around loads in the first few months, but then it died down a little, but then they released new things and we hung out a lot more again, but it's nice because besides Pokémon Go, it turned out that we had a lot of common shared interests you know, so it was fun because it's a lot harder making new friends when you are an adult…everyone is more settled, so it's nice that because of Pokémon Go it brought new friendships (88-95)
		3. And then even agree to meet up and go to the bar or the pub and that's how you then become friends, because actually you end up being really close after the small talk, and that's the nicest part of Pokémon... So I did swop numbers with maybe 3 to 4 people (131-133)
		3. So yeah I did make some friendships (277)
		3. His friends and my friends would set up a day and time and we would all go and play Pokémon Go together (281-281)
		3. We would meet for 1pm and then when we finish we can go to the pub and eat and drink, so I guess Pokémon Go does have quite a high social aspect (287-288)

3. It was a way for me to connect with some of mine and his super nerdy friends (302)

3. So we bonded over that and it was really nice, so I guess that is a really positive impact on my social life especially from the aspect of partners and friends (306-307)

3. But since playing the game, I really made lots of new friends, and am happy to walk up to a stranger and talk about the game (317-318)

4. Well I have friends outside of work that I actually met online through Pokémon Go (37-38)

4. You get to really know someone I think when you are both doing something together like an activity, and its also a good ice-breaker (135-136)

4. And also you meet so many people, as I mentioned before I made some serious friends for life at the gyms (211-212)

4. Also, I want to mention the amount of friend I made because of playing Pokémon Go (348)

4. It and made a few new friendships, it really, really does bring people together (351)

5. It really does encourage you to interact and erm, speak with strangers, so it helps you to get to know people and become friends (43-44)

5. I went and met a lot of people (83)

5. When it was released then game Pokémon Go, we were constantly speaking with each other (89-90)

5. It really brought us together with people from all ages and paths of life, so that's why I made friends (101)

5. And then you speak to them about Pokémon Go and Pokémon's and other things and than you become friends, (174-175)

6. Erm the reason I started essentially was because I met a girl, and we... she had told me that she was going to the

Park to go somewhere to hunt Pokémon... so, erm... so I saw the opportunity to turn this kind of into something that we could do together (100-102)

6. It did open the conversation up with the strangers (204)

6. It certainly was an ice-breaker between meeting her friends and her meeting my friends because it didn't leave much opportunity for an awkward conversation (298-300)

6. I met a lot of really cool people that I guess I would call my friends (302-303)

6. I mean Pokémon Go, was one of the biggest things I mean apps and games to happen in history so guaranteed others would also be building new friendships (302-305)

INTERACTION

1: Gyms…so it's where you can fight and play against each other…but also, its very social because you get chatting to actual people there…once I went to a gym and there were over 200 people in that location fighting and catching Pokémons so you do end up speaking to other people and socialising (147-150)

1: You really do interact with people, and sometimes there is awkward situation as everyone is playing for the same reason, but it's a really good way of starting a conversation with someone' (165-167)

2: It really was fun just going up to people and people coming up to me and asking how does this work, what does this mean so it really introduces you to a lot of strangers, and I know that as a fact if it wasn't for the game people certainly wouldn't be doing this (80-82)

2: I really liked the social part, especially in the beginning, you have to help others and ask for help, because no one really knew how to play the game, so the talking to people and doing things together, I really liked (102-104)

2: I remember meeting someone there who actually offered me a new job in their company which was different…so Pokémon Go helps with networking, jobs and friendships and relations…that's a lot right? (249-252)

T: Who do you think would benefit from Pokémon Go?

2: I think those who just stay at home, who might feel down and depressed, and those who don't really have a social life, because I do think it can really help them to get out of this state naturally, without seeing doctor or having medication and things for them would be so perfect, so the ones who mostly would be at home and the smallest social life I think would be the ones who would benefit from them, it can be really life changing for them…(274-280)

3. People were very talkative (128)

3. However, after meeting the same people again and again, you start to talk about personal things (130-131)

3. It does make you interact with people face to face (136)

3. But I played Pokémon Go in work as well with children, so going over to the positives of the game (155-156)

3. There were others in the mingling mode (213-214)

3. We used Pokémon Go at work to get through to some of the autistic children, so, for instance when you talk about the alphabet, you use the Pokémons instead of that and for example, P would be for Pikachu (157-159)

3. I remember one child, barely ever spoke to me, but when it was his turn to play Pokémon Go he constantly wanted to speak to me, so I guess that was a really touching moment (185-186)

3. So we bonded over that and it was really nice (306)

3. but they would interact with other people and that was enjoyable (329)

4. So we all used this as a way of socialising, so the Positive off the game has been that it really brings people together and gets us to talk about something (146-147)

4. But just to go back on something, the ice-breaker part of Pokémon Go, it really is a good excuse to meet someone

and go outdoors (152-153)

4. People would especially go to that landmark to battle and exchange their Pokémon's (206)

4. So its very interactive (211)

4. an excuse to meet up and doing it together (239-240)

4. And the elements that it brings people together (313-314)

4. We will go outside and play it together for a few hours whilst chatting and generally catching up

4. Pokémon Go certainly is a conversation starter amongst groups of people, because they might not have met before (324-326)

4. It really changed the way in which people interact with their surroundings (380-381)

5. What I like about them is that they are very interactive (66)

5. And before even those work colleagues that you never spoke to before, then it gave you a reason to talk to them and start a conversation with them (85-86)

5. It has to do with the social interaction, that it open up that lack in the market from other games (106)

5. Pokémon Go really brings this aspect of doing things together you know (165)

5. Those groups on Facebook, where then very active when the website or forum didn't work so you always had something to rely on...(213)

5. But I enjoy that aspect because I think that this is what led me to interact and really start to speak to people, because we could travel together if a rare Pokémon was like 2 or 3 km away (215-216)

6. Then we walked down to green park and to meet a bunch of this girls friends and I think we may have all played Pokémon Go when we got there (126-127)

257

6. Being interactive with people I have never met (197)

6. I did play with friends that I already had (300)

6. So Pokémon Go was one of those things and I think you know, as you become more socially aware, you begin to suss that there are more certain things which you can kind of use as shared experiences, shared cultural touch points, which actually helps you to relate to people and this at that time was one of those things (305-308)

6. Also, I would certainly recommend the game to others as I find that you can really connect to people if you have the cultural touching point and common and shared interests with others (387-389)

FORUMS

2: I am part of a lot of Facebook groups, forums, websites for Pokémon Go, and I have to say they have always been very welcoming and inviting…I never experienced any bullying or racism there or anything (252-254)

3: I signed up to a forum that already played it before the release so I understood how to play it, and I was surprised to see how helpful people were (70-72)

3. but when you play it for a bit, you see on forums and different groups you see what powers they had and so on (103-104)

GROUP EVENTS

2: They introduced the events where you had to be like 20 people as a minimum to start competing however, that's when the social aspect did come back because you couldn't play unless you formed that team (115-117)

2: I attended some Pokémon Go events, so what happened is, it was advertised on a forum that I was part of, so I decided to get my partners and quite a few of our friends who play it together and go to this event, that was really fun, because it was 100s of people at the same time who had the same goal and I really enjoyed that…seeing that thousands of people were there was incredible, but of

course the groups that we formed was pretty cool (143-149)

3. 22 people would turn up and created the group there, so we could all go and catch that rare Pokémon (123-124)

3. So, there has been quite a number of events like 10 or 11 (207)

3. I think they estimates that it was somewhere between 10,000 and 20,000 people that played at the same time at that event (214-215)

5. I actually attended a few Pokémon Go Live events, so these are events where you can go (137-138)

5. You all meet up at a time and place (138)

5. It was thousands of people all there to play the same game at the same time (140)

6. So if you are all heading towards the same gym or battle ground then yes I met a lot of really cool people (302-303)

FORMING TEAMS

3. So it could be like 9 of you owning a gym and fighting together (92)

3. When you had to sort of get a tram to get that specific Pokémon so you had to 15-18 people to get it and the way you actually become a team is from people that mingle around and you would then agree to become a team and then yeah, you would go there (117-120)

3. So then we had to create groups to battle the Pokémon in order to win it (125)

3. you add up a lot of people to fight against these legendary Pokémons (208)

3. And all of the 200 people add up together to find this so this was really fun (211)

3. So we got like 40 people to play which was pretty impressive (285)

3. You play as a team (295)

4. So with the battle you can actually fight and win other peoples Pokémon, so I guess that this is where the teams come in as some teams are run by the blue team, and some are run by the red team, so the teams you know you join them, lets say the team is red and you are blue so you can battle them there so that the whole team then becomes blue for example (207-210)

4. So the way I picked my team was completely random (105)

5. And then in those groups, you battle other Pokémon's that have also created a group (140-141)

6. And bring people together (231-232)

WIDE APPEAL

1: It's a game for all ages you know (313)

2: What was actually hilarious was going up to people in like their 60s or more and help them and then you get into conversations with them, some were interesting and fascinating, so that made me feel quite good actually (107-109)

2: I met an 80 year old too, and I was walking with him for about 30 minutes, teaching him how to play and he was excited, and his 50 year old daughter was there too wanting to play it so that was interesting (laughs) (153-155)

2: Now the youngest I have seen playing it has been extremely young like 4-5 walking with the parents, and of course the parents are helping them, but its so funny to see the little ones playing it, which I think is the exciting aspect of the game and the design is that anyone and everyone can play it, gender, age, you know, that's not common amongst a lot of games (162-165)

2: It's for everyone, the game has been designed for everyone (269)

3. It was a worldly event (216)

3. My 50 year old Boss was also at the event (225)

3. In one of the adds from buzz feed that the creators of Pokémon Go did create this for children, but for some reason, its all the 30 year olds running around looking and catching Pokémons (339- 341)

4. But I played Pokémon Go in work as well with children, so going over to the positives of the game (155-156)

4. Playing Pokémon Go together as a family (315-316)

4. Pokémon Go appeals to such a large audience. Well, for example, my brothers play it you know, and immediately I am closer to them as well, so its them playing it and not just my age group or my friends and same for my parents, so anyone from a young age who has a phone to any maximum age of 70 or 80 could play it, and actually, I can imagine it helping elderly people to engage them (388-392)

5. We can do all together, despite what age we are (109)

6. For me it was about the opportunities that Pokémon Go has led me to (195-196)

RECOGNISING A FELLOW PLAYER

1: Interestingly, when you are playing the game, you can recognise straight away in the street who is playing the game and who isn't…But it is so much fun, even you see them walking down some quiet street where there is absolutely nothing to do, yet everyone is going there so you know straight away, ah that moron is playing Pokémon Go (p. 155-157)

1: You can recognise straight away who is playing as they are walking around in nonsense directions, and erm, looking at their phones (301-302)

3. Two people said OMG Pokémon Go, is there something here, is there something around (248-249)

3. But also I did witness an accident happening from a guy who was playing Pokémon Go, so I saw him running at this event, and I saw this guy running into a small crowd (251-252)

3. Oh also, I remember once seeing a guy who actually used two mobile phones that he had with him (296-297)

4. Also, the first guy I saw doing it, I knew he was doing it (119-120)

5. And even recognised people (101)

6. As other people were already there playing it (127-128)

6. You recognise people playing the game from miles away (301-302)

BLURRING THE WORLDS	Virtual worlds becoming real Novelty Strengthening relationships, Finding love Life changing	VIRTUAL WORLDS BECOMING REAL

1: Pokémon Go for me, has been the only real game I ever played (61)

3. and walk up to people in the real world and be like hey, how you doing? (141-142)

3. It certainly to me feels like the real world, because you interact with everything that is living and real (147)

3. so we used Pokémon Go to communicate and reach those children and touch them to get their focus back because in a way, they were so fascinated by the idea of holding a phone whilst walking, and going round in real life and at the same time something was happening on their phone (161-163)

3. As well as see how they sort of maneuvered themselves in the real world whilst looking at the phone, without Pokémon Go they wouldn't be moving around so freely and talk so freely (330-331)

4. So you actually could bring the game into your own reality, so instead of looking at a game boy screen where you would go and spot a Pokémon in the grass on your screen, it is actually in real life in front of you (82-84)

4. Its also a concept that you never herd of before that is in your own reality (93-94)

4. What I find quite cool and exiting about the game is that you can collect them and exchange them which makes it |

very real (186-188)

4. And also, that is the whole point of the game is that it links your realities as you would really find out real things about Liverpool like as if you were a tourist.. (212-214)

4. I have to say that the line is quite blurred between the virtual and real world as the game is so real that you cant distinguish between the two the only difference is that there is more Pokémons floating about (232-235)

4. But in the real world and the reality of it is that you have gone into someone's shop or gone to their bar (269-270)

4. This makes you be active in the real world (366)

5. However, I do have some friends from online that I talk to over the net and we started to hang out in the real world as well… and I think I have known them now for 6-7 years (32-33)

5. It fits in with the real world as you are walking in this game, and see the real roads, real people, real scenes you know (107-108)

6. So with the video games, I tend to be creating realities and I tend to have it be realistic.. So that it represents the real world in a way (77-79)

6. Also, we did label out characters, so you needed to add in a name however, I just use my real name for it (270-271)

6. The reason why I play certain games, is to simulate things and recreate things (285-286)

NOVELTY
2: I downloaded it and then I went and played it in my local area first and I remember how excited how I felt to try it out (75-76)

2: You jus wander around, then all of a sudden, it pops up and you run (181-182)

3. I did find it really exciting, I felt a but thrilled, I felt erm, you know when I catched the rare ones I felt like, OMG, I didn't catch this one before, so it brought a lot of

excitement and motivation (84-86)

3. It did really give me an adrenaline rush because of what the game offered you (87-88)

3. but you had to find them, and you would know where they were, you sort of have to look for them physically, which I found quite intriguing, and then there was this part of also getting a next one which evolved into another one which sort of also made it interesting (100-103)

3. it felt great for them and great for me (170)

3. you see the different land areas you have to go through to claim them so with that game you have to stand in the same area for 30 seconds in order to claim that the area is then yours (270-272)

4. It made you want to do it because the rare Pokémon were a little further (115-116)

5. It was being promoted everywhere, also so therefore I had to play it, all of my friends in the real world and online were talking about (75-76)

6. Well, there is the satisfaction to the collection element and then there is kind of building your collection (179)

STRENGTHENING RELATIONSHIPS

1: We don't see each other that much, so playing Pokémon Go is something that has brought us closer together and we can all play at the same time (70-71)

1: My cousin who is actually living in Australia, so the girl actually brought us back close together again (80-81)…as we are always sharing experiences related to the game (lines 89-90)

1: It bonds me and my husband as it gives us something to do and talk about together (lines 176-177)

1: We all go for a walk and this is something that would never ever would have happened if Pokémon Go didn't exist. Unless we go shopping but now when I visit we can do this a few times together so yes. It's really brought me

and my family together. We are now close.

2: With my family and nieces and nephews, it really brought us closer together because of playing the game, we call each other which before the game never happened so yes it's pretty a good family game (159-161)

2: The fact that it got me to play with my niece and nephew has enhanced my life as it brought the family closer together (214-215)

2: Because PG we played on the streets, in the cities and town, we could all play and for free you know, so they came outside more and we had a good time together (229-231)

3. And actually, it was my partner who convinced me to download the game, and the through that its fun and I would like it and he said, you will love this, just download it (69-71)

3. But also what I would say did keep me going playing Pokémon Go, is the that I do play it with my partner but also with a lot of our friends and also at work , which I will go into more detail with later, its such a sociable game that really gets people together and play (105-108)

3. We really bonded with some of the children (159-160)

3. I wouldn't have played it if my partner didn't introduce me to it (201-202)

3. I also want to sat that how much Pokémon Go has helped me with my relationship with my partner (235)

3. Go together and plat together, so this brings us very close and we do more things together go out to the shops together (237-238)

3. Me and my partner would leave the house to play (260-261)

3. But what is great about it playing it with my partner and friends and also the friends I made through playing Pokémon Go, so that is the social aspect of the game (278-279)

3. Also I can play with my family and when I speak to friends back in London, we do talk a lot more because we share the experiences of Pokémon Go (279-280)

3. In terms of my boyfriend, it was really nice that we had something in common to do together you know, so that was nice (300-301)

4. But it was something that we both immediately had something in common with (241-242)

4. When we spoke to each other prior to the date, I remember asking him about his views about Pokémon Go and what he thought and enjoyed about it and he also likes it and you know (245-247)

4. It was something that we could do together (249-250)

4. I should also mention that when I go back home to see my parents and brothers, one thing we do all share in common as an interest (314-315)

4. Enhanced friendships and relationships (349-350)

5. I love how my family and friends play it and its something that we can do all together (108-109)

5. There has been a very positive impact for example with my sisters sons so family, they were playing as well at the time, and it gave us to have something in common more than other games and it was more intense but I think we really bonded and had a better connection since Pokémon Go (142-144)

5. Also with my friends from before, we did meet up more to go and play together and then once we were tired, we made a stop a had a beer (laughs) (144-145)

5. I was actually dating another girl (laughs) that I met whilst playing Pokémon Go (185)

6. But at the same time we really then started talking about other things outside of Pokémon Go (124-125)

6. Because of having that bond over or more like the passion for Pokémon Go. I mean even now, we still go out and play Pokémon Go together (223-224)

6. I think that's kind of the confidence that being in a relationship gives you (361)

6. I have now got a confidence where I know what I am working towards (364-365)

FINDING LOVE

1: You might see someone you like so you can flirt with them by bonding with each other over the game. So its great for people who are single too. They might the love of their lives playing Pokémon Go (167-169)

2: Also I know that some of my friends met girls on Pokémon Go and dated them so that's really good (212-213)

4. I went on a few dates that consisted hunting Pokémon's and that was really fun (134-134)

4. so I actually met my boyfriend on the app, so what I mean by that is not the actual app but we used it on our date, on our first and second date (238-239)

4. You know from that experience, we are now living together for about 2 years ago now so a long term relationship came out of it (243-244)

4. It would have been a lot harder to have met my boyfriend if we didn't have something like Pokémon Go bringing us together (363-364)

5. But we fell in love and we dated for 1 year (180)

5. Twice now, girls have showed interest whilst I was walking down the street and things, so to be honest, Pokémon Go does have that aspect as well.., its like a dating app (186-187)

6. Being able to go on a date, meeting the love of my life (196-197)

6. I really did meet the love of my life (233)

6. Playing the game was one of the pre-sets for meeting my

partner (297-298)

6. Look where Pokémon Go got me to now, I have a girlfriend and soon to be fiancé, and imagine, we would of never have met if it wasn't for Pokémon Go (384-386)

LIFE CHANGING
2: In many ways, not that, it changed my life, but the right word I guess would be enhanced, because my life was always good, some things just changed for the better…it did enhance my life (210-214)

3. we used Pokémon Go at work to get through to some of the autistic children, so, for instance when you talk about the alphabet, you use the Pokémons instead of that and for example, P would be for Pikachu (157-159)

3. Pokémon Go is life changing or more like can be life changing for individuals (161)

3. In terms of the children, there has been massive changes in their well-being they are more extrovert and open and also exposed themselves to the sunlight and fresh air.. but for me, I guess it made some of the bits in my life more enjoyable (321-323)

3. They looked different and acted different which is so positive (326)

3. I mean with the autistic children that we introduced this game to, my God, it has been life changing for them hasn't it, so how could I not recommend it to others (360-361)

4. T: Could you imagine a world without Pokémon Go?
C: No way, look at where Pokémon Go got me to, you know in terms of my life (380)

4. It will enhance value to our life (394)

5. So you see how the game opens windows? (190)

6. Well we are together and have been so for nearly 2 years (smiles) so I have to say happy days (142-143)

268

6. And definitely has really helped me with so many aspects of my life. For example meeting my partner (175-176)

6. Erm, well certainly there has been a positive outcome, the biggest positive outcome for me as previously discussed has been for me that I found the love of my life (222-223)

6. But no I mean, there has been huge benefits for me being in this relationship, but because of the game (225-226)

6. What it was for me, is as said earlier it was about the opportunities that the game gave me (293-294)

6. I am earning well and have an idea of long-term goals and what I am workings towards… (364-365)

6. My living standards and overall quality of living have changed and I am in a better mind-set, better health and certainly have better knowledge because of playing the game (367-369)

6. So I would say that Pokémon Go has assisted with improving the quality actually of my life (372)

SUPERORDINATE THEME 2 – PSYCHOLOGICAL GAINS

IMPROVE-MENT OF 'SELF'	Happier	HAPPIER
	Boosting self-esteem	1: It's made me feel much better. But also, it certainly alleviates when I feel stressed at work and is a good distraction when I am feeling a little upset or down. So being outside and getting fresh air automatically makes me happier (182-184)
	Confirming identity	
	Increased confidence	1: although it is fun and makes me happy playing, it does also make me more anxious because I am competitive and want to be playing all the time…so yes it does cause anxiety you know and also makes me feel nervous. Also, it
	Losing inhibitions	does make me disappointed sometimes actually more frustrated because I want to play when I am at work and I
	Sense of achievement	can't it's very frustrating. Yes so, it does bring bad emotions but mainly good emotions (322-327)
	Motivation	2: and everyone was so happy that you spoke to, all them

269

strangers on the street were smiling and confident and happy and that did not happen anywhere else (105-107)

2: I can't explain it properly, but it really does make you feel good within yourself and positive and happy (207-208)

3. Pokémon Go is life changing or more like can be life changing for individuals (161)

3. They literally were so happy playing it (167)

3. Also, I want to say how much Pokémon Go has helped me with my relationship with my partner (235)

3. This brings us very close and we do more things together (237-238)

3. But since playing the game, I really made lots of new friends, and am happy to walk up to a stranger and talk about the game (317-318)

3. They got the D vitamin, they would be happy and running around (327)

4. Now with, how I feel when playing it, I would say exciting, curious, happy (182-183)

4. I am so much calmer and happier (376)

5. It made us all happy and fun (91)

5. So it also enhanced that in my life… (209-210)

5. But back to well-being, a few changes just happier (236)

6. So when I play, I feel really good (176-177)

6. Also bear in mind, I am a lot happier now and certainly less anxious then I was before, so the quality of life has changed (smiles) (374-375)

6. I am now much happier (377)

BOOSTING SELF-ESTEEM

1: there has been changes in my self-esteem I would say

(319)

3. The self-esteem positiveness I got from Pokémon Go (315)

3. Also maybe my self-esteem did change a little bit (315-316)

4: Also, clearly it can boosts peoples confidence, as this guy who did this clearly felt really big because he has caused for all these Pokémon's to arrive and everyone was trying to catch them, and I really think that he liked the attention as everyone was bosting him telling him how amazing he is (147- 150)

4. You feel better about yourself because you have kind of achieved something, even if it is just in a game (310-311)

4. T: … now could you tell me about your experience whether Pokémon Go has enhanced your self-esteem and social life?
C: Both big fat yes, absolutely (320)

4. Even when you are feeling shy or anxious (321)

4. I was quite introvert prior to playing the game (361)

5. I want to also tell you that before I started playing virtual games and also Pokémon Go, I was nit like this, I was more staying at home more, playing normal computer games, watching TV, but since it is all more of a virtual world and I mean by playing Multi Media Online Role Playing Games where you can communicate with others I have changed quite a lot (40-43)

5. Its crazy how since the game, people just feel that they can come up to you (99-100)

5. When playing Pokémon Go, it did make you socialise even more so it did impact it (221)

5. I am a lot different and a lot 'cooler' (laughs) honestly its crazy how much you can change because of the game (229-230)

6. It did increase I guess my confidence, actually my self-esteem around them areas (246)

271

6. You wouldn't even feel anxious either because your whole focus is on your phone (248-249)

CONFIRMING IDENTITY

3. They can be themselves with them (188)

3. So I certainly value it now in a different way then I did before, in a way Pokémon Go has this substance and value, at least from where I sit with it (232-233)

3. It was really nice that we had something in common to do together you know, so that was nice, and it was another thing we could do outdoors and it was a way for me to connect with some of mine and his super nerdy friends (300-302)

4. Other people were playing it which was so cool because other people would see the same Pokémon , other people were playing it which was so cool because other people would see the same Pokémon that I see on the map and then there are all walking to the same playing trying to catch the same Pokémon (giggles) (117-119)

4. So yes, I really like Pokémon Go and having a shared interest with others makes you feel like as if you belong to a certain team or group (195-197)

5. It was being promoted everywhere, also so therefore I had to play it, all of my friends in the real world and online world were talking about it (75-76)

5. You all have something in common there (100)

5. My friends all love Pokémon Go and are gamers (129)

5. And I felt part of a community actually, because I was part of a huge online Facebook community, where we all spoke and interacted with each other and telling each other where the best Pokémons were (210-211)

6. So then, immediately that was an ice-breaker as we immediately all bonded over bloody Pokémons (128-129)

6. It did lead me to fit in more I guess (204)

6. I am also definitely a lot more assure in who I am and in what my purpose is (378-379)

INCREASED CONFIDENCE

1: I didn't feel confident with strangers before I would never go up to someone I don't know and ask them questions. Like when I play here in England, I can go up to anyone that I know who is playing the game so there has been changes in my self-esteem I would say. Much more confident now than before (317-320)

2: I can imagine that those individuals who are shy or scared to be in social situations, for them, it might be useful to start playing the game and connect with others so I do think it has more positives than negatives (237-239)

2: Before PG I was a bit louder, but as a person there was no big change…

3. So I gained a confidence to describe myself as a nerd (314-315)

4. I think, well actually I know that it enhances both because it makes you go outside, even when you are feeling shy or anxious.. and also you learn about popular places where you live, you are so much more sociable with people (320-322)

4. And feel that I have some confidence and know how to start a conversation (329-330)

4. In an indirect way it made me more confident to walk anywhere and everywhere which is great (343-344)

4. It does make you more confident to walk around and explore things rather than just sit at home (346-347)

4. I feel more confident (368)

4. I feel better about myself (370)

4. I get on quite well with people and enjoy being around people, especially if we share common interests like food or games (53-54)

5. Which makes me feel quite like people want to hang around me even more, it's a really good feeling (102)

5. I didn't really feel as if they were a stranger actually, because we had something in common so automatically its natural and nice (173-174)

5. And I feel a lot better within myself since having played the game too, so there has been changes (232-233)

6. I mean, but overtime I have become more comfortable especially since Pokémon Go I have realised that I don't always just take the back seat anymore (51-52)

6. Pokémon Go has certainly helped me feeling comfortable in those situations ha (129-130)

6. It was helpful as it was kind of a safety blanket to the interaction (139-140)

6. Socialising with others (176)

6. It made me feel much more comfortable (205)

6. I mean it really knows how to interact and socialise (231)

6. I would say that I am a lot more confident (360-361)

SENSE OF ACHIEVEMENT

3. It was the fact that you could get a set number of things, but you had to find them, and you wouldn't know where they were, you sort of have to look for them physically, which I found quite intriguing, and then there was this part of also getting a net one which evolved into another one which sort of also made it interesting (100-103)

3. So, that was a huge benefit for me and my work and for them, they really struggled to leave the house, like never (177-178)

1: And don't forget, it's so competitive because who ever catches it first gets it, and then it disappears for all the other people playing it. So you have to be extra quick and

super competitive (157-159)

3. And also, I do know someone who went to travel the world not because of wanting to travel but Pokémon Go made him travel cause he wanted to catch different ones.. but because of it, he went to the coolest areas in the world and told me the stories when he came back and to be honest, he enticed me to go to travel the world.. he was like these are so extremely rare and look at the picture I took (laughs) (195-199)

4. But still feel like you are doing something productive and you do kind of feel productive in that game, because of the goals that they set you (307-308)

MOTIVATION

2: maybe also those individuals who are like me social and quite active but sometimes need some motivation to go outside, {PG} would be very useful for them as well (281-282)

3. Felt good having a motive to go outside (189-190)

3. OMG I didn't catch this one before, so it brought a lot of excitement and motivation (86)

5. That's why I like Pokémon Go, it does still encourage you to leave the house, even if I don't really want to leave my home but you have to play it outside (68-69)

5. Then they added gyms to it and things like that so I guess yes it kept you going (133)

| A FINE PAST TIME | Enjoyment Passing the time Avoiding boredom/distraction Escapism/De-Stressing Becoming fitter Learning new information | ENJOYMENT

1: If you are doing nothing, feeling bad, it's such a good game to play, as it will make you go outside and get fresh air and make you feel better about yourself. It's so much fun, I really enjoy it (118-119)

3. I did find it really fun (89-90)

3. It entices you to go to other countries with Pokémon Go |

Exploration
Nostalgia

(194-195)

3. That was so much fun and entertaining. I mean imagine how entertaining it is building these teams (222-223)

3. I guess it made some of the bits in my life more enjoyable like walk to the pub or the supermarket (322-323)

4. I really love playing Pokémon Go (313)

4. We all enjoy playing Pokémon Go together as a family (315-316)

5. So my first impression was this game is actually crazy good, so then I started to go out more and more (82-83)

5. Its actually a competitive game, but it is really fun (88)

T: And could you tell me, how you feel playing Pokémon Go?
5. Really good, because you play it outside, in the streets, in nature, and I love being outside (98)

5. The main point for me again was the social aspect (139-140)

6. I really enjoy playing Pokémon Go. I think it is very fun and entertaining (174-175)

6. What is fun about the game is how competitive it is (192)

6. Positive outcome of the game (231)

6. I really have enjoyed my time with the game (390)

PASSING THE TIME

1: it is a time wasting game to be honest, as I don't have much free time and because I enjoy playing the game so much, it doesn't leave me open to doing other things. So yeah, this is a con for the game (20 second pause) (233-235)

3. I think when it came out, I played it for maybe 3 hours a

day, ish, but I mean if I didn't have anything to do, and took a long walk then it could be like 4 or 5 hours a day (79-80)

5. When I go for a walk in the park then I do really do like to play it (95-96)

AVOIDING BOREDOM

1: I am not at home much anymore which means that I cook less and certainly avoid cleaning or paperwork that needs to be done…I would rather be outside playing…so you could say I am constantly on Pokémon Go and not doing all the things I should be doing (243-250)

2: you know Pokémon Go does give you a purpose not to be bored outside either, it's easy to fill up your time with playing the game (221-222)

2: it does encourage you to walk of course, so at the same time, you will not be as bored…so it can alleviate boredom to… (285-286)

4. So it's a nice way of distracting yourself when life is hard, and it is hard most of the time, so when you cant see your life goals, and you cant really erm, get away from that, that is then a good way of doing it (311-313)

4. Because when you are out on a date, and you don't really know what to say to someone, then instead of being quiet and embarrassed you can talk about the game and be like oh look what just popped up another Pokémon, lets go and catch it (136-139)

5. But I do still play the game occasionally especially when I am bored getting to work or to places (94-95)

6. Introducing that extra element to help you with the mundane walk is fantastic, you know you can be walking along and have an eye on your phone and you could be picking you something new (147-149)

6. I could say that it was distracting me and keeping me busy from chores (212-213)

ESCAPISM & DE-STRESSING

4. I like I said before, my job is quite stressful, but playing Pokémon Go on my Lunch hour, it alleviates some of that stress so its quite nice for me then (371-373)

BECOMING FITTER
1: Since playing PG, I would walk the dog…sometimes, I would purposely also go to the supermarket instead of making my husband go to catch Pokémons, so yeah, I can say I move more (173-177)

1: Since playing PG, I have lost 16kg because I walk so much more and move around a lot more (239-240)

2: I walked about 10x more than before so that felt really good (104-105)

2: What I like about Pokémon Go, I show many people started walking because of it, and becoming active and that, so I noticed changes in my health and became fitter, some days I would walk 20km, because sometimes I would end my train journey two stops before the actual location and that meant I would walk the rest, so I was very active (120-124)

2: it's so much healthier being outside catching up and things than be at home on the sofa and talking…I do feel fitter and better (215-217)

3. Pokémon Go gave me a purpose to walk more (172)

3. It was a magnificent way to get them out of the house, especially those who never let their house for days and days (176-177)

3. It does have health benefits that it gets you outside into the fresh ait and makes you feel better (182-183)

3. I did slightly get fitter too and felt good having a motive to go outside (189-190)

4. I play (in reference to Pokémon Go) that quite a lot because I walk everywhere (65-66)

278

4. It forces you to walk and go out because it will say oh there is a Pokémon you know a few streets away, so you end up walking there to get it so that's what I used to do and ended up going out and I remember that the first time I played, I walked about 2 miles (106-109)

4. This meant that we were walking around, being outside in the fresh air, getting some vitamin D and off course with the walking comes fitness so actually I noticed how fit I became after walking a few miles each day (154-155)

4. You are out in the air and its lovely, and it's a different thing to do (250-251)

4. So I have also noticed changes in fitness because I used to get the tube and bus all the time, bur now I walk and walk and even more back then (273-274)

4. So yes, fitness is huge it.. it realty encourages people to then lose weight too (276-277)

4. Since playing Pokémon Go, I feel mentally and physical healthy (328-329)

4. I walk a lot more (368)

4. I have noticed changes in my being well more my well-being over all (370-371)

5. It does still encourage you to leave the house (68)

5. Yes it was a great experience, as I was outside a lot instead of being inside at home doing nothing, so the positive thing that being outside is that I exercised more and therefore became fitter and felt better, so I was less tired, even more happy and yeah, it enhanced my life (201-203)

5. Definitely a lot fitter now then I was before (232)

6. I remember, I lost weight actually and became much fitter and more active (236)

6. Better health (368)

6. T: And have you therefore noticed any changes within your well-being?

C: Erm, I mean physically and emotionally absolutely (377)

6. Certainly all this walking has made me feel more fit and good which Pokémon Go has assisted with (378)

LEARNING NEW INFORMATION

2: The fun thing is like the Pokémons that you get stuck on in the game called Landmarks, and they really inform you about things, about the history and that's been very interesting…and it's crazy hoe before, you could be walking past there day and night and not yet realise what you have gone past, whereas with Pokémon Go you are in a way more mindful about what is around you (197-201)

2: when you collect them, you do find out interesting information and things, so that's pretty cool… (264-265)

3. And see landmarks and places that I might have missed or wouldn't have gone to before (172-173)

4. But this makes you walk, and you learn a lot about your area (262)

4. And also you learn about popular places (321-322)

4. Pokémon Go can help you to get around in a country where you might struggle in and learn new things (332-333)

5. But with Pokémon Go, I really had to go anywhere and everywhere, and I saw some pretty cool places that I never saw before, and honestly, I become more intelligent and knowledgeable because I found some cool places to hang around and some streets to walk in that's new (207- 209)

6. It did help me as well in getting to know the local and different areas (234)

6. Pokémon Go really helped with getting to know them areas so it helped in terms of, it kind of helped to explore the side roads (240-241)

6. And sometimes that would lead to stumbling across a

landmark or a place that I would have never ever seen before unless I was playing Pokémon Go (242-243)

EXPLORATION

1: with Pokémon Go it made me go to areas and places I would have never seen or gone to before because I thought it would not be interesting. But since playing the game it has enhanced my life because I found new shops and bars and places that are very nice. So actually thank you Pokémon Go…it got me out of a normal boring routine you know, I am now fun because I like to experience new places and things…it can be very fund finding something in your area that you never found before (273-292)

2: I have travelled to forests for it and even popped into different countries, because it is exciting catching that rare one…(189-190)

3. And see landmarks and places that I might have missed or wouldn't have gone to before (172-173)

3. You have to look for them physically, which I found quite intriguing (101-102)

3. Pokémon Go made him travel cause he wanted to catch different ones (196)

4. So I went inside and surrounding the resort to places where I could find Pokémons (335-336)

5. I guess that's why I played so much, because it was something to do with the travelling that I was able to play (122-123)

5. Also what's in interesting, is playing it in different countries, you can catch Pokémon's that in other countries would have not existed, so that made me want to go and venture out and travel (133-134)

NOSTALGIA

1: Well Pokémon Go, when I was a kid I used to be obsessed…it brought up so many positive childhood memories so I couldn't wait to play (lines 63-65)

1: My cousin is the same age as I am so we used to watch the show together, and play Pokémon in real life and pretending that we were the characters. God it used to be so much fun (15 second pause)…it really connected us (lines 82-84)

2: so because the game reminded me of the original Pokémon and my childhood, I think I was like 14 or 15 and it was on the game boy, and I used to play it all the time then, and yes that's why I had to go and download it… (lines 72-74)

2: Once I played it, I do remember feeling a little bit sentimental, because I haven't played it since I was like 16 (84-85)

2: The sentimental part is huge, because at the beginning, that is what got me interested (205)

3: I mean, I never played Pokémon when I was younger so I guess that probably had an influence too in the sense of that I didn't download it as early as those who are obsessed with Pokémon Go (lines 71-72)

4: It goes back to when you were a child and you have a game boy and you play Pokémon on game boy so it brings back those memories to when you were a child (lines 76-78)…obviously the nostalgia when you were a child makes you want to try (lines 92-93)

4. And definitely what was so good for me is that element of the game because as a child, I had a Pokémon teddy bear, Pokémon cards and all the games as well and the game boy (188-190)

4. T: Could you tell me, why do you play Pokémon Go?
C: Well it started with the Nostalgia element of it, because it reminded me of my childhood and all those characters are just classic, stay in your mind don't they, so that's how it started (304-305)

5: maybe people knew about Pokémons from childhood (line 236)…I never played Pokémon as a child, I guess if I did then I would of course be playing it as an adult, but as a child, I played more Nintendo and Super Mario, so when I see a new Nintendo game coming out, I do get that same

excitement and nostalgic state that someone would get with Pokémon Go… (lines 242-244)

5. I have made some awesome memories with friends and family (203-204)

5. But why Pokémon Go was such a big phenomenon I don't know.. actually I do know.. maybe because people knew about Pokémon from childhood (235-236)

6: So I think this comes down to when I started playing video games as a child, I always created an alternative kind of reality thing (lines 74-75)

SUPERORDINATE THEME 3: UNDESIRABLE CONSEQUENCES

DEFENDING MY RIGHT TO PLAY	Judgement Arguments Acceptance of self as 'nerdy'	JUDGEMENT
		1: They look like morons looking at their phone without even looking where they are going [laughs] I guess I am a moron too (lines154-155)
		2: Sometimes, people I know did ask why I play this game and why do I like it, but they asked because they were interested in it and not because they wanted to judge me or be nasty… (lines 257-258)
		2: usually also the people that play other games, they just are stuck at home, playing hours and hours (171-172)
		3: I remember experiencing people frowning about it so in a judgemental way I guess…they would give you the look of oh so do you play Pokémon? How old are you 12? (lines 334-336)… but yeah I guess a lot of people judged you slightly for it so, it judged the game for a bit, which is sad, but usually those people who did judge wouldn't play or wouldn't have played it (lines 341-343)
		3. which to someone outside of playing Pokémon Go might seem odd (318-319)
		3. You are not someone whop is young playing the game, it is definitely more an adult thing, and I guess it just

shows that it isn't for young people (337-338)

3. I also want to say how many boys play Pokémon Go, which surprised me because Pokémons are cute, girly and fluffy (362-363)

4: It's easy to judge a gamer that just sits on his backside all day on the sofa for 12 hours a day and plays video games, you can see why people might judge him, but what is there to judge about people you know the outside again and socialising…(lines 398-401)

5. But it was his fault as he shouldn't of been playing Pokémon Go whilst riding the bicycle (168-169)

5: I actually have [experienced judgement] from people who are a lot older like my parents and things, and they thought I was being childish for playing the game and immature, and especially even friends who have never played it there was judgement so then it's my job to get them to try it and then they stop the judgement and enjoy it to (lines 194-196)

6: I was affected by other people's judgement might be…(lines 349-350)

6. Obviously I had to reach a certain level before I met and went on our fist date with my partner (202-203)

6. If you play that part of the game, you can then only win or be a new character of a worse Pokémon, so that's why there is that battle, as you would never want to end up being a worse Pokémon (280-282)

6. So in a way, you can suss out people very well, as you can tell how they interact with things and then you can come to judgment about it based on that (332-333)

6 And then in terms of interacting with people you can see how they play the game and you can kind off come to judgments of them and form pre-judgments and form a vague idea (338-340)

6. I consciously was thinking, if I meet this girl and I was on level 1 it would immediately look like oh he is just pretending to be interested in this as a pre-text, and erm,

I cant really trust this guy as he is pretending and erm, but then I thought I need to play the game a bit in order to level up and look like this , so you can have that innocent explanation that if it didn't go well, erm hmm, I already play the game, but on the other hand I thought, if I do go to for and am on a crazy level, and.. get to a much higher level then she is, she might think that omg this guy is really into this (342-348)

6. And frankly its more the case for most things, is that being more affected by other people's judgment about how I play the game, I was more concerned about how others would judge me about how I play the game… (349-351)

6. What it was me thinking, if I do play this a lot, then other people will end up judging me and say oh you play this too much, oh you are a but of a nerd or oh you shouldn't be playing it at all (353-355)

ARGUMENTS

1: But also, sometimes, it can tear us apart too… so for example, when my mum is driving, she gets annoyed at me because I want her to slow down or take more time at the stop so I can catch the Pokémon…so my mum would get really mad at me cause it takes longer time to get to the destination (laughs). My husband, is also sick of me asking him to drive because when we are together, I always ask him to drive so I can play but therefore I don't speak to him much. He gets very annoyed cause I then move up a level and he doesn't because he is driving (laughs) (193-208)

2: Sometimes my partner would want to go somewhere and then my phone would buzz that a rare Pokémon Go is within the area, and she might get mad at me because I would be running to find it and just leaving her there, but of course I always come back too (231-233)

5. But we broke up as I started playing Pokémon Go and I was less available for her online and text so we broke up (182-183)

ACCEPTANCE OF SELF AS NERDY

285

2: I am quite nerdy, and to be honest if anyone did ever comment I don't remember or forgot, because it is quite a nerdy game (269-271)

3. Well prior to playing Pokémon Go, I was, I guess like I am now, but afterwards like more now I can confidently identify myself as a nerd (312-313)

3. And I guess you need to feel a bit nerdy to feel that way (314)

3. So I gained a confidence to describe myself as a nerd (314-315)

6. This guy is really into this, and this guy is a bit of a nerd (348)

A LOSING BATTLE	Finishing the game Boredom Technological issues Accidents Interrupting the work day Addiction Compulsion to play Negative Emotions	FINISHING THE GAME 3. I have achieved level 30 already which is extremely high (350-351) BOREDOM 1: In fact it can be quite tedious, as with Pokémon Go, you sometimes have to wait for a very long time for a Pokémon to appear…it is tedious (120-126) 1: If you are living far away in a shitty down and you don't have raids, then it can be boring as you have no one to fight and train with' (131-132) 2: I guess every game does need to introduce something new, otherwise it would get very boring (266-267) 3. then you catch them and then you wait again for new ones, so the game does have a lot of waiting aspects too. Which can be boring (97-98) 3. Also, do note that I have been playing Pokémon Go now for nearly 2 years or maybe a little more, I don't k now, so it would be normal to say that sometimes it can get boring or I cant be bothered (143-144) 3. So that lack of enthusiasm sometimes can go away (351) 3. When you catch them all, then it can be a little

mundane (356)

5. I do think that it has died down a little (94)

5. I played so much and was constantly trying to speak to people but that peak that happened before die down (224-225)

6. But generally, after a while there are certain things that you look at and you think, I am not going to bother picking up that one because I already got seven, but erm... I don't fancy picking up the same one multiple times, although you can exchange them after a while, but that's a little boring… and obviously there is no real reward for picking up the same one, so what I mean by that is, it doesn't actually reward me or encourage me to then got the same…. So it's unsatisfying! (160-164)

TECHNOLOGICAL ISSUES
1: Sometimes the connection tricks the game, so around the map, the lawyer is walking around the building and can't find the Pokémon because of the connection. So he can walk for a very long time and not find a Pokémon because it's the wrong location (139-142)

1: it drains your battery and data. And sometimes…if there is problems with the location it can make you angry and frustrated as it sends you to wrong locations. So yes, it's annoying but then again, it's with every app. You're not meant to be on your phone 24/7 (333-335)

4. So I tried to download it and I couldn't because the server was down because of how many downloads they were getting at the moment of time, so it kept crashing whilst trying to download it (94-96)

4. They had so many download requests that it just kept crashing and crashing and you couldn't download the game, so in total I had to wait around 3-4 days until I managed to download it (97-99)

4. I even tried at work to download it and then it would crash on the actual server (100)

4. Its as if the system you know has a limit number of what's available in the area (124)

4. There can be glitches with the design occasionally, sometimes the app freezes and sometimes, actually most of the time the time, my battery does run out (164-165)

4. Also, it does eat a lot of your battery and data playing Pokémon Go so you have the app working, you have to have data, and erm, if you are playing it a lot everyday it will eat up the data and maybe then you don't have your phone for emergency because you have played so much (293-296)

5. I mean it did lag a lot (74)

5. But then my battery crashed (82)

5. I have contacted them several times cause I had some glitches with the game, and they answered back very rude to me so that's quite a negative.. (148-149)

5. But it seems, that one of the issues with Pokémon Go is that it isn't as fluent as it could have been (151)

5. Other issues I had with the game but more when the game first came out was the 'lagging' with the game, so sometimes you couldn't even play Pokémon Go because of the issues, but that's expected when a game launches and the reason it happens is because there is too many players at the same time, so the server crashes, some people have data problems, etcetera (153-155)

6. My battery did run out a lot (250)

6. Now again, with the phone battery and the design with the game and the app, when I first started playing the game, I wasn't aware to the extent of how much it was draining my phone battery? (256-258)

6. My phone never used to train so much battery. Also, when the game first came out, I did sometimes have problems with the app crashing (260-261)

ACCIDENTS

1: I cannot even explain to you how the accident

happened as I was so focused on the game, that I didn't see the car that was coming, so erm… (coughs) and I didn't cause the accident however I could tell that I was able to avoid it…if I was attentive, I totally could have avoided the situation as I have been driving for nearly 10 years, however I was so distracted by playing the game (218-224)

2: the negative is that, yeah, somebody I knew was in an accident once and ended up in hospital…I do read in newspaper, that there has been accident because, somebody was walking out into the street on their phone playing Pokémon Go, and a car came and hit them, so that really was not good. Thankfully, I was never involved in them (139-142)

3. I did witness an accident happening from a guy who was playing Pokémon Go, so I saw him running right at this event, and I saw this guy running into a small crows and there was a bike, and I don't think anyone was hurt b but he ran into him and the guy went flying and came off his bike (251-253)

5. We was on a erm... Tram and suddenly, I see Pokémon Go Radar that there is a very rare Pokémon near us, but we had to try and find out, so we jumped of the Tram which you cant do as its extremely dangerous and could of died (158-160)

5. I was on my long board, and it was narrow and people were playing the game whilst on their bicycle and once someone didn't notice me until the very last moment and one guy bumped into the side of me but nothing happened to me but he fell of his bicycle and hurt his arm badly (166-168)

5. I also witnessed several times around the park bicycles crashing into bicycles and people being taken to hospital by ambulance, so it isn't the safest (169-170)

INTERRUPTING WORK
1: I have seen how everyone in my office leaves the app open and then will run out to play when a Pokémon appears…so yes…I am telling you, half of the lawyer in my department always play Pokémon go and even when they are working they leave the phone on. (73-75)

289

1: I also sometimes got into trouble at work because I didn't finish a report on time or I missed an important phone call cause I was outside playing (248-249)

2: In terms of work, sometimes I did get home very late or got there late because I was walking catching Pokémons (laughs), however, don't tell my boss this but, I do play sometimes whilst I am at work, because it's so easy (131-134)

4. It does take time away from things that you could perhaps be doing, for example, I could be doing some work (162-163)

4. They are games that will stop you from thinking so much about your day.. My job is quite stressful, so I don't, I need some way for my brain to stop me thinking and that's a good way to do it, it breaks sort of a chain on thought (173-176)

4. I easily find myself on the game then doing work or house chores. I got into trouble at work also occasionally, for coming in later or leaving early as I would be distracted with the game (227-229)

4. Now in terms of a negative outcome, I the biggest is not being able to concentrate on work really (291-292)

5. And also at work, we used to play so much with other co-workers (84)

5. So sometimes, we would be like be right back in a second and run to the town and catch the Pokémon and run back from work, and then you would tell your co-worked with Pokémon you got (86-97)

T: … How often did you find yourself playing Pokémon Go instead of focusing on daily chores and other activities?
5. Erm.. well, at work.. (laughs) a lot of the time (120)

5. I took longer ways and routes to get to the place because there would be a Pokémon and then I would go there and then I would go to the Restaurant, so I have to say I was late and distracted majority of the time (121-122)

5. But we both did to go and catch this rare Pokémon, and we found it but it took a while but we caught it but then we got to our meeting so late and got into trouble for it (160-161)

6. And even tried to go out between lunch breaks and sneakily for breaks (119)

6. As in did attend work late and got into trouble for it (laughs)(213-214)

ADDICTION

1: I feel that the game plays a lot with your anxiety. So I will explain, erm…the game plays with your anxiety levels as you always want to crave like more and more, because in order to progress onto a new level, you have to catch lots of Pokémons and be out and about constantly. So sometimes when you are stuck in an office, and you know you cannot quickly pop out to catch the Pokémon that has just appeared it can make you feel frustrated and upset. It's like an addiction, you just want o do anything and everything to go and catch and find the Pokémon. It's not normal that's why I it's an addiction, it's not normal to have the app open for that long. I mean I should be working, but I am constantly waiting for a Pokémon to appear. I actually have to acknowledge, or maybe I should acknowledge that I am addicted to Pokémon Go, but also the people in my office as well. Worst thing is, it's very conscious (103-112)

1: I am addicted, I love playing the game…but maybe slowly I should work to become less active in the game a little less everyday (329-330)

1: when you don't play the game for some time, you don't advance in the levels and this does encourage you to keep going so that's why it makes you addicted. Clearly I enjoy it. (336-337)

3. But for the first few months, it did really give me an adrenaline rush because of what the game offered you (87-88)

3. He is way more addicted to Pokémon Go then I am (I

think) (242-243)

3. and I remember we played for hours and hours (285-286)

3. We played at the event from 5 or 6pm until 1am in the morning (288-289)

3. Oh also, I remember once seeing a guy who actually used two mobile phones that he had with him, so that he got less people in the group, I mean he therefore had more of a chance of catching the legendary Pokémon... but that's ridiculous I mean he must have been an addict (296-299)

5. I quickly got dressed and started playing hours and hours (81-82)

5. Also if you consider 40 being the highest level I was around a 36 so yes, actually thinking about it now, I really played it a lot… (116-117)

5. I guess that's why I played so much (122-123)

5. I played extremely intensive for the first 2-3 months (131)

6. but now I am Level 31 which is extremely high (114)

6. I went out every night for 3-4 hours round Kent and Parks to catch more Pokémons. However, once I realised I still didn't have enough, I also went out on my lunch break (117-119)

6. And then we king of played it a lot (124)

6. I really, I really got into it, to the extent where I played it all the time. Like 4-5 hours a day I guess and even now I play it 3-4 hours a day roughly .. I would always be on my phone playing it on my commute or going to the shops or wherever, so what I even do is tailor my path to where I am walking so if I am heading home or even to work I might even take a de-tour to catch one or two more Pokémon's (laughs) Sandra if only you knew, this game is incredibly addictive.. I guess you don't play it? Or do play it? Or whatever, anyways,, (151-156)

6. I did mainly play it from morning to early evening you know (254-255)

COMPULSION TO PLAY

1: I go to bed later now as I like to play the game before going to sleep and therefore I struggle waking up in the mornings as I am too tired to wake up and get up so that's not good either (250-252).

3. I did find it really exciting, I felt a bit thrilled, I felt erm, you know when I catched the rare ones I felt like, OMG, I didn't catch this one before (85-86)

4. you cant really help yourself apart from doing it (181-182)

4. Erm, I tell you honestly, its actually very hard to not play it (217)

4. So you cant really help yourself, I just had to play and catch them (338-339)

4. And that's what they do, they purposely make them cute, so that's why I guess Pokémon Go has also appealed to girls, because they make them girlie with pink bows and things... and yes very cute. Also, I know that when I spoke to other girls, they felt the same (190-193)

5. Then I took a break, then I started again, as a new release came, so there was always something to keep you interest and going (131-132)

6. There was this compulsiveness about the collection element of the game (146)

6. There is kind of, there is a level off interest in terms off... (158)

6. The design of the game is obviously what it is that we all enjoy about okaying Pokémon Go (187-188)

NEGATIVE EMOTIONS

5. Some kids, were so obsessed with me to find better Pokémon's that they followed me home to my house,

actually chased me, and I didn't like that as they kept trying to ask me questions and annoyed me (146-147)

6. It definitely took away some of the negative feelings on the day, because we were both kind of had an excuse in case it went wrong (140-141)

6. So that was incredibly frustrating and did make me angry (261-262)

Appendix J: Contributory Themes

Participant	Themes	Line	Key Words
1	Creating Friendships	151-153	Very good friends
	Interaction	148	It's very social
	Wide appeal	313	A game for all ages
	Recognising a fellow player	301	Recognise straight away
	Virtual worlds becoming real	61	Only real game I ever played
	Novelty	76	How excited how I felt
	Strengthening relationships	71	Brought us closer
	Finding love	169	Find the love
	Happier	184	Makes me happy
	Boosting self-esteem	319	Changes in self-esteem
	Increased confidence	320	Much more confident
	Sense of achievement	159	Be extra quick
	Enjoyment	119	Really enjoy it
	Passing the time	233	Time wasting game
	Avoiding boredom	250	Certainly avoid things
	Becoming fitter	239	I lost 16 kg
	Exploration	291	Experience new places
	Nostalgia	65	Positive childhood memories
	Judgement	155	Look like morons
	Arguments	207	Gets very annoyed
	Boredom	126	It is tedious
	Technological issues	333	Drains your battery and your data
	Accidents	222	Cause the accident
	Interrupting work	248	Trouble at work
	Addiction	109	It's like an addiction
	Compulsion to play	250	Go to bed later now
2	Creating Friendships	88	Close friends
	Interaction	103	Talking to people
	Forums	253	Welcoming & inviting
	Group events	117 / 145	Form a team/100s of people
	Wide appeal	154	Anyone and everyone can play it, gender, age
	Novelty	182	It pops up and you run
	Strengthening relationships	215	Brought the family closer
	Finding love	213	Met girls, dated them
	Life changing	210	It changed my life
	Happier	208	Positive and happy

	Increased confidence	238	Connect with others
	Motivation	281	Motivation to go outside
	Avoiding boredom	221	Purpose not to be bored
	Becoming fitter	123	Became fitter
	Learning new information	198	Really inform you
	Exploration	189	Travelled to forests
	Nostalgia	205	Sentimental part is huge
	Judgement	258	Wanted to judge me
	Arguments	232	She might get mad at me
	Acceptance of self as nerdy	269	I am quite nerdy
		131	It can be boring
	Boredom	140	There has been an accident
	Accidents	133	Whilst I am at work
	Interrupting work		
	Creating Friendships	277	I did make some friendships
3	Interaction	136	Makes you interact
	Forums	70	Signed up to a forum…
	Group events	123	Created the group there
	Forming teams	120	Agree to become a team
	Wide appeal	216	A worldly event
	Recognising a fellow player	248	People said OMG Pokémon Go
		147	Feels like the real world
	Virtual worlds becoming real		
		84	Adrenaline rush
	Novelty	235	Helped me with my relationship with partner
	Strengthening relationships		
		161	PG is life changing
	Life changing	327	Happy and running
	Happier	315	Self-esteem positiveness
	Boosting self-esteem	188	Be themselves
	Confirming identity	314	Gained a confidence
	Increased confidence	197	The coolest areas
	Sense of achievement	86	Excitement and motivation
	Motivation	222	Fun and entertaining
	Enjoyment	80	4 or 5 hours a day
	Passing the time	182	Health benefits
	Becoming fitter	172	See landmarks and places
	Learning new information	196	Made him travel
	Exploration	71	When I was younger
	Nostalgia	334	A judgemental way
	Judgement	314	Feel a bit nerdy
	Acceptance of self as nerdy	351	Achieved level 30
		144	It can get boring
	Finishing the game	251	I did witness an accident
	Boredom	299	Must have been an addict
	Accidents	85	Felt a bit thrilled

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	Addiction		
	Compulsion to play		
	Creating Friendships	211-212	I made some serious friends
4	Interaction	146	Brings people together
	Forming teams	105	I picked my teams
	Wide appeal	388	Appeals to…a large audience
	Recognising a fellow player	120	I knew he was doing it
		94/232	In your own reality/line is quite blurred
	Virtual worlds becoming real	349-350	Enhanced friendships and relationships
	Strengthening relationships		
		238	Long-term relationship came out of it
	Finding love		
		394	Value to our life
	Life changing	376	Calmer and happier
	Happier	147	Boosts people's confidence
	Boosting self-esteem		
		196	You belong
	Confirming identity	329	More confident
	Increased confidence	308	The goals they set you
	Sense of achievement	315	All enjoy playing PG
	Enjoyment	311	Distracting yourself
	Avoiding boredom	372	Alleviates some stress
	Escapism/Destressing	155	How fit I became
	Becoming fitter	262	You learn a lot
	Learning new information	335	I went inside
	Exploration	92	The nostalgia
	Nostalgia	398	Easy to judge
	Judgement	96	It kept crashing
	Technological issues	292	Not concentrating on work
	Interrupting work	338	Can't really help yourself
	Compulsion to play		
	Creating Friendships	175	You become friends
5	Interaction	66	Very interactive
	Group events	140	Thousands of people
	Forming teams	141	Created a group
	Wide appeal	109	Together, despite what age we are
	Recognising a fellow player	101	Even recognised people
	Virtual worlds becoming real	107	Fits with the real world
		75	Promoted everywhere
	Novelty	144	Better connections. Really bonded
	Strengthening relationships		
		180	We fell in love

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	Finding love	190	Game opens windows
	Life changing	91	Happy and fun
	Happier	229	A lot cooler
	Boosting self-esteem	210	Part of a community
	Confirming identity	232	Lot better within myself
	Increased confidence	133	You kept going
	Motivation	88	Really fun
	Enjoyment	95	Walk in the park
	Passing the time	95	When I am bored
	Avoiding boredom	232	Definitely a lot fitter
	Becoming fitter	208	I became more intelligent
	Learning new information	123	With the travelling
	Exploration	236	From childhood
	Nostalgia	196	There was judgement
	Judgement	183	We broke up
	Arguments	94	Died down a little
	Boredom	82	My battery crashed
	Technological issues	160	Could have died
	Accidents	84	At work we used to play
	Interrupting work	131	Played extremely intensive
	Addiction	132	Always something to keep your interest
	Compulsion to play		
		147	Annoyed me
	Negative emotions		
	Creating Friendships	305	Building new friendships
6	Interaction	197	Being interactive
	Group events	302	All heading towards the same gym
	Forming teams	232	Bring people together
	Recognising a fellow player	301	You recognise people playing the game
	Virtual worlds becoming real	77	Creating realities
	Novelty	179	Satisfaction to collection
	Strengthening relationships	223	Having that bond
	Finding love	233	Meet the love of my life
	Life changing	176	Many aspects of my life
	Happier	374	A lot happier now
	Boosting self-esteem	246	Increase my self-esteem
	Confirming identity	204	To fit in more
	Increased confidence	360	A lot more confident
	Enjoyment	390	Enjoyed my time
	Avoiding boredom	212	Keeping me busy
	Becoming fitter	236	Became much fitter
	Learning new information	234	Getting to know
	Nostalgia	75	Games as a child
		349	Other people's judgement

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Judgement	348	Guy as a bit of a nerd
Acceptance of self as nerdy	163	That's a little boring
	261	Problems with the app crashing
Boredom	213	Did attend work late
Technological issues	156	Incredibly addictive
Interrupting work	146	There was this compulsiveness
Addiction	262	Incredibly frustrating
Compulsion to play		
Compulsion to play		

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Appendix K: Application Form for Ethical Approval

UNIVERSITY OF EAST LONDON
School of Psychology

APPLICATION FOR RESEARCH ETHICS APPROVAL

FOR RESEARCH INVOLVING HUMAN PARTICIPANTS

FOR PROFESSIONAL DOCTORATE RESEARCH IN CLINICAL, COUNSELLING & EDUCATIONAL PSYCHOLOGY

Before completing this application please familiarise yourself with:

The *Code of Human Research Ethics (2014)* published by the British Psychological Society (BPS). This can be found in the Ethics folder in the Psychology Noticeboard (Moodle) and also on the BPS website http://www.bps.org.uk/system/files/Public%20files/code_of_human_research_ethics_dec_2014_inf180_web.pdf

And please also see the UEL Code of Practice for Research Ethics (2015) http://www.uel.ac.uk/gradschool/ethics/

 HOW TO COMPLETE & SUBMIT THIS APPLICATION

1. Complete this application form electronically, fully and accurately.

2. Type your name in the 'student's signature' section (5.1).

3. Include copies of all necessary attachments in the **ONE DOCUMENT** SAVED AS **.doc** (See page 2)

4. Email your supervisor the completed application and all attachments as **ONE DOCUMENT**. INDICATE 'ETHICS SUBMISSION' IN THE SUBJECT FIELD OF THIS EMAIL so your supervisor can readily identity its content. Your supervisor will then look over your application.

5. When your application demonstrates sound ethical protocol your supervisor will type in his/her name in the 'supervisor's signature' section (5.2) and submit your application for review (psychology.ethics@uel.ac.uk). You should be copied into this email so that you know your application has been submitted. It is the responsibility of students to check this.

6. Your supervisor should let you know the outcome of your application. Recruitment and data collection are **NOT** to commence until your ethics application has been approved, along with other research ethics approvals that may be necessary (See 4.1)

ATTACHMENTS YOU MUST ATTACH TO THIS APPLICATION

1. A copy of the invitation letter that you intend giving to potential participants.
2. A copy of the consent form that you intend giving to participants.
3. A copy of the debrief letter you intend to give participants (see 23 below)

OTHER ATTACHMENTS (AS APPROPRIATE)

-   A copy of original and/or pre-existing questionnaire(s) and test(s) you intend to use.

-   Example of the kinds of interview questions you intend to ask participants.

Disclosure and Barring Service (DBS) certificates:

-   **FOR PROFESSIONAL DOCTORATE STUDENTS WHOSE RESEARCH INVOLVES VULNERABLE PARTICIPANTS:** DBS clearance is necessary if your research involves young people (anyone under 16 years of age) or vulnerable adults (see 4.2 for a broad definition of this). The DBS check that was done, or verified, when you registered for your programme is sufficient and you will <u>not</u> have to apply for another in order to conduct research with vulnerable populations.

Your details

Your name:

Sandra Amelie Rasqui

Your supervisor's name:

Virginia Lam

Title of your programme: (e.g. BSc Psychology)

Doctorate in Counselling Psychology (DPsych)

Title of your proposed research: (This can be a working title)

The Impact of Virtual Gaming on Self-Esteem and Social Lives as Experienced by Gamers: The Case of Pokémon Go

Submission date for your Doctorate research: 30th of June 2018

Please tick if your application includes a copy of a DBS certificate

Please tick if you need to submit a DBS certificate with this application
but have emailed a copy to Dr Mary Spiller for confidentiality reasons (Chair of
the School Research Ethics Committee) (m.j.spiller@uel.ac.uk)

Please tick to confirm that you have read and understood the British Psychological
Society's Code of Human Research Ethics (2014) and the UEL Code of Practice
for Research Ethics (See links on page 1)

√

2. About the research

The aim(s) of your research:
This research aims to investigate the impact that playing Pokémon Go has on
players' social life (including their social skills, relationships and motivation to
socialise) and self-esteem. Given the newness and uniqueness of this game, this
study also aims to uncover any maladaptive cognitions as a result of excessive
playing and to explore the lived experiences of players of Pokémon Go in relation
to social lives and self-esteem. Finally, this research study aims to compare the
pattern and impact of Pokémon Go play with other virtual games, with respect to
potentially identifying excessive play of Pokémon Go as part of the group of
Internet Gaming Disorder (IGD), like excessive play of other virtual and online
games.

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Likely duration of the data collection from intended starting to finishing date:
Starting   from: 01/3/2017
Finishing date: 01/09/2017

Methods

Design of the research:
(Type of design, variables etc. If the research is qualitative what approach will be used?)

A mixed-methods approach is proposed. Quantitative data will first be gathered via online questionnaires administered through Qualtrics to participants aged 18 years and above. The proposed design is correlational, exploring the relationships between proportion of time spent playing Pokémon Go and other gaming with psychological outcomes including quality of (social) life and self-esteem measures. To fully explore the perceived impact that Pokémon Go may have had on players' lives, with a focus on their social lives and self-esteem, open-ended questions will also be incorporated in the questionnaires. Themes will be identified using the thematic analysis and will help towards confirming and specifying the selection criteria for appropriate participants be recruited for the qualitative study/second part of research.

For the qualitative study, the proposed design will involve semi-structured interviews as the data collection method (per programme requirement for the Doctorate research). These will include open-ended questions to get to the heart of players' experiences in terms of self-esteem and social life in relation to their game play, in particular Pokémon Go. Interview transcripts will be analysed using IPA to highlight salient themes. The two data sets will be compared, and comparisons will also be drawn with secondary data from other studies done with players of other online games.

12. The sample/participants:
(Proposed number of participants, method of recruitment, specific characteristics of the sample such as age range, gender and ethnicity - whatever is relevant to your research) –

The first part's aim is to gather at least 150 completed datapoints via an anonymous online survey. The survey sample would be recruited online through the preferred interface that the target population visit or frequent including Pokémon   Go   gaming   forums   (e.g.,   'Neoseeker'
http://www.neoseeker.com/forums/90031/;   and   Pokémon   Go,
https://pokemongoforums.uk/). The criteria to take part include that the user is a regular Pokémon Go player (the survey will also establish how much time they spend playing per week) and be aged 18 years or over. Interested participants would be able to take part in the online survey accessible via a link, which would

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be administered via the specialist site Qualtrics, where UEL Psychology has a dedicated licenced site (https://uelpsych.eu.qualtrics.com) for staff and students to use.

After completing the questionnaire, after the debriefing statement on the debriefing webpage, survey participants will be invited to volunteer for further in-depth research by contacting the researcher via her email address.

A sample of 8 participants – 4 males and 4 females – will then be selected from those that volunteer to be interviewed. This equal-gender composition will help to explore how (if there are gender differences in game play and psychological variables under investigation in the survey) any gender differences in game play and its impact on the players may arise and how the two groups may experience those differently. Also, more male gamers have been investigated in this domain, a pattern that this exploratory investigation will attempt to redress through the inclusion of equal numbers of female and male Pokémon Go players.

Due to logistics and safety and ethics (see below), interviews will be conducted at designated interview rooms at the University of East London, or via an online platform (such as Skype) if the participant is unwilling or unable to travel. This means that the interviewee sample are likely to come from within Greater London or Home Counties.

13. Measures, materials or equipment:

(Give details about what will be used during the course of the research. For example, equipment, a questionnaire, a particular psychological test or tests, an interview schedule or other stimuli such as visual material. See note on page 2 about attaching copies of questionnaires and tests to this application. If you are using an interview schedule for qualitative research attach example questions that you plan to ask your participants to this application)

The materials will include:

A 4-part questionnaire, built and distributed via the online survey system Qualtrics;

A semi-structured schedule for the 8 individual interviews

The 4-part questionnaire will be organised as follows:

Demographic information (gender, sexual orientation, age, ethnicity, marital status, (any) dependents, employment status, occupation, educational level, geographic location, time spent playing Pokemon go and other games per week) and some brief 5-point Likert-scale statements regarding playing behaviour);

Rosenberg's (1965) self-esteem scale (SES), measuring participants' current levels of global SE and those of one year ago retrospectively (SE before Pokemon go play);

Quality of social life (adapted from the Qualify of Life scale; Power, 2004)

Open-ended questions regarding the participants' views on how playing Pokémon Go may have affected their social lives and self-esteem (as preliminary themes added to the second part of the research)   [See Appendix A for proposed questionnaire.]

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The basic direction of the interviews will follow that of the schedule (see Appendix B), yet with some flexibility depending on the survey participants' responses, which may necessitate prompts and follow-up questions. An audio-recording device will record the interviews, and the online application Skype on a laptop/computer will be installed for any online interviews.

Sources: Power, M. J. (2004). Quality of life. In S. J. Lopez & C. R. Synder (Eds.), *Positive psychological assessment: A handbook of models and measures* (pp. 427-439). Washington, DC: American Psychological Association.
Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton: Princeton U Press.

14. If you are using copyrighted/pre-validated questionnaires, tests or other stimuli that you have not written or made yourself, are these questionnaires and tests suitable for the age group of your participants?
[YES]

15. Outline the data collection procedure involved in your research:
(Describe what will be involved in data collection. For example, what will participants be asked to do, where, and for how long?)

The link to the anonymous online survey on Qualtrics will be posted on the Pokémon Go gaming forums with a brief description of the research, its aims and purposes, and selection criteria. After the initial information webpage on Qualtrics, each participant will be required to read a consent webpage and click the consent statement to show that they understand the proposed research and participation and click to confirm that they are 18 years or above. They will also be asked to enter a number memorable to them in case of withdrawal of data after participation. The questionnaire that follows should take about 15 minutes to complete. After that the debriefing page will give further details about the study, thank the participant and provide them with the researcher's email address to contact should they have concerns or questions. Participants are also invited to contact the researcher with the information about the next part of the research involving one-to-one interviewing.
Participants that volunteer to be interviewed will be selected based on gender and purposive sampling to reflect the results of the survey. For instance, if it is found that Pokémon Go has had a negative effect on social life and self-esteem, then more of the interview participants will be selected to reflect this view so as to generate a deeper exploration of why this might be the case, and how each participant experiences this.

Selected participants will be responded to via email thanking them for their interest and to arrange a suitable interview time. Ideally interviews will be conducted face-to-face in a room at the University of East London, but where this is not possible Skype will be used instead. Participants will be briefed again prior to the interview, and will be asked to sign a consent form for the interview and the use of recording and data. When the participant has done so, and has settled in the

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interview room (or at home on Skype), interviews will commence, lasting approximately 60 minutes. Interviews will be recorded to create a verbatim transcript of the participants' views as they explore the topic of virtual gaming, Pokémon Go, social life, and self-esteem.

3. Ethical considerations

Please describe how each of the ethical considerations below will be addressed:

16. Fully informing participants about the research (and parents/guardians if necessary): Would the participant information letter be written in a style appropriate for children and young people, if necessary?

Information about the study will be found in the online advertisement posted to the forums to invite participation in the survey, as well as forming the first part (see Appendix C for information webpage), prior to any information being obtained about participants. Moreover, participants will be debriefed at the end of the questionnaire, and the researcher's email address will be provided should they require any further information.

An invitation letter for the interviewees (see Appendix D) will be emailed to each about the purpose of the interviews and the procedure involved prior to meeting them. It will also explain their rights (as stated below) with the consent so interviewees can consider all issues prior to the interview. As with the survey, all interviewees will be over the age of 18 years.

17. Obtaining fully informed consent from participants (and from parents/guardians if necessary): Would the consent form be written in a style appropriate for children and young people, if necessary? Do you need a consent form for both young people and their parents/guardians?

Participants of the questionnaire will be asked to read information about the study, and then on the consent webpage (see Appendix E) click a statement stating that they have read and understood the information provided, as a marker of their consent to participate in the study, and for their data to be used in the study, prior to completing the questionnaire. They will also be asked to click an age disclaimer to indicate that they are aged 18 years or over.

Those participants selected for interview will be reminded of the nature of the study and what the interview entails, and sent the consent form (see Appendix F) prior to the interview. When arriving for interview, again information will be provided to the participant about the study, and consent forms will be signed and received before the interview begins.

18. Engaging in deception, if relevant:

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(What will participants be told about the nature of the research? The amount of any information withheld and the delay in disclosing the withheld information should be kept to an absolute minimum.)

No active deception will be used. Participants will be told about the purpose of the study and nature of the participation from the outset. However, to reduce demand characteristics, exact hypotheses will not be disclosed until debriefing following the online survey.

19. Right of withdrawal:
(In this section, and in your participant invitation letter, make it clear to participants that 'withdrawal' will involve deciding not to participate in your research and the opportunity to have the data they have supplied destroyed on request. This can be up to a specified time, i.e. not after you have begun your analysis. Speak to your supervisor if necessary.)

All survey participants will be informed by the information page about the right to withdraw, which they may do by aborting the online survey, or if they wish to withdraw their data after participation, by contacting the researcher with their memorable number to withdraw data. For the interviewees, they will be told in writing in the invitation letter, and reminded verbally before the interview, about their right of withdrawal (which will state that participants can 'stop or finish at any time') during participation without judgement or question. Participants will also be advised that even after participation, data can be withdrawn up to the point of the analysis section being written up (end of July 2017) by contacting the researcher, without having to give a reason.

20. Anonymity & confidentiality: (Please answer the following questions)

20.1. Will the data be gathered anonymously?
(i.e. this is where you will not know the names and contact details of your participants? In qualitative research, data is usually not collected anonymously because you will know the names and contact details of your participants)

NO [for the interviews]

21. If NO what steps will be taken to ensure confidentiality and protect the identity of participants?
(How will the names and contact details of participants be stored and who will have access? Will real names and identifying references be omitted from the reporting of data and transcripts etc? What will happen to the data after the study is over? Usually names and contact details will be destroyed after data collection but if there is a possibility of you developing your research (for publication, for example) you may not want to destroy all data at the end of the study. If not destroying your data at the end of the study, what will be kept, how, and for how long? Make this clear in this section and in your participant invitation letter also.)

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Each participant will still be asked to provide a memorable number to them (as participant number) so that no name needs to be given, but just the number, to retrieve data, should they want their interview data to be withdrawn, as interview audio-recordings will be erased after they are transcribed. Consent forms containing signatures will be stored separately and securely (locked) away from the rest of the data. All transcribed interviews will be kept in a password-protected computer for up the three years in case a publication should emerge.

22. Protection of participants:
(Are there any potential hazards to participants or any risk of accident of injury to them? What is the nature of these hazards or risks? How will the safety and well-being of participants be ensured? What contact details of an appropriate support organisation or agency will be made available to participants in your debrief sheet, particularly if the research is of a sensitive nature or potentially distressing?)

There is no known hazard or potential risk to the participant. Only standardised, validated (or adaptations of) scales are used for the questionnaire. During the interview, if strong emotions or feelings emerge such as unease, discomfort or fatigue from any participant, the researcher will suggest pausing or terminating their participation. The researcher will continually check for signs during the interviews of any unease or discomfort about questions asked during interviews and, if necessary, may advise participant to omit certain questions, and if there are questions that cause confusion or concern will omit these from future interviews.

Furthermore, contact details of appropriate support organisations or agencies will be given to participants within the debrief statement at the end of the survey and the end of the interview (see debriefing).

N.B: If you have serious concerns about the safety of a participant, or others, during the course of your research see your supervisor before breaching confidentiality.

23. Protection of the researcher:
(Will you be knowingly exposed to any health and safety risks? If equipment is being used is there any risk of accident or injury to you? If interviewing participants in their homes will a third party be told of place and time and when you have left a participant's house?

The survey presents no physical risk to the researcher as it will be administered online. There may be a small risk of participants misusing the researcher's email address provided at the end. This risk, however, should be minimal, and apart from the address and name, no other personal details about the researcher will be disclosed. It is proposed that a dedicated email address be created for this study and the account be closed down once the study is submitted.

The semi-structured interviews will be carried out at the University of East London in one of the confidential interview rooms in AE. Days and times will be set in advance, and supervisor and next of kin will be informed. Interviews conducted via Skype will still be held in an interview room, using a specially created Skype account name for the research.

24. Debriefing participants:
(Will participants be informed about the true nature of the research if they are not told beforehand? Will participants be given time at the end of the data collection task to ask you questions or raise concerns? Will they be re-assured about what will happen to their data? Please attach to this application your debrief sheet thanking participants for their participation, reminding them about what will happen to their data, and that includes the name and contact details of an appropriate support organisation for participants to contact should they experience any distress or concern as a result of participating in your research.)

All participants will be debriefed at the end of their participation about the full nature of the research. Participants will also be reminded of their rights including that of withdrawing their data (and how to do so). Questions can also be asked and comments can be made to the dedicated email address.

Contact details of appropriate support organisations or agencies will be given to participants within the debrief statement at the end of the survey (see Appendix G), and at the end of the interview (see Appendix H).

25. Will participants be paid? No

26. Other:
(Is there anything else the reviewer of this application needs to know to make a properly informed assessment?)
N/A

4. Other permissions and ethical clearances

27. Is permission required from an external institution/organisation (e.g. a school, charity, local authority)?
[NO]

28. Is ethical clearance required from any other ethics committee?
[NO]

29. Will your research involve working with children or vulnerable adults?*
[NO]

* You are required to have DBS clearance if your participant group involves (1) children and young people who are 16 years of age or under, and (2) 'vulnerable'

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people aged 16 and over with psychiatric illnesses, people who receive domestic care, elderly people (particularly those in nursing homes), people in palliative care, and people living in institutions and sheltered accommodation, for example. Vulnerable people are understood to be persons who are not necessarily able to freely consent to participating in your research, or who may find it difficult to withhold consent. If in doubt about the extent of the vulnerability of your intended participant group, speak to your supervisor. Methods that maximise the understanding and ability of vulnerable people to give consent should be used whenever possible. For more information about ethical research involving children see www.uel.ac.uk/gradschool/ethics/involving-children/

30. Will you be collecting data overseas?   [NO]

5. Signatures

Declaration by student:

I confirm that I have discussed the ethics and feasibility of this research proposal with my supervisor.

Student's name: Miss Sandra Amelie Rasqui

Student's number: U1514972   Date: 24/2/2017

Declaration by supervisor:

I confirm that, in my opinion, the proposed study constitutes a suitable test of the research question and is both feasible and ethical.

Supervisor's name: Virginia Lam   Date: 24/2/2017

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Appendix L: Decision Letter for Ethical Approval

School of Psychology Research Ethics Committee

NOTICE OF ETHICS REVIEW DECISION

For research involving human participants

BSc/MSc/MA/Professional Doctorates

REVIEWER: Dr Libby Watson

SUPERVISOR: Dr Virginia Lam

COURSE: Doctorate in Counselling Psychology

STUDENT: Sandra Amelie Rasqui

TITLE OF PROPOSED STUDY: The Impact of Virtual Gaming on Self-Esteem and Social Life as Experienced by Gamers: The Case of Pokémon Go

DECISION OPTIONS:

APPROVED: Ethics approval for the above named research study has been granted from the date of approval (see end of this notice) to the date it is submitted for assessment/examination.

APPROVED, BUT MINOR AMENDMENTS ARE REQUIRED <u>BEFORE</u> THE RESEARCH COMMENCES (see Minor Amendments box below)**:** In this circumstance, re-submission of an ethics application is <u>not</u> required but the student must confirm with their supervisor that all minor amendments have been made <u>before</u> the research commences. Students are to do this by filling in the confirmation box below when all amendments have been attended to and emailing a copy of this decision notice to her/his supervisor for their records. The supervisor will then forward the student's confirmation to the School for its records.

NOT APPROVED, MAJOR AMENDMENTS AND RE-SUBMISSION REQUIRED (see Major Amendments box below)**:** In this circumstance, a revised ethics application must be submitted and approved before any research takes

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place. The revised application will be reviewed by the same reviewer. If in doubt, students should ask their supervisor for support in revising their ethics application.

<mark>DECISION ON THE ABOVE-NAMED PROPOSED RESEARCH STUDY</mark>
(Please indicate the decision according to one of the 3 options above)

<mark>APPROVED</mark>

Minor amendments required *(for reviewer)*:

Major amendments required *(for reviewer):*

ASSESSMENT OF RISK TO RESEARCHER *(for reviewer)*

If the proposed research could expose the <u>researcher</u> to any of kind of emotional, physical or health and safety hazard? Please rate the degree of risk:

☐ <mark>H</mark>

☐ <mark>DIUM</mark>

☐ <mark>/</mark>

<mark>Reviewer comments in relation to researcher risk (if any):</mark>

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Reviewer (Typed name to act as signature):

Date:

This reviewer has assessed the ethics application for the named research study on behalf of the School of Psychology Research Ethics Committee

Confirmation of making the above minor amendments *(for students)*:

I have noted and made all the required minor amendments, as stated above, before starting my research and collecting data.

Student's name (Typed name to act as signature):
Student number:

Date:

(Please submit a copy of this decision letter to your supervisor with this box completed, if minor amendments to your ethics application are required)

PLEASE NOTE:

*For the researcher and participants involved in the above named study to be covered by UEL's insurance and indemnity policy, prior ethics approval from the School of Psychology (acting on behalf of the UEL Research Ethics Committee), and confirmation from students where minor amendments were required, must be obtained before any research takes place.

*For the researcher and participants involved in the above named study to be covered by UEL's insurance and indemnity policy, travel approval from UEL (not the School of Psychology) must be gained if a researcher intends to travel overseas to collect data, even if this involves the researcher travelling to his/her home country to conduct the research. Application details can be found here: http://www.uel.ac.uk/gradschool/ethics/fieldwork/

Appendix M: Themes from Responses to 'Why do you play Pokémon Go'

Theme	Definition/Explanation of Theme	Number of responses	Demographic details		Examples/Quotes
Wellbeing and health	Increasing exercise, enjoyment, relaxation and embracing the great outdoors.	34	Location UK	25	… It was also a good tool to promote physical activity and walking but making it fun at the same time (Female)
			Location Abroad	9	
			Single	15	
			Married	9	Helps to relax (Male)
			Cohabiting	10	
					It encourages me to get outside

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					more	(Male)

Passing the time	Alleviating boredom and passing the time when it doesn't seem like there is anything else to do – especially when travelling.	16	Location UK	12	It's good fun, especially on a long bus journey (Male)
			Location Abroad	4	
					To pass time (Female)
			Single	13	
			Married	1	Kill time while travelling and for
			Cohabiting	2	excitement (Female)

Connection to past/childhood	Re-emerging feelings of nostalgia,	10	Location UK	5	I played Pokémon when it first
			Location Abroad	3	

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memories	innocence and fantasy rooted in childhood experiences.		No Answer	2	came out on the Gameboy (Male)	
			Single	6	Because it reminds me of good memories that I have from my childhood. My brother and I were a huge fan of the show and playing the game still brings us back together (Female)	
			Married	2		
			Cohabiting	2		
					It reminds me of being a child and having a good time (Male)	
Socialisation	Playing with others for	8	Location UK	7	I played it in order to be able to go	

	romantic or platonic social engagement, to strengthen friendships and take the pressure off face-to-face communication.		Location Abroad	1	on a date with someone which was based on the premise that we would play the game together (Male)
			Single	4	
			Married	2	
			Cohabiting	2	It's social, fun and I like Pokémon (Female) Me and my friends play it together (Male)
Game concepts	Engaging with the augmented reality and the novelty of the	6	Location UK	4	…The concept of the game was very appealing to me (Male)
			Location Abroad	2	

	game design.		Single	5	
			Married	0	Because it was trendy (Female)
			Cohabiting	1	
					Enjoy the Pokémon franchise (Male)
Impulsivity	Addiction and habit, compulsive behaviour, not being able to stop.	4	Location UK	1	I feel addicted (Male)
			Location Abroad	2	
			No Response	1	
			Single	2	Addiction, [to] pass time on way to work and at lunch, determination to collect them all and get stronger, always loved Pokémon (Male)
			Married	0	

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Cohabiting	1		
No response	1	It's addictive (Male)	

Appendix N: Themes from Responses to 'How do you enjoy playing Pokémon Go'

Theme	Definition/ Explanation of Theme	No. of responses	Demographic details		Examples/Quotes
Distraction	Being able to switch off from their usual routine, giving them motivation to continue living.	8	Location UK	4	Only thing in life keeping me going (Male)
			Location Abroad	4	
			Single	4	It gives me something to do when I want to take my mind off other things (Female)
			Married	2	
			Cohabiting	1	
			No Response	1	

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					[I play] on the way to and from work (Male)
Active entertainment	Gaining enjoyment and a sense of adventure, which tended to happen outdoors, even when completing mundane, everyday journeys and tasks	15	Location UK	9	Walking around discovering new places in London (Female)
			Location Abroad	6	
			Single	7	I walk from the office to work so I use that time to play (Male)
			Married	2	
			Cohabiting	6	
					I play when walking my dogs, doing the shopping and visiting places. I love collecting all the Pokémon, meeting

					others players in town for raids and battling gyms (Female)
					It's kind of funny to walk around looking for something that doesn't actually exist (Female)
Connection	Connecting with friends and relatives that could build on relationships and socialise whilst having fun playing; bringing people together	14	Location UK	11	With friends at parks or nightlife oriented stress (Male)
			Location Abroad	2	
			No Response	1	
			Single	9	…Sometimes with my partner/friend/sister-in law. Meet up
			Married	2	with local players for rains and drinking

			Cohabiting	3	during events (Female)
					It's fun walking with the children 'hunting' for Pokémon (Female)
Challenge and Competition	Playing for other people's benefit, to compete against others	11	Location UK	4	I didn't really enjoy it. I played it to
			Location Abroad	7	compete with my mum (Female)
			Single	8	With the children hunting around the
			Married	1	parks (Female)
			Cohabiting	2	I like completing the pokedex and getting all the creatures (Female)

Personal enjoyment	Gaining personal satisfaction and private enjoyment from playing PG	6	Location UK	3	Collecting the new Pokémon (Female)
			Location Abroad	2	
			No Response	1	
					Enjoy it a lot (Male)
			Single	3	
			Married	1	Casually and on my own (Female)
			Cohabiting	2	

Appendix O: Themes from responses to 'Has Pokémon Go enhanced your life'

Theme	Definition/Explanation of Theme	No. of responses	Demographic details		Examples/Quotes
Enhanced self-concept	Participants who have found that they feel more confident and better within themselves since playing PG.	4	Location UK	3	Yes, more confident talking to strangers and it got me out of a depression and enable me to reconnect with some of my friends to go outside and play (Female)
			Location Abroad	1	
			Single	2	
			Married	0	
			Cohabiting	2	You feel good about yourself when you catch a character (Female)

			Yes it's helping me get over my social anxiety and talking to other people (Male)
Enhanced wellbeing	Positive changes in fitness and wellbeing, reductions in anxiety and depression, leading to greater overall mental health. 17	Location UK 8 Location Abroad 7 Single 9 Married 3 Cohabiting 5	More physically active (Male) Sure increased exercise and has provided entertainment (Male) It encourages you to go outside (Female)

Sense of belonging	Participants feel a sense of belonging and community from playing PG.	3	Location UK	2	I felt cool by playing a new game (Female)
			Location Abroad	1	
			Single	2	It gave me the opportunity to have something more in common with my brother [who loves online games] and with my cousins living in different cities (Female)
			Married		
			Cohabiting	1	
					It has made me active in my community. I am now friends with the few hundred people in my raid group, who encouraged me to run for local office. With their votes,

					I became local mayor (Female)
Opportunity for relationships or friendships	Pokémon Go has opened up doors for players to meet and for friendships to be built and strengthened.	14	Location UK	7	I've met several new friends/people,
			Location Abroad	6	socialised over PG (Female)
			No Response	1	
			Single	8	Massively, I went on that date, and my life has been significantly enhanced by the
			Married	2	person who I went on a date with (Male)
			Cohabiting	3	
			No Response	1	[I now have] more friends (Male)
Enhanced	This theme summarises		Location UK	6	Visited parts of the country/world whilst

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social life	how PG players have been more socially active or exploratory and/or had more social activities or gatherings, as PG aids socialising or exploring.	7	Location	Abroad	playing PG (Male)
			No Response	1	
					Somewhat, has given a reason for social meeting (Female)
			Single	5	
			Married	1	I have met local people I wouldn't have met otherwise. Been invited to join the local discord group so can coordinate raids and also chat (Female)
			Cohabiting	1	

Appendix P: Themes from responses to 'Have you had negative experiences playing Pokémon Go'

Theme	Definition/Explanation	No. of responses	Demographic details		Examples/Quotes
Wasting time	Feeling as though life is passing by and participants have spent too much time on PG, leading to regret.	2	Location UK	2	Just end up spending too much time playing (Female)
			Single	1	
			Cohabiting	1	[I] walked slowly (Female)
Negative	Feelings of		Location UK	2	The disappointment when not catching a

Emotions	disappointment, anxiety and frustration when not doing well in the game, or prevented playing the game.	6	Location Abroad	4	rare Pokémon and fatigue (Female)
			Single	5	It does sometimes cause me anxiety (Male)
			Married	1	
					… frustration and stress due to this (Male)
Reduction in social interactions	Relationships suffering due to playing PG, generating isolation, rivalry, and bitterness with or from others.	5	Location UK	4	Less sociable (Female)
			Location Abroad	1	
			Single	3	I play to best of my ability and this creates negativity from rival players/teams (Male)
			Married	1	

			Cohabiting	1	Girlfriend beats me physically and repeatable (Female)
Physical Hazards	PG contributes to multiple physical hazards when participants experienced or were faced with dangerous situations as a result of playing the game.	9	Location UK	7	Walked into a door and bruised my head trying to find a Pokémon (Female)
			Location Abroad	2	
			Single	2	Yes when the was too many Pokémon in one spot and the area got very busy (Female)
			Married	4	
			Cohabiting	3	I was distracted playing while driving and collided the car. I didn't cause the accident but I could have avoided it (Male)

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Receiving (online and offline) negative behaviours	The negative abuse and bullying experienced by participants from other PG players or onlookers.	4	Location UK	1	Only the comments of others about why adults would still be playing that game, but it doesn't bother me, you like what you like (Female)
			Location Abroad	2	
			No Response	1	
			Single	1	
			Cohabiting	3	People making fun of you in the streets (Male)
					A Polish player in our group was verbally threatened and racially harassed online (Female)

Technical issues	The technical issues with the app such as bugs in the system) or mobile phone when playing the game that causes frustration and irritation.	9	Location UK	3	It was only in relation to the game itself glitching and my phone battery constantly dying, But personally, no-nothing negative (Male)
			Location Abroad	6	
			Single	8	
			Married	1	
					Only from people cheating using GPS enhancers to say they are out playing but are at home on their phones (Female)
					Some bugs are annoying but its just a game so I try not to worry so much (Male)

Appendix Q: Themes from Responses to 'Have there been changes in how you see yourself since Playing PG'

Theme	Definition/Explanation	No. of responses	Sample Details		Examples/Quotes
Improved health and wellbeing	Feeling happier, healthier, less stressed, and more connected with nature and other people; more get-up-and-go, and better general overall mood as a result of playing Pokémon Go	9	Location UK	4	[I am] more active, less anxious, go outside more, more friendly, less depression (Female)
			Location Abroad	4	
			No Response	1	
			Single	3	I already used to walk a lot, but now even more than before. I spend more time outdoors specially on weekends and it has encouraged me to try to explore some new places around my city (Male)
			Married	2	
			Cohabiting	4	

					The game helps me to relax and keeps me distracted from thinking 24/7 about work and daily routine problems (Female)

Increased self-esteem	Feeling 'more confident' in themselves or 'determined', less shy around others, valuing their contributions more.	10	Location UK	7	I see myself more social then before (Female)
			Location Abroad	3	
					I feel very confident (Male)
			Single	4	
			Married	4	I am more comfortable talking to strangers (Male)
			Cohabiting	2	

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I am a lot happier as a result of meeting the person who I went on a date with; I feel more confident in myself, and far more optimistic about the future (Male)

… I have found that it has helped me connect with the PG community and helped me feel like I have friends out there, and that I can put my shoes on and might meet someone new! I also think that I am confident about my own abilities to catch Pokémon and that I get a sense of self-worth from this (Female)

Negative changes	Some described negative changes in themselves since playing PG, becoming less sociable and engaging in risky behaviours.	7	Location UK	4	I use my phone more than I usually would (Female)
			Location Abroad	2	
			No Answer	1	
					Less sociable (Female)
			Single	5	
			Married	1	
					I don't look where I'm walking anymore (Male)
			No Response	1	
No change	Some suggested there had been no change at all in their lives or to	4	Location UK	3	I haven't seen any changes (Male)
			Location Abroad	1	

the self as a result of playing PG			The changes in my life are not due to Pokémon Go (Female)
	Single	2	
	Cohabiting	2	No Changes (Male)

Split-Groups ⇒ Females ⇒ Males

Between-subjects/ independent t-tests were performed/conducted comparing groups levels (such as) gender, race, relationship status, sexual orientation, dependents & employment status) on gaming pattern, perceived impact of play, and psychological variables of SE & QoL.

One gender difference was found on how long they had played PG, t (96) = 2.34, p = .022 (2 tailed) sig. diff.

Male gamers on average (M = 13.85, SD = 3.45, N = 41) played for about 2 months longer than female gamers (M = 11.78, SD = 5.39, N = 58).

Average → M/F

All sig. values to be ÷ 2 (1-tailed)

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has a negative impact on my social relationships: (please click one)	assumed		
	Equal variances not assumed	-1.428	92.986

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.502	-.109	.162	-.430
	Equal variances not assumed	.496	-.109	.159	-.425
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.093	.290	.171	-.049
	Equal variances not assumed	.099	.290	.174	-.056
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.167	-.228	.164	-.553
	Equal variances not assumed	.157	-.228	.160	-.545

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.212
	Equal variances not assumed	.207
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.629
	Equal variances not assumed	.635
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.097
	Equal variances not assumed	.089

T-Test

Notes

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	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
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Resources	Processor Time	00:00:00.00
	Elapsed Time	00:00:00.00

Group Statistics

	What is your Gender? - Selected Choice	N	Mean	Std. Deviation	Std. Error Mean
feel that I play other online games too much: (please click one)	Male	41	1.76	.830	.130
	Female	57	1.72	.796	.105
Playing other online	Male	40	2.05	.876	.138

Playing other online games has a negative impact on my social relationships: (please click one)	Male	40	1.95	.846	.134
	Female	56	1.86	.819	.109

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
I feel that I play other online games too much: (please click one)	Equal variances assumed	.052	.820	.222	96
	Equal variances not assumed			.220	84.146
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	3.583	.061	1.008	94
	Equal variances not assumed			.961	68.377
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.285	.595	.540	94
	Equal variances not assumed			.537	82.469

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
I feel that I play other online games too much: (please click one)	Equal variances assumed	.825	.037	.166	-.293
	Equal variances not assumed	.826	.037	.167	-.296
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.316	.157	.156	-.152
	Equal variances not assumed	.340	.157	.164	-.169
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.590	.093	.172	-.248
	Equal variances not assumed	.592	.093	.173	-.251

No Sig
F/M

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
I feel that I play other online games too much: (please click one)	Equal variances assumed	.366
	Equal variances not assumed	.369
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.467
	Equal variances not assumed	.483
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.434
	Equal variances not assumed	.437

T-Test

Notes

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Syntax		are based on the cases with no missing or out-of-range data for any variable in the analysis. T-TEST GROUPS=Gender(1 2) /MISSING=ANALYSIS /VARIABLES=Self_esteem _current Self_esteem_last_year Life_sat_current Life_Sat_last_year /CRITERIA=CI(.95).
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Group Statistics

	What is your Gender? - Selected Choice	N	Mean	Std. Deviation	Std. Error Mean
Self_esteem_current	Male	39	28.77	8.508	1.362
	Female	56	29.22	5.852	.768
Self_esteem_last_yea	Male	41	29.12	7.698	1.202
	Female	58	28.29	5.816	.764
Life_sat_current	Male	40	20.28	8.956	1.416
	Female	55	21.51	7.126	.961
Life_Sat_last_year	Male	40	21.9000	8.59577	1.35911
	Female	55	19.9818	8.44479	1.13870

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
Self_esteem_curre nt	Equal variances assumed	8.495	.004	-.312	95	.756
	Equal variances not assumed			-.291	61.849	.772
Self_esteem_last_y ear	Equal variances assumed	2.925	.090	.610	97	.543
	Equal variances not assumed			.582	70.713	.562
Life_sat_current	Equal variances assumed	4.925	.029	-.748	93	.457
	Equal variances not assumed			-.721	72.135	.473
Life_Sat_last_year	Equal variances assumed	.040	.842	1.085	93	.281
	Equal variances not assumed			1.082	83.319	.282

Independent Samples Test

		t-test for Equality of Means		95% Confidence Interval of the Difference	
		Mean Difference	Std. Error Difference	Lower	Upper
Self_esteem_current	Equal variances assumed	-.455	1.457	-3.347	2.438
	Equal variances not assumed	-.455	1.564	-3.582	2.672
Self_esteem_last_y ear	Equal variances assumed	.829	1.358	-1.867	3.525
	Equal variances not assumed	.829	1.424	-2.011	3.669
Life_sat_current	Equal variances assumed	-1.234	1.651	-4.512	2.044
	Equal variances not assumed	-1.234	1.711	-4.645	2.177
Life_Sat_last_year	Equal variances assumed	1.91818	1.76507	-1.59286	5.42922
	Equal variances not assumed	1.91818	1.77308	-1.60820	5.44456

(handwritten) Smaller than .05

(handwritten) NO. Sig. M/F

T-Test

Notes

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ntax		T-TEST GROUPS=ETHNICITY2(1 2) /MISSING=ANALYSIS /VARIABLES=Months_Play ed Time_play_PG_NOZeros Time_othergames_NOZER Os /CRITERIA=CI(.95).	
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Group Statistics

	Ethnic Majority/Minority	N	Mean	Std. Deviation	Std. Error Mean
hen did you start aying Pokemon Go? ease enter: how many onths ago	White	73	13.33	4.210	.493
	Non-white	28	11.04	5.680	1.073
me_play_PG_NOZero	White	65	6.92	7.481	.922
	Non-white	25	10.72	11.753	2.351
me_othergames_NOZ ROs	White	34	7.57	6.313	1.083
	Non-white	12	7.79	3.905	1.127

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
hen did you start aying Pokemon Go? ease enter: how many onths ago	Equal variances assumed	5.134	.026	2.215	99
	Equal variances not assumed			1.942	38.931
me_play_PG_NOZero	Equal variances assumed	7.219	.009	-1.829	88
	Equal variances not assumed			-1.504	31.667
me_othergames_NOZ ROs	Equal variances assumed	2.111	.153	-.112	44
	Equal variances not assumed			-.140	31.670

2 ethnic differences
- how long played for
- how much per week (in hours) they played

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
hen did you start aying Pokemon Go? ease enter: how any months ago	Equal variances assumed	.029	2.293	1.035	.239
	Equal variances not assumed	.059	2.293	1.181	-.096
me_play_PG_NOZe s	Equal variances assumed	.071	-3.797	2.076	-7.923
	Equal variances not assumed	.141	-3.797	2.525	-8.942
me_othergames_N ZEROs	Equal variances assumed	.911	-.218	1.949	-4.147
	Equal variances not assumed	.89	-.218	1.563	-3.403

marginal

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
hen did you start playing Pokemon o? Please enter: how many months o	Equal variances assumed	4.347
	Equal variances not assumed	4.682
me_play_PG_NOZeros	Equal variances assumed	.329
	Equal variances not assumed	1.348

How long played

$t(88) = 1.83,$
$p = .059$

| | Equal variances not assumed | 2.967 |

```
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T-Test

Notes

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Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=ETHNICITY2(1 2) /MISSING=ANALYSIS /VARIABLES=PG_play_too _much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games PG_other_gs_soc_life PG_other_gs_neg_soc /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00

Group Statistics

	Ethnic Majority/Minority	N	Mean	Std. Deviation	Std. Error Mean
I feel that I play Pokemon Go too much: please click one)	White	73	1.84	.800	.094
	Non-white	28	1.96	.744	.141
Playing Pokemon Go enhances my social life: please click one)	White	73	2.27	.838	.098
	Non-white	28	2.00	.903	.171
Playing Pokemon Go has a negative impact on my social relationships: please click one)	White	73	1.77	.808	.095
	Non-white	28	1.75	.799	.151
I feel that I play other online games too much: please click one)	White	72	1.71	.795	.094
	Non-white	28	1.86	.932	.176
Playing other online games enhances my social life: (please click one) Strongly Agree	White	70	2.03	.761	.091
	Non-white	28	1.75	.701	.132
Playing other online games has a negative impact on my social relationships: (please click one)	White	70	1.89	.808	.097
	Non-white	28	1.96	.881	.167

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
I feel that I play Pokemon Go too much: please click one)	Equal variances assumed	1.393	.241	-.737	99
	Equal variances not assumed			-.761	52.334
Playing Pokemon Go enhances my social life:	Equal variances assumed	.006	.939	1.440	99

	assumed				
aying Pokemon Go has a negative impact n my social lationships: (please ick one)	Equal variances assumed	.007	.934	.096	99
	Equal variances not assumed			.096	49.480
eel that I play other line games too much: lease click one)	Equal variances assumed	1.735	.191	-.800	98
	Equal variances not assumed			-.746	43.146
aying other online mes enhances my cial life: (please click e) Strongly Agree	Equal variances assumed	.292	.590	1.674	96
	Equal variances not assumed			1.734	53.803
aying other online mes has a negative pact on my social lationships: (please ick one)	Equal variances assumed	.244	.622	-.424	96
	Equal variances not assumed			-.408	46.189

Independent Samples Test

t-test for Equality of Means

		Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference Lower
eel that I play okemon Go too uch: (please click e)	Equal variances assumed	.463	-.129	.174	-.475
	Equal variances not assumed	.450	-.129	.169	-.468
aying Pokemon Go hances my social e: (please click one)	Equal variances assumed	.153	.274	.190	-.104
	Equal variances not assumed	.170	.274	.197	-.122
aying Pokemon Go is a negative impact n my social lationships: (please ick one)	Equal variances assumed	.924	.017	.179	-.338
	Equal variances not assumed	.924	.017	.178	-.341
eel that I play other line games too much: (please click e)	Equal variances assumed	.425	-.149	.186	-.518
	Equal variances not assumed	.460	-.149	.199	-.551
aying other online mes enhances my cial life: (please ick one) Strongly gree	Equal variances assumed	.097	.279	.166	-.052
	Equal variances not assumed	.089	.279	.161	-.043
aying other online mes has a negative pact on my social lationships: (please ick one)	Equal variances assumed	.673	-.079	.185	-.447
	Equal variances not assumed	.685	-.079	.193	-.466

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
eel that I play Pokemon Go too uch: (please click one)	Equal variances assumed	.218
	Equal variances not assumed	.210
aying Pokemon Go enhances my cial life: (please click one)	Equal variances assumed	.651
	Equal variances not assumed	.670
aying Pokemon Go has a negative pact on my social relationships: lease click one)	Equal variances assumed	.373
	Equal variances not assumed	.375
eel that I play other online games too uch: (please click one)	Equal variances assumed	.220
	Equal variances not assumed	.253
aying other online games enhances y social life: (please click one) trongly Agree	Equal variances assumed	.609
	Equal variances not assumed	.601
aying other online games has a egative impact on my social lationships: (please click one)	Equal variances assumed	.290
	Equal variances not assumed	.309

```
-TEST GROUPS=ETHNICITY2(1 2)
 /MISSING=ANALYSIS
 /VARIABLES=Self_esteem_current Self_esteem_last_year Life_sat_current Life_Sat_last_year
 /CRITERIA=CI(.95).
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-Test

Notes

Output Created		07-FEB-2018 13:34:22
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Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=ETHNICITY2(1 2) /MISSING=ANALYSIS /VARIABLES=Self_esteem _current Self_esteem_last_year Life_sat_current Life_Sat_last_year /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.00
	Elapsed Time	00:00:00.00

Group Statistics

	Ethnic Majority/Minority	N	Mean	Std. Deviation	Std. Error Mean
Self_esteem_current	White	71	29.30	7.044	.836
	Non-white	28	28.00	6.848	1.294
Self_esteem_last_year	White	73	28.90	7.016	.821
	Non-white	27	27.78	5.402	1.040
Life_sat_current	White	69	21.28	7.635	.919
	Non-white	28	20.32	8.752	1.654
Life_Sat_last_year	White	69	21.2174	8.55926	1.03041
	Non-white	28	19.6786	8.58532	1.62247

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
Self_esteem_curre nt	Equal variances assumed	.001	.972	.831	97	.408
	Equal variances not assumed			.841	50.820	.404
Self_esteem_last_y ear	Equal variances assumed	1.668	.200	.755	98	.452
	Equal variances not assumed			.850	60.117	.399
Life_sat_current	Equal variances assumed	.829	.365	.534	95	.594
	Equal variances not assumed			.504	44.563	.617
Life_Sat_last_year	Equal variances assumed	.080	.778	.802	95	.425
	Equal variances not assumed			.801	49.946	.427

Independent Samples Test

		t-test for Equality of Means		95% Confidence Interval of the Difference	
		Mean Difference	Std. Error Difference	Lower	Upper
Self_esteem_current	Equal variances assumed	1.296	1.560	-1.800	4.391
	Equal variances not assumed	1.296	1.541	-1.797	4.389
Self_esteem_last_y ear	Equal variances assumed	1.126	1.493	-1.836	4.088
	Equal variances not assumed	1.126	1.325	-1.524	3.776
Life_sat_current	Equal variances assumed	.954	1.785	-2.591	4.498
	Equal variances not assumed	.954	1.892	-2.858	4.766
Life_Sat_last_year	Equal variances assumed	1.53882	1.91953	-2.27192	5.34956

```
-TEST GROUPS=MARITAL(1 2)
 /MISSING=ANALYSIS
 /VARIABLES=Months_Played Time_play_PG_NOZeros Time_othergames_NOZEROs
 /CRITERIA=CI(.95).
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-Test

Notes

Output Created		07-FEB-2018 13:35:37
Comments		
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	Filter	<none>
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	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=MARITAL(1 2) /MISSING=ANALYSIS /VARIABLES=Months_Play ed Time_play_PG_NOZeros Time_othergames_NOZER Os /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.01
	Elapsed Time	00:00:01.00

Group Statistics

	Single/settled	N	Mean	Std. Deviation	Std. Error Mean
When did you start playing Pokemon Go? Please enter: how many months ago	Single	60	12.68	4.990	.644
	Settled	41	12.71	4.429	.692
Time_play_PG_NOZeros	Single	53	7.77	9.631	1.323
	Settled	37	8.27	7.960	1.309
Time_othergames_NOZER Os	Single	33	8.29	6.209	1.081
	Settled	13	5.96	4.075	1.130

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	1.447	.232	-.025	99
	Equal variances not assumed			-.025	92.373
Time_play_PG_NOZeros	Equal variances assumed	.132	.717	-.258	88
	Equal variances not assumed			-.267	85.420
Time_othergames_NOZ EROs	Equal variances assumed	1.773	.190	1.245	44
	Equal variances not assumed			1.488	33.485

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
When did you start playing Pokemon Go?	Equal variances assumed	.980	-.024	.967	-1.942

		.797	-.497	1.925	-4.322
Time_play_PG_NOZe ros	Equal variances assumed				
	Equal variances not assumed	.790	-.497	1.861	-4.196
Time_othergames_N OZEROs	Equal variances assumed	.220	2.326	1.869	-1.440
	Equal variances not assumed	.146	2.326	1.584	-.853

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	1.894
	Equal variances not assumed	1.853
Time_play_PG_NOZeros	Equal variances assumed	3.329
	Equal variances not assumed	3.203
Time_othergames_NOZEROs	Equal variances assumed	6.092
	Equal variances not assumed	5.506

```
-TEST GROUPS=MARITAL(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=PG_play_too_much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games
   PG_other_gs_soc_life PG_other_gs_neg_soc
  /CRITERIA=CI(.95).
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T-Test

Notes

Output Created		07-FEB-2018 13:37:04
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	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=MARITAL(1 2) /MISSING=ANALYSIS /VARIABLES=PG_play_too _much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games PG_other_gs_soc_life PG_other_gs_neg_soc /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00

Group Statistics

	Single/settled	N	Mean	Std. Deviation	Std. Error Mean
I feel that I play Pokemon Go too much (please click	Single	60	1.85	.880	.114
	Settled	41	1.90	.625	.098
Playing Pokemon Go enhances my social life: please click one)	Single	60	2.07	.880	.114
	Settled	41	2.39	.802	.125
Playing Pokemon Go has a negative impact on my social relationships: please click one)	Single	60	1.67	.752	.097
	Settled	41	1.90	.800	.134
I feel that I play other online games too much: please click one)	Single	60	1.78	.865	.112
	Settled	40	1.70	.791	.125

A relationship status difference ..., $t(99) = ..., p = ...$: 'settled' (married or in a relationship) participants agreed more with statement "playing PG enhances ..." than single participants (M = 2.39, SD = .80, N=41) than single ~~participants~~ (M = 2.07, SD = .88, p=60)

hances my social life: (lease click one) Strongly gree	Settled	38	2.03	.592	.096
aying other online games	Single	60	1.80	.819	.106
s a negative impact on y social relationships: (lease click one)	Settled	38	2.08	.818	.133

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
eel that I play okemon Go too much: (lease click one)	Equal variances assumed	5.422	.022	-.329	99
	Equal variances not assumed			-.350	98.826
aying Pokemon Go nhances my social life: (lease click one)	Equal variances assumed	.000	.989	-1.879	99
	Equal variances not assumed			-1.913	91.088
aying Pokemon Go s a negative impact n my social lationships: (please ick one)	Equal variances assumed	.085	.771	-1.459	99
	Equal variances not assumed			-1.423	78.185
eel that I play other nline games too much: (lease click one)	Equal variances assumed	.546	.462	.488	98
	Equal variances not assumed			.497	88.729
aying other online mes enhances my ocial life: (please click ne) Strongly Agree	Equal variances assumed	8.683	.004	-.810	96
	Equal variances not assumed			-.873	94.763
aying other online mes has a negative mpact on my social lationships: (please ick one)	Equal variances assumed	1.069	.304	-1.643	96
	Equal variances not assumed			-1.644	78.953

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
eel that I play okemon Go too uch: (please click ne)	Equal variances assumed	.743	-.052	.159	-.369
	Equal variances not assumed	.727	-.052	.150	-.350
aying Pokemon Go nhances my social e: (please click one)	Equal variances assumed	.063	-.324	.172	-.665
	Equal variances not assumed	.059	-.324	.169	-.660
aying Pokemon Go s a negative impact n my social lationships: (please ick one)	Equal variances assumed		-.236	.162	-.556
	Equal variances not assumed	.159	-.236	.166	-.566
eel that I play other line games too uch: (please click e)	Equal variances assumed	.627	.083	.171	-.256
	Equal variances not assumed	.620	.083	.168	-.250
aying other online mes enhances my ocial life: (please ick one) Strongly gree	Equal variances assumed	.420	-.126	.156	-.436
	Equal variances not assumed	.385	-.126	.145	-.413
aying other online mes has a negative pact on my social lationships: (please ick one)	Equal variances assumed	.104	-.279	.170	-.616
	Equal variances not assumed	.104	-.279	.170	-.617

Marg. sig. diff. (handwritten annotation)

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
eel that I play Pokemon Go too uch: (please click one)	Equal variances assumed	.264
	Equal variances not assumed	.245
aying Pokemon Go enhances my cial life: (please click one)	Equal variances assumed	.018
	Equal variances not assumed	.012
aying Pokemon Go has a negative pact on my social relationships: lease click one)	Equal variances assumed	.085
	Equal variances not assumed	.094
eel that I play other online games too	Equal variances assumed	.422

		Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
				Lower	Upper
Self_esteem_current	Equal variances assumed	-3.290	1.404	-6.075	-.504
	Equal variances not assumed	-3.290	1.369	-6.010	-.569
Self_esteem_last_y ear	Equal variances assumed	-3.117	1.314	-5.725	-.509
	Equal variances not assumed	-3.117	1.328	-5.758	-.476
Life_sat_current	Equal variances assumed	-3.431	1.615	-6.636	-.225
	Equal variances not assumed	-3.431	1.572	-6.555	-.306
Life_Sat_last_year	Equal variances assumed	-4.49602	1.71917	-7.90901	-1.08303
	Equal variances not assumed	-4.49602	1.66691	-7.80784	-1.18420

```
-TEST GROUPS=SEXUAL_PREF(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=Months_Played Time_play_PG_NOZeros Time_othergames_NOZEROs
  /CRITERIA=CI(.95).
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T-Test

Notes

Output Created		07-FEB-2018 13:40:13
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	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=SEXUAL_PREF (1 2) /MISSING=ANALYSIS /VARIABLES=Months_Play ed Time_play_PG_NOZeros Time_othergames_NOZER Os /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.00
	Elapsed Time	00:00:00.00

Group Statistics

	Heterosexual/Other	N	Mean	Std. Deviation	Std. Error Mean
When did you start playing Pokemon Go? Please enter: how many months ago	Heterosexual	86	12.45	4.826	.520
	Other	15	14.07	4.148	1.071
Time_play_PG_NOZeros	Heterosexual	77	7.74	9.285	1.058
	Other	13	9.38	6.627	1.838
Time_othergames_NOZE ROs	Heterosexual	39	7.26	5.563	.891
	Other	7	9.71	6.726	2.542

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	3.339	.071	-1.217	99
	Equal variances not assumed			-1.355	21.193

	assumed			
	Equal variances not assumed		-.775	20.909
Time_othergames_NOZEROs	Equal variances assumed	.434	.514	-1.044	44
	Equal variances not assumed		-.912	7.546

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	.226	-1.613	1.325	-4.242
	Equal variances not assumed	.190	-1.613	1.191	-4.088
Time_play_PG_NOZeros	Equal variances assumed	.543	-1.644	2.689	-6.989
	Equal variances not assumed	.447	-1.644	2.121	-6.056
Time_othergames_NOZEROs	Equal variances assumed	.302	-2.458	2.354	-7.203
	Equal variances not assumed	.390	-2.458	2.694	-8.735

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference
		Upper
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	1.016
	Equal variances not assumed	.862
Time_play_PG_NOZeros	Equal variances assumed	3.700
	Equal variances not assumed	2.768
Time_othergames_NOZEROs	Equal variances assumed	2.287
	Equal variances not assumed	3.820

```
'-TEST GROUPS=SEXUAL_PREF(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=PG_play_too_much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games
   PG_other_gs_soc_life PG_other_gs_neg_soc
  /CRITERIA=CI(.95).
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T-Test

Notes

Output Created		07-FEB-2018 13:40:37
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	Split File	<none>
	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=SEXUAL_PREF (1 2) /MISSING=ANALYSIS /VARIABLES=PG_play_too_much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games PG_other_gs_soc_life PG_other_gs_neg_soc /CRITERIA=CI(.95).

	Elapsed Time		00:00:00.00	

Group Statistics

	Heterosexual/Other	N	Mean	Std. Deviation	Std. Error Mean
I feel that I play Pokemon Go too much: (please click one)	Heterosexual	86	1.90	.826	.089
	Other	15	1.73	.458	.118
Playing Pokemon Go enhances my social life: (please click one)	Heterosexual	86	2.14	.856	.092
	Other	15	2.53	.834	.215
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Heterosexual	86	1.83	.814	.088
	Other	15	1.40	.632	.163
I feel that I play other online games too much: (please click one)	Heterosexual	85	1.80	.842	.091
	Other	15	1.47	.743	.192
Playing other online games enhances my social life: (please click one) Strongly Agree	Heterosexual	84	1.94	.750	.082
	Other	14	2.00	.784	.210
Playing other online games has a negative impact on my social relationships: (please click one)	Heterosexual	84	1.98	.836	.091
	Other	14	1.50	.650	.174

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
I feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	2.744	.101	.738	99
	Equal variances not assumed			1.095	32.705
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.000	1.000	-1.650	99
	Equal variances not assumed			-1.681	19.516
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.548	.461	1.922	99
	Equal variances not assumed			2.295	22.954
I feel that I play other online games too much: (please click one)	Equal variances assumed	.339	.562	1.436	98
	Equal variances not assumed			1.568	20.887
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.052	.821	-.273	96
	Equal variances not assumed			-.264	17.202
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.141	.708	2.029	96
	Equal variances not assumed			2.426	20.888

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
I feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.462	.162	.220	-.274
	Equal variances not assumed	.282	.162	.148	-.139
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.102	-.394	.239	-.867
	Equal variances not assumed	.109	-.394	.234	-.883
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.057	.426	.221	-.014
	Equal variances not assumed	.031	.426	.185	.042
I feel that I play other online games too much: (please click one)	Equal variances assumed	.154	.333	.232	-.127
	Equal variances not assumed	.132	.333	.213	-.109
Playing other online games enhances my social	Equal variances assumed	.785	-.060	.218	-.492

marg. sig. diff. (handwritten annotation)

(click one) Strongly Agree	assumed				
Playing other online games has a negative	Equal variances assumed	.045	.476	.235	.010
impact on my social relationships: (please click one)	Equal variances not assumed	.024	.476	.196	.068

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference
		Upper
I feel that I play Pokemon Go too	Equal variances assumed	.598
much: (please click one)	Equal variances not assumed	.463
Playing Pokemon Go enhances my	Equal variances assumed	.080
social life: (please click one)	Equal variances not assumed	.096
Playing Pokemon Go has a negative	Equal variances assumed	.865
impact on my social relationships: (please click one)	Equal variances not assumed	.809
I feel that I play other online games too	Equal variances assumed	.794
much: (please click one)	Equal variances not assumed	.775
Playing other online games enhances	Equal variances assumed	.373
my social life: (please click one) Strongly Agree	Equal variances not assumed	.415
Playing other online games has a	Equal variances assumed	.942
negative impact on my social relationships: (please click one)	Equal variances not assumed	.885

```
~TEST GROUPS=SEXUAL_PREF(1 2)
 /MISSING=ANALYSIS
 /VARIABLES=Self_esteem_current Self_esteem_last_year Life_sat_current Life_Sat_last_year
 /CRITERIA=CI(.95).
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T-Test

Notes

Output Created		07-FEB-2018 13:41:49
Comments		
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Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=SEXUAL_PREF (1 2) /MISSING=ANALYSIS /VARIABLES=Self_esteem _current Self_esteem_last_year Life_sat_current Life_Sat_last_year /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00

Group Statistics

	Heterosexual/Other	N	Mean	Std. Deviation	Std. Error Mean
Self_esteem_current	Heterosexual	85	29.27	7.038	.763
	Other	14	26.86	6.455	1.725
Self_esteem_last_year	Heterosexual	85	28.76	6.688	.725
	Other	15	27.67	6.298	1.626
Life_sat_current	Heterosexual	83	20.95	7.963	.874
	Other	14	21.29	8.081	2.160
Life_Sat_last_year	Heterosexual	83	20.5060	8.45270	.92780
	Other	14	22.3571	9.27865	2.47982

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
elf_esteem_curre	Equal variances assumed	.393	.532	1.202	97	.232
	Equal variances not assumed			1.279	18.479	.217
elf_esteem_last_y ar	Equal variances assumed	.003	.954	.591	96	.556
	Equal variances not assumed			.617	19.994	.544
fe_sat_current	Equal variances assumed	.002	.966	-.145	95	.885
	Equal variances not assumed			-.143	17.533	.888
fe_Sat_last_year	Equal variances assumed	.161	.689	-.748	95	.457
	Equal variances not assumed			-.699	16.842	.494

Independent Samples Test

		t-test for Equality of Means		95% Confidence Interval of the Difference	
		Mean Difference	Std. Error Difference	Lower	Upper
elf_esteem_current	Equal variances assumed	2.413	2.008	-1.572	6.399
	Equal variances not assumed	2.413	1.887	-1.543	6.370
elf_esteem_last_y ar	Equal variances assumed	1.098	1.858	-2.589	4.785
	Equal variances not assumed	1.098	1.781	-2.616	4.812
fe_sat_current	Equal variances assumed	-.334	2.305	-4.911	4.243
	Equal variances not assumed	-.334	2.330	-5.238	4.570
fe_Sat_last_year	Equal variances assumed	-1.85112	2.47620	-6.76699	3.06475
	Equal variances not assumed	-1.85112	2.64771	-7.44129	3.73905

```
-TEST GROUPS=DEPENDENTS_combined(1 2)
 /MISSING=ANALYSIS
 /VARIABLES=Months_Played Time_play_PG_NOZeros Time_othergames_NOZEROs
 /CRITERIA=CI(.95).
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-Test

Notes

utput Created		07-FEB-2018 13:43:31
omments		
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issing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
yntax		T-TEST GROUPS=DEPENDENTS_ combined(1 2) /MISSING=ANALYSIS /VARIABLES=Months_Play ed Time_play_PG_NOZeros Time_othergames_NOZER Os /CRITERIA=CI(.95).
esources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00

With/without dependents (handwritten)

Group Statistics

	With/Without	N	Mean	Std. Deviation	Std. Error Mean
When did you start playing Pokemon Go? Please enter: how many months ago	Without	74	12.58	4.944	.575
	With	27	13.00	4.234	.815
Time_play_PG_NOZeros	Without	65	8.06	9.404	1.166
	With	25	7.76	7.768	1.554
Time_othergames_NOZEROs	Without	35	7.43	5.768	.975
	With	11	8.27	5.884	1.774

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	1.463	.229	-.391	99
	Equal variances not assumed			-.420	53.582
Time_play_PG_NOZeros	Equal variances assumed	.289	.592	.143	88
	Equal variances not assumed			.155	52.437
Time_othergames_NOZEROs	Equal variances assumed	.150	.701	-.421	44
	Equal variances not assumed			-.417	16.510

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	.697	-.419	1.072	-2.546
	Equal variances not assumed	.676	-.419	.997	-2.418
Time_play_PG_NOZeros	Equal variances assumed	.887	.302	2.115	-3.902
	Equal variances not assumed	.877	.302	1.943	-3.596
Time_othergames_NOZEROs	Equal variances assumed	.675	-.844	2.003	-4.881
	Equal variances not assumed	.682	-.844	2.024	-5.125

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	1.708
	Equal variances not assumed	1.580
Time_play_PG_NOZeros	Equal variances assumed	4.505
	Equal variances not assumed	4.199
Time_othergames_NOZEROs	Equal variances assumed	3.192
	Equal variances not assumed	3.436

```
'-TEST GROUPS=DEPENDENTS_combined(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=PG_play_too_much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games
    PG_other_gs_soc_life PG_other_gs_neg_soc
  /CRITERIA=CI(.95).
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T-Test

Notes

Output Created		07-FEB-2018 13:44:09
Comments		
Input	Data	/Users/sandrarasqui/Desktop/Pokemon ready for quant analysis-2.sav
	Active Dataset	DataSet1
	Filter	<none>

Group Statistics

	With/without	N	Mean	Std. Deviation	Std. Error Mean
eel that I play Pokemon too much: (please click e)	Without	74	1.85	.806	.094
	With	27	1.93	.730	.140
aying Pokemon Go hances my social life: ease click one)	Without	74	2.14	.911	.106
	With	27	2.37	.688	.132
aying Pokemon Go has a gative impact on my cial relationships: ease click one)	Without	74	1.76	.808	.094
	With	27	1.78	.801	.154
eel that I play other line games too much: ease click one)	Without	73	1.73	.838	.098
	With	27	1.81	.834	.160
aying other online games hances my social life: ease click one) Strongly ree	Without	71	1.89	.728	.086
	With	27	2.11	.801	.154
aying other online games s a negative impact on y social relationships: ease click one)	Without	71	1.86	.833	.099
	With	27	2.04	.808	.155

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig	t	df
eel that I play kemon Go too much: ease click one)	Equal variances assumed	1.478	.227	-.422	99
	Equal variances not assumed			-.442	50.676
aying Pokemon Go hances my social life: ease click one)	Equal variances assumed	1.647	.202	-1.219	99
	Equal variances not assumed			-1.388	61.075
aying Pokemon Go s a negative impact my social ationships: (please ck one)	Equal variances assumed	.039	.844	-.116	99
	Equal variances not assumed			-.117	46.604
eel that I play other line games too much: ease click one)	Equal variances assumed	.273	.603	-.471	98
	Equal variances not assumed			-.472	46.687
aying other online mes enhances my cial life: (please click e) Strongly Agree	Equal variances assumed	.216	.643	-1.323	96
	Equal variances not assumed			-1.267	43.328
aying other online mes has a negative pact on my social ationships: (please ck one)	Equal variances assumed	.848	.359	-.952	96
	Equal variances not assumed			-.966	48.356

Independent Samples Test

t-test for Equality of Means

		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Confidence Interval of the Difference Lower
I feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.674	-.075	.177	-.425
	Equal variances not assumed	.661	-.075	.169	-.414
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.226	-.235	.193	-.618
	Equal variances not assumed	.170	-.235	.170	-.574
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.908	-.021	.181	-.381
	Equal variances not assumed	.908	-.021	.180	-.384
I feel that I play other online games too much: (please click one)	Equal variances assumed	.639	-.089	.188	-.463
	Equal variances not assumed	.639	-.089	.188	-.467
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.189	-.224	.169	-.560
	Equal variances not assumed	.212	-.224	.177	-.580
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.343	-.178	.187	-.549
	Equal variances not assumed	.339	-.178	.184	-.548

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
I feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.276
	Equal variances not assumed	.264
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.148
	Equal variances not assumed	.104
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.338
	Equal variances not assumed	.342
I feel that I play other online games too much: (please click one)	Equal variances assumed	.285
	Equal variances not assumed	.290
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.112
	Equal variances not assumed	.132
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.193
	Equal variances not assumed	.192

```
T-TEST GROUPS=DEPENDENTS_combined(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=Self_esteem_current Self_esteem_last_year Life_sat_current Life_Sat_last_year
  /CRITERIA=CI(.95).
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T-Test

Notes

Output Created		07-FEB-2018 13:44:47
Comments		
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	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.

GROUPS=DEPENDENTS_
combined(1 2)
/MISSING=ANALYSIS

/VARIABLES=Self_esteem
_current
Self_esteem_last_year
Life_sat_current
Life_Sat_last_year
/CRITERIA=CI(.95).

Resources	Processor Time	00:00:00.00
	Elapsed Time	00:00:00.00

Group Statistics

	With/without	N	Mean	Std. Deviation	Std. Error Mean
Self_esteem_current	Without	74	28.53	6.905	.803
	With	25	30.12	7.201	1.440
Self_esteem_last_year	Without	74	27.93	6.390	.743
	With	26	30.50	6.987	1.370
Life_sat_current	Without	72	21.11	7.902	.931
	With	25	20.68	8.199	1.640
Life_Sat_last_year	Without	72	20.4028	8.53602	1.00598
	With	25	21.8400	8.67794	1.73559

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
Self_esteem_current	Equal variances assumed	.016	.900	-.987	97	.326
	Equal variances not assumed			-.966	39.956	.340
Self_esteem_last_year	Equal variances assumed	.276	.601	-1.720	98	.089
	Equal variances not assumed			-1.647	40.649	.107
Life_sat_current	Equal variances assumed	.183	.670	.233	95	.816
	Equal variances not assumed			.229	40.550	.820
Life_Sat_last_year	Equal variances assumed	.022	.884	-.722	95	.472
	Equal variances not assumed			-.716	41.261	.478

Independent Samples Test

		t-test for Equality of Means		95% Confidence Interval of the Difference	
		Mean Difference	Std. Error Difference	Lower	Upper
Self_esteem_current	Equal variances assumed	-1.593	1.615	-4.797	1.611
	Equal variances not assumed	-1.593	1.649	-4.926	1.740
Self_esteem_last_year	Equal variances assumed	-2.568	1.493	-5.530	.395
	Equal variances not assumed	-2.568	1.559	-5.716	.581
Life_sat_current	Equal variances assumed	.431	1.852	-3.246	4.108
	Equal variances not assumed	.431	1.886	-3.379	4.241
Life_Sat_last_year	Equal variances assumed	-1.43722	1.98992	-5.38772	2.51328
	Equal variances not assumed	-1.43722	2.00606	-5.48776	2.61331

T-TEST GROUPS=EMPLOYMENT(1 2)
/MISSING=ANALYSIS
/VARIABLES=Months_Played Time_play_PG_NOZeros Time_othergames_NOZEROs
/CRITERIA=CI(.95).

T-Test

Notes

Output Created		07-FEB-2018 13:45:57
Comments		
Input	Data	/Users/sandrarasqui/Desktop/Pokemon ready for quant analysis-2.sav

| me_othergames_NOZEROs | Equal variances assumed | 3.963 |
| | Equal variances not assumed | 3.929 |

```
-TEST GROUPS=EMPLOYMENT(1 2)
 /MISSING=ANALYSIS
 /VARIABLES=PG_play_too_much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games
   PG_other_gs_soc_life PG_other_gs_neg_soc
 /CRITERIA=CI(.95).
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-Test

Notes

utput Created		07-FEB-2018 13:46:48
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	N of Rows in Working Data File	101
issing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
yntax		T-TEST GROUPS=EMPLOYMENT(1 2) /MISSING=ANALYSIS /VARIABLES=PG_play_too _much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games PG_other_gs_soc_life PG_other_gs_neg_soc /CRITERIA=CI(.95).
esources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00

Group Statistics

	Full-time employed/other	N	Mean	Std. Deviation	Std. Error Mean
eel that I play okemon Go too much: lease click one)	Full-time	65	1.92	.835	.104
	Other	36	1.78	.681	.113
laying Pokemon Go nhances my social life: lease click one)	Full-time	65	2.22	.857	.106
	Other	36	2.17	.878	.146
laying Pokemon Go as a negative impact n my social lationships: (please ick one)	Full-time	65	1.83	.782	.097
	Other	36	1.64	.833	.139
eel that I play other nline games too much: lease click one)	Full-time	64	1.77	.886	.111
	Other	36	1.72	.741	.124
laying other online ames enhances my ocial life: (please click ne) Strongly Agree	Full-time	62	1.94	.765	.097
	Other	36	1.97	.736	.123
laying other online ames has a negative npact on my social lationships: (please ick one)	Full-time	62	1.89	.832	.106
	Other	36	1.94	.826	.138

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
eel that I play okemon Go too much: lease click one)	Equal variances assumed	1.006	.318	.892	99
	Equal variances not assumed			.946	85.248

	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=EMPLOYMENT(1 2) /MISSING=ANALYSIS /VARIABLES=Months_Play ed Time_play_PG_NOZeros Time_othergames_NOZER Os /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00

Group Statistics

	Full-time employed/other	N	Mean	Std. Deviation	Std. Error Mean
When did you start playing Pokemon Go? Please enter: how many months ago	Full-time	65	12.65	4.891	.607
	Other	36	12.78	4.543	.757
Time_play_PG_NOZero s	Full-time	57	8.33	8.627	1.143
	Other	33	7.36	9.555	1.663
Time_othergames_NOZ EROs	Full-time	25	7.86	6.089	1.218
	Other	21	7.36	5.434	1.186

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	.313	.577	-.133	99
	Equal variances not assumed			-.136	77.009
Time_play_PG_NOZero s	Equal variances assumed	.627	.430	.494	88
	Equal variances not assumed			.481	61.506
Time_othergames_NOZ EROs	Equal variances assumed	1.277	.265	.293	44
	Equal variances not assumed			.296	43.817

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	.895	-.132	.991	-2.098
	Equal variances not assumed	.892	-.132	.970	-2.063
Time_play_PG_NOZe os	Equal variances assumed	.623	.970	1.963	-2.932
	Equal variances not assumed	.633	.970	2.018	-3.065
Time_othergames_N OZEROs	Equal variances assumed	.771	.503	1.717	-2.957
	Equal variances not assumed	.769	.503	1.700	-2.923

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	1.835
	Equal variances not assumed	1.800
Time_play_PG_NOZeros	Equal variances assumed	4.871

Notes

Group Statistics

	Full-time employed/other	N	Mean	Std. Deviation	Std. Error Mean
Self_esteem_current	Full-time	64	30.03	5.997	.750
	Other	35	26.91	8.201	1.386
Self_esteem_last_yea	Full-time	64	29.72	5.542	.693
	Other	35	26.61	7.635	1.313
Life_sat_current	Full-time	62	21.13	7.774	.987
	Other	35	20.77	8.332	1.408
Life_Sat_last_year	Full-time	62	20.8387	8.09816	1.02847
	Other	35	20.6571	9.42132	1.59249

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
Self_esteem_curre nt	Equal variances assumed	6.534	.012	2.164	97	.033
	Equal variances not assumed			1.978	54.20	.053
Self_esteem_last_y ear	Equal variances assumed	4.900	.029	2.305	97	.023
	Equal variances not assumed			2.094	54.852	.041
Life_sat_current	Equal variances assumed	.199	.657	.212	95	.833
	Equal variances not assumed			.208	66.662	.836
Life_Sat_last_year	Equal variances assumed	1.504	.223	.100	95	.921
	Equal variances not assumed			.096	62.241	.924

Independent Samples Test

		t-test for Equality of Means		95% Confidence Interval of the Difference	
		Mean Difference	Std. Error Difference	Lower	Upper
Self_esteem_current	Equal variances assumed	3.117	1.440	.258	5.975
	Equal variances not assumed	3.117	1.576	-.042	6.276
Self_esteem_last_y ear	Equal variances assumed	3.108	1.348	.432	5.784
	Equal variances not assumed	3.108	1.484	.133	6.082
Life_sat_current	Equal variances assumed	.358	1.687	-2.991	3.706
	Equal variances not assumed	.358	1.720	-3.076	3.791
Life_Sat_last_year	Equal variances assumed	.18157	1.81723	-3.42609	3.78922

(handwritten annotations):

P → marg. sig. diff. SE

P → sig. diff. SE

Finally The only other between groups differences was between involved employment status and self-esteem. Both last year and currently, Full-time employed P's reported higher levels of SE both about currently (M = ??, SD = ??, N = ??) and last year (M = ??, SD = ??, N = ??) than

other types of workers (part-time, homemakers, PT students + retired) (current M = , SD = , N = ; last year M SD N).

enhances my social life: (please click one)	assumed			
	Equal variances not assumed		.269	70.854
Playing Pokemon Go has a negative impact in my social relationships: (please click one)	Equal variances assumed	.376	.541	1.154	99
	Equal variances not assumed			1.133	68.549
feel that I play other online games too much: (please click one)	Equal variances assumed	1.203	.275	.249	98
	Equal variances not assumed			.262	83.826
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.001	.978	-.232	96
	Equal variances not assumed			-.235	75.628
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.071	.790	-.330	96
	Equal variances not assumed			-.330	73.684

Independent Samples Test

t-test for Equality of Means

		Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference Lower
feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.374	.145	.163	-.178
	Equal variances not assumed	.347	.145	.154	-.160
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.787	.049	.180	-.308
	Equal variances not assumed	.788	.049	.181	-.312
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.251	.192	.166	-.138
	Equal variances not assumed	.261	.192	.169	-.146
feel that I play other online games too much: (please click one)	Equal variances assumed	.804	.043	.174	-.303
	Equal variances not assumed	.794	.043	.166	-.287
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.817	-.037	.158	-.351
	Equal variances not assumed	.815	-.037	.157	-.349
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.742	-.057	.174	-.402
	Equal variances not assumed	.742	-.057	.174	-.403

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.468
	Equal variances not assumed	.451
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.405
	Equal variances not assumed	.409
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.522
	Equal variances not assumed	.530
feel that I play other online games too much: (please click one)	Equal variances assumed	.390
	Equal variances not assumed	.373
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.277
	Equal variances not assumed	.275
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.288
	Equal variances not assumed	.288

```
-TEST GROUPS=EMPLOYMENT(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=Self_esteem_current Self_esteem_last_year Life_sat_current Life_Sat_last_year
  /CRITERIA=CI(.95).
```

T-Test

SPLIT - GROUPS

↓ Females
↓ Males

-Test

Notes

Output Created		07-FEB-2018 13:16:11
Comments		
Input	Data	/Users/sandiarasqui/Desktop/Pokemon ready for quant analysis-2.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=Gender(1 2) /MISSING=ANALYSIS /VARIABLES=Months_Played Time_play_PG_NOZeros Time_othergames_NOZEROs /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00

Average →

Group Statistics

What is your Gender?-Selected Choice		N	Mean	Std. Deviation	Std. Error Mean
When did you start playing Pokemon Go? Please enter: how ma... ...s ago	Male	4_	13.85	3.454	.539
	Female	5_	11.78	5.390	.708
Time_play_PG_NOZero s	Male	30	8.32	9.021	1.444
	Female	4_	7.89	9.096	1.299
Time_othergames_NOZ EROs	Male	2_	8.10	5.974	1.304
	Female	24	7.04	5.66_	1.156

M/F

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	11.667	.001	2.172	97
	Equal variances not assumed			2.335	96.497
Time_play_PG_NOZero s	Equal variances assumed	.105	.748	.223	66
	Equal variances not assumed			.223	61.919
Time_othergames_NOZ EROs	Equal variances assumed	.004	.952	.607	43
	Equal variances not assumed			.605	41.502

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	.032	2.078	.957	.179
	Equal variances not assumed	.022	2.078	.890	.311
Time_play_PG_NOZero s	Equal variances assumed	.824	.433	1.945	-3.433

Between-subjects / independent t-tests were performed/conducted comparing groups variables (including levels of such as gender, race, relationship status, sexual orientation, dependents & employment status) on gaming pattern, perceived impact of play, and psychological variables of SE & QoL social.

One gender difference was found on how long they had played PG, t(96) = 2.34, smaller than p = .022 (= 2-tailed) sig. diff. Male gamers on average (M = 13.85, SD = 3.45, N = 41) played for about 2 months longer than female gamers (M = 11.78, SD = 5.39, N = 58).

All Sig. values to be ÷ 2 (1-tailed)

		.547	1.054	1.736	-2.447
	assumed				
me_othergames_N ZEROs	Equal variances assumed	.547	1.054	1.736	-2.447
	Equal variances not assumed	.549	1.054	1.742	-2.464

Independent Samples Test

		t-test for Equality of Means
		95% Confidence Interval of the Difference
		Upper
hen did you start playing Pokemon o? Please enter: how many months jo	Equal variances assumed	3.977
	Equal variances not assumed	3.844
me_play_PG_NOZeros	Equal variances assumed	4.299
	Equal variances not assumed	4.298
me_othergames_NOZEROs	Equal variances assumed	4.554
	Equal variances not assumed	4.571

-Test

Notes

utput Created		07-FEB-2018 13:20:55
omments		
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issing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
yntax		T-TEST GROUPS=Gender(1 2) /MISSING=ANALYSIS /VARIABLES=PG_play_too _much PG_enhances_soc_life PG_neg_impact_socrel /CRITERIA=CI(.95).
esources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00

Group Statistics

	What is your Gender? - Selected Choice	N	Mean	Std. Deviation	Std. Error Mean
eel that I play okemon Go too much: lease click one)	Male	41	1.80	.749	.117
	Female	58	1.91	.823	.108
laying Pokemon Go nhances my social life? lease click one)	Male	41	2.34	.883	.138
	Female	58	2.05	.804	.106
laying Pokemon Go as a negative impact n my social lationships: (please ick one)	Male	41	1.63	.733	.115
	Female	58	1.86	.847	.111

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
eel that I play okemon Go too much: lease click one)	Equal variances assumed	.009	.927	-.673	97
	Equal variances not assumed			-.684	90.911
laying Pokemon Go nhances my social life: lease click one)	Equal variances assumed	1.885	.173	1.695	97
	Equal variances not assumed			1.668	81.051

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.502	-.109	.162	-.430
	Equal variances not assumed	.496	-.109	.159	-.425
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.093	.290	.171	-.049
	Equal variances not assumed	.099	.290	.174	-.056
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.167	-.228	.164	-.553
	Equal variances not assumed	.157	-.228	.160	-.545

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.212
	Equal variances not assumed	.207
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.629
	Equal variances not assumed	.635
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.097
	Equal variances not assumed	.089

T-Test

Notes

Output Created		07-FEB-2018 13:24:35
Comments		
Input	Data	/Users/sandrarasqui/Desktop/Pokemon ready for quant analysis-2.sav
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	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=Gender(1 2) /MISSING=ANALYSIS /VARIABLES=PG_other_games PG_other_gs_soc_life PG_other_gs_neg_soc /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.00
	Elapsed Time	00:00:00.00

Group Statistics

	What is your Gender? - Selected Choice	N	Mean	Std. Deviation	Std. Error Mean
feel that I play other online games too much: (please click one)	Male	41	1.76	.830	.130
	Female	57	1.72	.796	.105
Playing other online	Male	40	2.05	.876	.138

Playing other online games has a negative impact on my social relationships: (please click one)	Male	40	1.95	.846	.134
	Female	56	1.86	.819	.109

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
I feel that I play other online games too much: (please click one)	Equal variances assumed	.052	.820	.222	96
	Equal variances not assumed			.220	84.146
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	3.583	.061	1.008	94
	Equal variances not assumed			.961	68.377
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.285	.595	.540	94
	Equal variances not assumed			.537	82.469

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
I feel that I play other online games too much: (please click one)	Equal variances assumed	.825	.037	.166	-.293
	Equal variances not assumed	.826	.037	.167	-.296
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.316	.157	.156	-.152
	Equal variances not assumed	.340	.157	.164	-.169
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.590	.093	.172	-.248
	Equal variances not assumed	.592	.093	.173	-.251

Handwritten note: No Sig F/M

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
I feel that I play other online games too much: (please click one)	Equal variances assumed	.366
	Equal variances not assumed	.369
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.467
	Equal variances not assumed	.483
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.434
	Equal variances not assumed	.437

T-Test

Notes

Output Created		07-FEB-2018 13:27:54
Comments		
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	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.

are based on the cases
with no missing or out-of-
range data for any variable
in the analysis.

Syntax

T-TEST
GROUPS=Gender(1 2)
/MISSING=ANALYSIS

/VARIABLES=Self_esteem
_current
Self_esteem_last_year
Life_sat_current
Life_Sat_last_year
/CRITERIA=CI(.95).

| Resources | Processor Time | 00:00:00.01 |
| | Elapsed Time | 00:00:00.00 |

Group Statistics

	What is your Gender? - Selected Choice	N	Mean	Std. Deviation	Std. Error Mean
Self_esteem_current	Male	39	28.77	8.508	1.362
	Female	56	29.22	5.852	.768
Self_esteem_last_yea	Male	41	29.12	7.698	1.202
	Female	58	28.29	5.816	.764
Life_sat_current	Male	40	20.28	8.956	1.416
	Female	55	21.51	7.126	.961
Life_Sat_last_year	Male	40	21.9000	8.59577	1.35911
	Female	55	19.9818	8.44479	1.13870

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
Self_esteem_curre nt	Equal variances assumed	8.495	.004	-.312	95	.756
	Equal variances not assumed			-.291	61.849	.772
Self_esteem_last_y ear	Equal variances assumed	2.925	.090	.610	97	.543
	Equal variances not assumed			.582	70.713	.562
Life_sat_current	Equal variances assumed	4.925	.029	-.748	93	.457
	Equal variances not assumed			-.721	72.135	.473
Life_Sat_last_year	Equal variances assumed	.040	.842	1.085	93	.281
	Equal variances not assumed			1.082	83.319	.282

Independent Samples Test

		t-test for Equality of Means		95% Confidence Interval of the Difference	
		Mean Difference	Std. Error Difference	Lower	Upper
Self_esteem_current	Equal variances assumed	-.455	1.457	-3.347	2.438
	Equal variances not assumed	-.455	1.564	-3.582	2.672
Self_esteem_last_y ear	Equal variances assumed	.829	1.358	-1.867	3.525
	Equal variances not assumed	.829	1.424	-2.011	3.669
Life_sat_current	Equal variances assumed	-1.234	1.651	-4.512	2.044
	Equal variances not assumed	-1.234	1.711	-4.645	2.177
Life_Sat_last_year	Equal variances assumed	1.91818	1.76507	-1.59286	5.42922
	Equal variances not assumed	1.91818	1.77308	-1.60820	5.44456

T-Test

Notes

Output Created		07-FEB-2018 13:30:49
Comments		
Input	Data	/Users/sandrarasqui/Deskto p/Pokemon ready for quant analysis-2.sav
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Handwritten annotations:

Smaller than .05

NO. Sig. M/F

	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	101
ssing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
ntax		T-TEST GROUPS=ETHNICITY2(1 2) /MISSING=ANALYSIS /VARIABLES=Months_Played Time_play_PG_NOZeros Time_othergames_NOZEROs /CRITERIA=CI(.95).
sources	Processor Time	00:00:00.00
	Elapsed Time	00:00:00.00

Group Statistics

	Ethnic Majority/Minority	N	Mean	Std. Deviation	Std. Error Mean
hen did you start aying Pokemon Go? ease enter: how many onths ago	White	73	13.33	4.210	.493
	Non-white	28	11.04	5.680	1.073
me_play_PG_NOZero	White	65	6.92	7.441	.922
	Non-white	25	10.72	11.753	2.351
me_othergames_NOZ ROs	White	34	7.57	6.313	1.083
	Non-white	12	7.79	3.905	1.127

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
hen did you start aying Pokemon Go? ease enter: how many onths ago	Equal variances assumed	5.134	.026	2.215	99
	Equal variances not assumed			1.942	38.931
me_play_PG_NOZero	Equal variances assumed	7.219	.009	-1.829	88
	Equal variances not assumed			-1.504	31.667
me_othergames_NOZ ROs	Equal variances assumed	2.111	.153	-.112	44
	Equal variances not assumed			-.140	31.670

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
hen did you start aying Pokemon Go? ease enter: how any months ago	Equal variances assumed	.029	2.293	1.035	.239
	Equal variances not assumed	.059	2.293	1.181	-.096
me_play_PG_NOZe s	Equal variances assumed	.07	-3.797	2.076	-7.923
	Equal variances not assumed	.14	-3.797	2.525	-8.942
me_othergames_N ZEROs	Equal variances assumed	.91	-.218	1.949	-4.147
	Equal variances not assumed	.89	-.218	1.563	-3.403

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
hen did you start playing Pokemon o? Please enter: how many months jo	Equal variances assumed	4.347
	Equal variances not assumed	4.682
me_play_PG_NOZeros	Equal variances assumed	.329
	Equal variances not assumed	1.348

[Handwritten annotations:]

2 ethnic differences
- how long played for.
- how much per week (in hours) they played

marginal

How long played

$t(88) = 1.83, p = .059$

	Equal variances not assumed	2.967

```
-TEST GROUPS=ETHNICITY2(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=PG_play_too_much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games
    PG_other_gs_soc_life PG_other_gs_neg_soc
  /CRITERIA=CI(.95).
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T-Test

Notes

Output Created		07-FEB-2018 13:33:01
Comments		
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	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=ETHNICITY2(1 2) /MISSING=ANALYSIS /VARIABLES=PG_play_too _much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games PG_other_gs_soc_life PG_other_gs_neg_soc /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00

Group Statistics

	Ethnic Majority/Minority	N	Mean	Std. Deviation	Std. Error Mean
feel that I play Pokemon Go too much: please click one)	White	73	1.84	.800	.094
	Non-white	28	1.96	.744	.141
Playing Pokemon Go enhances my social life: please click one)	White	73	2.27	.838	.098
	Non-white	28	2.00	.903	.171
Playing Pokemon Go as a negative impact on my social relationships: please click one)	White	73	1.77	.808	.095
	Non-white	28	1.75	.799	.151
feel that I play other online games too much: please click one)	White	72	1.71	.795	.094
	Non-white	28	1.86	.932	.176
Playing other online games enhances my social life: (please click one) Strongly Agree	White	70	2.03	.761	.091
	Non-white	28	1.75	.701	.132
Playing other online games has a negative impact on my social relationships: (please click one)	White	70	1.89	.808	.097
	Non-white	28	1.96	.881	.167

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
feel that I play Pokemon Go too much: please click one)	Equal variances assumed	1.393	.241	-.737	99
	Equal variances not assumed			-.761	52.334
Playing Pokemon Go enhances my social life:	Equal variances assumed	.006	.939	1.440	99

				t	df
	assumed				
aying Pokemon Go is a negative impact n my social lationships: (please ick one)	Equal variances assumed	.007	.934	.096	99
	Equal variances not assumed			.096	49.480
eel that I play other line games too much: lease click one)	Equal variances assumed	1.735	.191	-.800	98
	Equal variances not assumed			-.746	43.146
aying other online mes enhances my cial life: (please click e) Strongly Agree	Equal variances assumed	.292	.590	1.674	96
	Equal variances not assumed			1.734	53.803
aying other online mes has a negative pact on my social lationships: (please ick one)	Equal variances assumed	.244	.622	-.424	96
	Equal variances not assumed			-.408	46.189

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
eel that I play okemon Go too uch: (please click e)	Equal variances assumed	.463	-.129	.174	-.475
	Equal variances not assumed	.450	-.129	.169	-.468
aying Pokemon Go hances my social e: (please click one)	Equal variances assumed	.153	.274	.190	-.104
	Equal variances not assumed	.170	.274	.197	-.122
aying Pokemon Go s a negative impact n my social lationships: (please ick one)	Equal variances assumed	.924	.017	.179	-.338
	Equal variances not assumed	.924	.017	.178	-.341
eel that I play other line games too uch: (please click e)	Equal variances assumed	.425	-.149	.186	-.518
	Equal variances not assumed	.460	-.149	.199	-.551
aying other online mes enhances my cial life: (please ick one) Strongly gree	Equal variances assumed	.097	.279	.166	-.052
	Equal variances not assumed	.089	.279	.161	-.043
aying other online mes has a negative pact on my social lationships: (please ick one)	Equal variances assumed	.673	-.079	.185	-.447
	Equal variances not assumed	.685	-.079	.193	-.466

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference
		Upper
eel that I play Pokemon Go too uch: (please click one)	Equal variances assumed	.218
	Equal variances not assumed	.210
aying Pokemon Go enhances my cial life: (please click one)	Equal variances assumed	.651
	Equal variances not assumed	.670
aying Pokemon Go has a negative pact on my social relationships: lease click one)	Equal variances assumed	.373
	Equal variances not assumed	.375
eel that I play other online games too uch: (please click one)	Equal variances assumed	.220
	Equal variances not assumed	.253
aying other online games enhances y social life: (please click one) rongly Agree	Equal variances assumed	.609
	Equal variances not assumed	.601
aying other online games has a gative impact on my social lationships: (please click one)	Equal variances assumed	.290
	Equal variances not assumed	.309

```
-TEST GROUPS=ETHNICITY2(1 2)
 /MISSING=ANALYSIS
 /VARIABLES=Self_esteem_current Self_esteem_last_year Life_sat_current Life_Sat_last_year
 /CRITERIA=CI(.95).
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-Test

Notes

Output Created		07-FEB-2018 13:34:22
Comments		
Input	Data	/Users/sandrarasqui/Deskto p/Pokemon ready for quant analysis-2.sav
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	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=ETHNICITY2(1 2) /MISSING=ANALYSIS /VARIABLES=Self_esteem _current Self_esteem_last_year Life_sat_current Life_Sat_last_year /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.00
	Elapsed Time	00:00:00.00

Group Statistics

	Ethnic Majority/Minority	N	Mean	Std. Deviation	Std. Error Mean
Self_esteem_current	White	71	29.30	7.044	.836
	Non-white	28	28.00	6.848	1.294
Self_esteem_last_year	White	73	28.90	7.016	.821
	Non-white	27	27.78	5.402	1.040
Life_sat_current	White	69	21.28	7.635	.919
	Non-white	28	20.32	8.752	1.654
Life_Sat_last_year	White	69	21.2174	8.55926	1.03041
	Non-white	28	19.6786	8.58532	1.62247

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
Self_esteem_current	Equal variances assumed	.001	.972	.831	97	.408
	Equal variances not assumed			.841	50.820	.404
Self_esteem_last_year	Equal variances assumed	1.668	.200	.755	98	.452
	Equal variances not assumed			.850	60.117	.399
Life_sat_current	Equal variances assumed	.829	.365	.534	95	.594
	Equal variances not assumed			.504	44.563	.617
Life_Sat_last_year	Equal variances assumed	.080	.778	.802	95	.425
	Equal variances not assumed			.801	49.946	.427

Independent Samples Test

		t-test for Equality of Means		95% Confidence Interval of the Difference	
		Mean Difference	Std. Error Difference	Lower	Upper
Self_esteem_current	Equal variances assumed	1.296	1.560	-1.800	4.391
	Equal variances not assumed	1.296	1.541	-1.797	4.389
Self_esteem_last_year	Equal variances assumed	1.126	1.493	-1.836	4.088
	Equal variances not assumed	1.126	1.325	-1.524	3.776
Life_sat_current	Equal variances assumed	.954	1.785	-2.591	4.498
	Equal variances not assumed	.954	1.892	-2.858	4.766
Life_Sat_last_year	Equal variances assumed	1.53882	1.91953	-2.27192	5.34956

```
-TEST GROUPS=MARITAL(1 2)
 /MISSING=ANALYSIS
 /VARIABLES=Months_Played Time_play_PG_NOZeros Time_othergames_NOZEROs
 /CRITERIA=CI(.95).
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-Test

Notes

Output Created		07-FEB-2018 13:35:37
Comments		
Input	Data	/Users/sandrarasqui/Deskto p/Pokemon ready for quant analysis-2.sav
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	Split File	<none>
	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=MARITAL(1 2) /MISSING=ANALYSIS /VARIABLES=Months_Play ed Time_play_PG_NOZeros Time_othergames_NOZER Os /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.01
	Elapsed Time	00:00:01.00

Group Statistics

	Single/settled	N	Mean	Std. Deviation	Std. Error Mean
When did you start playing Pokemon Go? Please enter: how many months ago	Single	60	12.68	4.990	.644
	Settled	41	12.71	4.429	.692
Time_play_PG_NOZeros	Single	53	7.77	9.631	1.323
	Settled	37	8.27	7.960	1.309
Time_othergames_NOZER Os	Single	33	8.29	6.209	1.081
	Settled	13	5.96	4.075	1.130

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	1.447	.232	-.025	99
	Equal variances not assumed			-.025	92.373
Time_play_PG_NOZero s	Equal variances assumed	.132	.717	-.258	88
	Equal variances not assumed			-.267	85.420
Time_othergames_NOZ EROs	Equal variances assumed	1.773	.190	1.245	44
	Equal variances not assumed			1.488	33.485

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
When did you start playing Pokemon Go?	Equal variances assumed	.980	-.024	.967	-1.942

nany months ago	assumed				
Time_play_PG_NOZe ob	Equal variances assumed	.797	-.497	1.925	-4.322
	Equal variances not assumed	.790	-.497	1.861	-4.196
Time_othergames_N OZEROs	Equal variances assumed	.220	2.326	1.869	-1.440
	Equal variances not assumed	.146	2.326	1.564	-.853

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
When did you start playing Pokemon	Equal variances assumed	1.894
Go? Please enter: how many months ago	Equal variances not assumed	1.853
Time_play_PG_NOZeros	Equal variances assumed	3.329
	Equal variances not assumed	3.203
Time_othergames_NOZEROs	Equal variances assumed	6.092
	Equal variances not assumed	5.506

```
~TEST GROUPS=MARITAL(1 2)
 /MISSING=ANALYSIS
 /VARIABLES=PG_play_too_much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games
  PG_other_gs_soc_life PG_other_gs_neg_soc
 /CRITERIA=CI(.95).
```

T-Test

Notes

Output Created		07-FEB-2018 13:37:04
Comments		
Input	Data	/Users/sandraraquil/Deskto p/Pokemon ready for quant analysis-2.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=MARITAL(1 2) /MISSING=ANALYSIS /VARIABLES=PG_play_too _much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games PG_other_gs_soc_life PG_other_gs_neg_soc /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00

Group Statistics

	Single/settled	N	Mean	Std. Deviation	Std. Error Mean
I feel that I play Pokemon Go too much: (please click	Single	60	1.85	.880	.114
	Settled	41	1.80	.625	.098
Playing Pokemon Go enhances my social life: please click one)	Single	60	2.07	.880	.114
	Settled	41	2.39	.802	.125
Playing Pokemon Go has a negative impact on my social relationships: please click one)	Single	60	1.67	.752	.097
	Settled	41	1.90	.860	.134
I feel that I play other online games too much: please click one)	Single	60	1.78	.865	.112
	Settled	40	1.70	.791	.125

A relationship status difference . . . .,

$t(99) = . . . , p = ...$

'Settled' (married or in a relationship) participants (M = 2.39, SD = .80, N=41) agreed more with statement "playing PG enhances . . . " than single participants (M = 2.07, SD = .88, p=60)

hances my social life: (please click one) Strongly gree	Settled	38	2.03	.592	.096
aying other online games	Single	60	1.80	.819	.106
s a negative impact on y social relationships: (please click one)	Settled	38	2.08	.818	.133

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
eel that I play okemon Go too much: (please click one)	Equal variances assumed	5.422	.022	-.329	99
	Equal variances not assumed			-.350	98.826
aying Pokemon Go hances my social life: (please click one)	Equal variances assumed	.000	.989	-1.879	99
	Equal variances not assumed			-1.913	91.088
aying Pokemon Go is a negative impact on my social lationships: (please ick one)	Equal variances assumed	.085	.771	-1.459	99
	Equal variances not assumed			-1.423	78.185
eel that I play other nline games too much: (please click one)	Equal variances assumed	.546	.462	.488	98
	Equal variances not assumed			.497	88.729
aying other online mes enhances my ocial life: (please click one) Strongly Agree	Equal variances assumed	8.683	.004	-.810	96
	Equal variances not assumed			-.873	94.763
aying other online mes has a negative impact on my social lationships: (please ick one)	Equal variances assumed	1.069	.304	-1.643	96
	Equal variances not assumed			-1.644	78.953

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
eel that I play okemon Go too much: (please click ne)	Equal variances assumed	.743	-.052	.159	-.369
	Equal variances not assumed	.727	-.052	.150	-.350
aying Pokemon Go hances my social e: (please click one)	Equal variances assumed	.063	-.324	.172	-.665
	Equal variances not assumed	.059	-.324	.169	-.660
aying Pokemon Go is a negative impact n my social lationships: (please ick one)	Equal variances assumed		-.236	.162	-.556
	Equal variances not assumed	.159	-.236	.166	-.566
eel that I play other line games too uch: (please click e)	Equal variances assumed	.627	.083	.171	-.256
	Equal variances not assumed	.620	.083	.168	-.250
aying other online mes enhances my ocial life: (please ick one) Strongly gree	Equal variances assumed	.420	-.126	.156	-.436
	Equal variances not assumed	.385	-.126	.145	-.413
aying other online mes has a negative pact on my social lationships: (please ick one)	Equal variances assumed	.104	-.279	.170	-.616
	Equal variances not assumed	.104	-.279	.170	-.617

Marg. sig. diff. (handwritten annotation)

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
eel that I play Pokemon Go too uch: (please click one)	Equal variances assumed	.264
	Equal variances not assumed	.245
aying Pokemon Go enhances my cial life: (please click one)	Equal variances assumed	.018
	Equal variances not assumed	.012
aying Pokemon Go has a negative pact on my social relationships: lease click one)	Equal variances assumed	.085
	Equal variances not assumed	.094
eel that I play other online games too	Equal variances assumed	.422

		Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
				Lower	Upper
Self_esteem_current	Equal variances assumed	-3.290	1.404	-6.075	-.504
	Equal variances not assumed	-3.290	1.369	-6.010	-.569
Self_esteem_last_y ear	Equal variances assumed	-3.117	1.314	-5.725	-.509
	Equal variances not assumed	-3.117	1.328	-5.758	-.476
Life_sat_current	Equal variances assumed	-3.431	1.615	-6.636	-.225
	Equal variances not assumed	-3.431	1.572	-6.555	-.306
Life_Sat_last_year	Equal variances assumed	-4.49602	1.71917	-7.90901	-1.08303
	Equal variances not assumed	-4.49602	1.66691	-7.80784	-1.18420

```
-TEST GROUPS=SEXUAL_PREF(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=Months_Played Time_play_PG_NOZeros Time_othergames_NOZEROs
  /CRITERIA=CI(.95).
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T-Test

Notes

Output Created		07-FEB-2018 13:40:13
Comments		
Input	Data	/Users/sandrarasqui/Deskto p/Pokemon ready for quant analysis-2.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=SEXUAL_PREF (1 2) /MISSING=ANALYSIS /VARIABLES=Months_Play ed Time_play_PG_NOZeros Time_othergames_NOZER Os /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.00
	Elapsed Time	00:00:00.00

Group Statistics

	Heterosexual/Other	N	Mean	Std. Deviation	Std. Error Mean
When did you start playing Pokemon Go? Please enter: how many months ago	Heterosexual	86	12.45	4.826	.520
	Other	15	14.07	4.148	1.071
Time_play_PG_NOZeros	Heterosexual	77	7.74	9.285	1.058
	Other	13	9.38	6.627	1.838
Time_othergames_NOZE ROs	Heterosexual	39	7.26	5.563	.891
	Other	7	9.71	6.726	2.542

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	3.339	.071	-1.217	99
	Equal variances not assumed			-1.355	21.193

| | | | | | 95% Confidence Interval of the Difference |
					Lower
	assumed					
	Equal variances not assumed			-.775		20.909
Time_othergames_NOZEROs	Equal variances assumed	.434	.514	-1.044		44
	Equal variances not assumed			-.912		7.546

Independent Samples Test

t-test for Equality of Means

		Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference Lower
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	.226	-1.613	1.325	-4.242
	Equal variances not assumed	.190	-1.613	1.191	-4.088
Time_play_PG_NOZeros	Equal variances assumed	.543	-1.644	2.689	-6.989
	Equal variances not assumed	.447	-1.644	2.121	-6.056
Time_othergames_NOZEROs	Equal variances assumed	.302	-2.458	2.354	-7.203
	Equal variances not assumed	.390	-2.458	2.694	-8.735

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	1.016
	Equal variances not assumed	.862
Time_play_PG_NOZeros	Equal variances assumed	3.700
	Equal variances not assumed	2.768
Time_othergames_NOZEROs	Equal variances assumed	2.287
	Equal variances not assumed	3.820

```
'-TEST GROUPS=SEXUAL_PREF(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=PG_play_too_much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games
   PG_other_gs_soc_life PG_other_gs_neg_soc
  /CRITERIA=CI(.95).
```

T-Test

Notes

Output Created		07-FEB-2018 13:40:37
Comments		
Input	Data	/Users/sandrarasqui/Desktop/Pokemon ready for quant analysis-2.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=SEXUAL_PREF (1 2) /MISSING=ANALYSIS /VARIABLES=PG_play_too_much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games PG_other_gs_soc_life PG_other_gs_neg_soc /CRITERIA=CI(.95).

| | Elapsed Time | | | | 00:00:00.00 | |

Group Statistics

	Heterosexual/Other	N	Mean	Std. Deviation	Std. Error Mean
feel that I play Pokemon Go too much: (please click one)	Heterosexual	86	1.90	.826	.089
	Other	15	1.73	.458	.118
Playing Pokemon Go enhances my social life: (please click one)	Heterosexual	86	2.14	.856	.092
	Other	15	2.53	.834	.215
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Heterosexual	86	1.83	.814	.088
	Other	15	1.40	.632	.163
feel that I play other online games too much: (please click one)	Heterosexual	85	1.80	.842	.091
	Other	15	1.47	.743	.192
Playing other online games enhances my social life: (please click one) Strongly Agree	Heterosexual	84	1.94	.750	.082
	Other	14	2.00	.784	.210
Playing other online games has a negative impact on my social relationships: (please click one)	Heterosexual	84	1.98	.836	.091
	Other	14	1.50	.650	.174

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	2.744	.101	.738	99
	Equal variances not assumed			1.095	32.705
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.000	1.000	-1.650	99
	Equal variances not assumed			-1.681	19.516
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.548	.461	1.922	99
	Equal variances not assumed			2.295	22.954
feel that I play other online games too much: (please click one)	Equal variances assumed	.339	.562	1.436	98
	Equal variances not assumed			1.568	20.887
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.052	.821	-.273	96
	Equal variances not assumed			-.264	17.202
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.141	.708	2.029	96
	Equal variances not assumed			2.426	20.888

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.462	.162	.220	-.274
	Equal variances not assumed	.282	.162	.148	-.139
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.102	-.394	.239	-.867
	Equal variances not assumed	.109	-.394	.234	-.883
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.057	.426	.221	-.014
	Equal variances not assumed	.031	.426	.185	.042
feel that I play other online games too much: (please click one)	Equal variances assumed	.154	.333	.232	-.127
	Equal variances not assumed	.132	.333	.213	-.109
Playing other online games enhances my	Equal variances assumed	.785	-.060	.218	-.492

> marg. sig. diff.

(click one) Strongly Agree	assumed				
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.045	.476	.235	.010
	Equal variances not assumed	.024	.476	.196	.068

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.598
	Equal variances not assumed	.463
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.080
	Equal variances not assumed	.096
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.865
	Equal variances not assumed	.809
feel that I play other online games too much: (please click one)	Equal variances assumed	.794
	Equal variances not assumed	.775
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.373
	Equal variances not assumed	.415
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.942
	Equal variances not assumed	.885

```
-TEST GROUPS=SEXUAL_PREF(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=Self_esteem_current Self_esteem_last_year Life_sat_current Life_Sat_last_year
  /CRITERIA=CI(.95).
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T-Test

Notes

Output Created		07-FEB-2018 13:41:49
Comments		
Input	Data	/Users/sandracasqui/Deskto p/Pokemon ready for quant analysis-2.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=SEXUAL_PREF (1 2) /MISSING=ANALYSIS /VARIABLES=Self_esteem _current Self_esteem_last_year Life_sat_current Life_Sat_last_year /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00

Group Statistics

	Heterosexual/Other	N	Mean	Std. Deviation	Std. Error Mean
Self_esteem_current	Heterosexual	85	29.27	7.038	.763
	Other	14	26.86	6.455	1.725
Self_esteem_last_year	Heterosexual	85	28.76	6.688	.725
	Other	15	27.67	6.298	1.626
Life_sat_current	Heterosexual	83	20.95	7.963	.874
	Other	14	21.29	8.081	2.160
Life_Sat_last_year	Heterosexual	83	20.5060	8.45270	.92780
	Other	14	22.3571	9.27865	2.47982

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
elf_esteem_curre	Equal variances assumed	.393	.532	1.202	97	.232
	Equal variances not assumed			1.279	18.479	.217
elf_esteem_last_y ar	Equal variances assumed	.003	.954	.591	96	.556
	Equal variances not assumed			.617	19.994	.544
fe_sat_current	Equal variances assumed	.002	.966	-.145	95	.885
	Equal variances not assumed			-.143	17.533	.888
fe_Sat_last_year	Equal variances assumed	.161	.689	-.748	95	.457
	Equal variances not assumed			-.699	16.842	.494

Independent Samples Test

		t-test for Equality of Means		95% Confidence Interval of the Difference	
		Mean Difference	Std. Error Difference	Lower	Upper
elf_esteem_current	Equal variances assumed	2.413	2.008	-1.572	6.399
	Equal variances not assumed	2.413	1.887	-1.543	6.370
elf_esteem_last_y ar	Equal variances assumed	1.098	1.858	-2.589	4.785
	Equal variances not assumed	1.098	1.781	-2.616	4.812
fe_sat_current	Equal variances assumed	-.334	2.305	-4.911	4.243
	Equal variances not assumed	-.334	2.330	-5.238	4.570
fe_Sat_last_year	Equal variances assumed	-1.85112	2.47620	-6.76699	3.06475
	Equal variances not assumed	-1.85112	2.64771	-7.44129	3.73905

```
-TEST GROUPS=DEPENDENTS_combined(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=Months_Played Time_play_PG_NOZeros Time_othergames_NOZEROs
  /CRITERIA=CI(.95).
```

-Test

Notes

utput Created		07-FEB-2018 13:43:31
omments		
put	Data	/Users/sandrarasqui/Deskto p/Pokemon ready for quant analysis-2.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	101
issing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
yntax		T-TEST GROUPS=DEPENDENTS_ combined(1 2) /MISSING=ANALYSIS /VARIABLES=Months_Play ed Time_play_PG_NOZeros Time_othergames_NOZER Os /CRITERIA=CI(.95).
sources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00

With/dependents (handwritten)

Group Statistics

	With/Without	N	Mean	Std. Deviation	Std. Error Mean
When did you start playing Pokemon Go? Please enter: how many months ago	Without	74	12.58	4.944	.575
	With	27	13.00	4.234	.815
Time_play_PG_NOZeros	Without	65	8.06	9.404	1.166
	With	25	7.76	7.768	1.554
Time_othergames_NOZEROs	Without	35	7.43	5.768	.975
	With	11	8.27	5.884	1.774

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	1.463	.229	-.391	99
	Equal variances not assumed			-.420	53.582
Time_play_PG_NOZeros	Equal variances assumed	.289	.592	.143	88
	Equal variances not assumed			.155	52.437
Time_othergames_NOZEROs	Equal variances assumed	.150	.701	-.421	44
	Equal variances not assumed			-.417	16.510

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	.697	-.419	1.072	-2.546
	Equal variances not assumed	.676	-.419	.997	-2.418
Time_play_PG_NOZeros	Equal variances assumed	.887	.302	2.115	-3.902
	Equal variances not assumed	.877	.302	1.943	-3.596
Time_othergames_NOZEROs	Equal variances assumed	.675	-.844	2.003	-4.881
	Equal variances not assumed	.682	-.844	2.024	-5.125

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference
		Upper
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	1.708
	Equal variances not assumed	1.580
Time_play_PG_NOZeros	Equal variances assumed	4.505
	Equal variances not assumed	4.199
Time_othergames_NOZEROs	Equal variances assumed	3.192
	Equal variances not assumed	3.436

```
'-TEST GROUPS=DEPENDENTS_combined(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=PG_play_too_much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games
    PG_other_gs_soc_life PG_other_gs_neg_soc
  /CRITERIA=CI(.95).
```

T-Test

Notes

Output Created		07-FEB-2018 13:44:09
Comments		
Input	Data	/Users/sandrarasqui/Desktop/Pokemon ready for quant analysis-2.sav
	Active Dataset	DataSet1
	Filter	<none>

	Split File	<none>
	N of Rows in Working Data File	101
ssing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
ntax		T-TEST GROUPS=DEPENDENTS_ combined(1 2) /MISSING=ANALYSIS /VARIABLES=PG_play_too _much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games PG_other_gs_soc_life PG_other_gs_neg_soc /CRITERIA=CI(.95).
sources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00

Group Statistics

	With/without	N	Mean	Std. Deviation	Std. Error Mean
el that I play Pokemon too much: (please click e)	Without	74	1.85	.806	.094
	With	27	1.93	.730	.140
ying Pokemon Go hances my social life: ease click one)	Without	74	2.14	.911	.106
	With	27	2.37	.688	.132
ying Pokemon Go has a gative impact on my cial relationships: ease click one)	Without	74	1.76	.808	.094
	With	27	1.78	.801	.154
el that I play other line games too much: ease click one)	Without	73	1.73	.838	.098
	With	27	1.81	.834	.160
ying other online games hances my social life: ease click one) Strongly ree	Without	71	1.89	.728	.086
	With	27	2.11	.801	.154
ying other online games s a negative impact on y social relationships: ease click one)	Without	71	1.86	.833	.099
	With	27	2.04	.808	.155

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig	t	df
el that I play kemon Go too much: ease click one)	Equal variances assumed	1.478	.227	-.422	99
	Equal variances not assumed			-.442	50.676
ying Pokemon Go hances my social life: ease click one)	Equal variances assumed	1.647	.202	-1.219	99
	Equal variances not assumed			-1.388	61.075
ying Pokemon Go s a negative impact my social ationships: (please ck one)	Equal variances assumed	.039	.844	-.116	99
	Equal variances not assumed			-.117	46.604
el that I play other line games too much: ease click one)	Equal variances assumed	.273	.603	-.471	98
	Equal variances not assumed			-.472	46.687
ying other online mes enhances my cial life: (please click e) Strongly Agree	Equal variances assumed	.216	.643	-1.323	96
	Equal variances not assumed			-1.267	43.328
ying other online mes has a negative pact on my social ationships: (please ck one)	Equal variances assumed	.848	.359	-.952	96
	Equal variances not assumed			-.966	48.356

Independent Samples Test
t-test for Equality of Means

		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Confidence Interval of the Difference Lower
feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.674	-.075	.177	-.425
	Equal variances not assumed	.661	-.075	.169	-.414
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.226	-.235	.193	-.618
	Equal variances not assumed	.170	-.235	.170	-.574
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.908	-.021	.181	-.381
	Equal variances not assumed	.908	-.021	.180	-.384
feel that I play other online games too much: (please click one)	Equal variances assumed	.639	-.089	.188	-.463
	Equal variances not assumed	.639	-.089	.188	-.467
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.189	-.224	.169	-.560
	Equal variances not assumed	.212	-.224	.177	-.580
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.343	-.178	.187	-.549
	Equal variances not assumed	.339	-.178	.184	-.548

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.276
	Equal variances not assumed	.264
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.148
	Equal variances not assumed	.104
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.338
	Equal variances not assumed	.342
feel that I play other online games too much: (please click one)	Equal variances assumed	.285
	Equal variances not assumed	.290
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.112
	Equal variances not assumed	.132
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.193
	Equal variances not assumed	.192

```
'-TEST GROUPS=DEPENDENTS_combined(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=Self_esteem_current Self_esteem_last_year Life_sat_current Life_Sat_last_year
  /CRITERIA=CI(.95).
```

T-Test

Notes

Output Created		07-FEB-2018 13:44:47
Comments		
Input	Data	/Users/sandrarasqui/Desktop/Pokemon ready for quant analysis-2.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.

GROUPS=DEPENDENTS_
combined(1 2)
/MISSING=ANALYSIS

/VARIABLES=Self_esteem
_current
Self_esteem_last_year
Life_sat_current
Life_Sat_last_year
/CRITERIA=CI(.95).

| Resources | Processor Time | 00:00:00.00 |
| | Elapsed Time | 00:00:00.00 |

Group Statistics

	With/without	N	Mean	Std. Deviation	Std. Error Mean
Self_esteem_current	Without	74	28.53	6.905	.803
	With	25	30.12	7.201	1.440
Self_esteem_last_year	Without	74	27.93	6.390	.743
	With	26	30.50	6.987	1.370
Life_sat_current	Without	72	21.11	7.902	.931
	With	25	20.68	8.199	1.640
Life_Sat_last_year	Without	72	20.4028	8.53602	1.00596
	With	25	21.8400	8.67794	1.73559

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
Self_esteem_current	Equal variances assumed	.016	.900	-.987	97	.326
	Equal variances not assumed			-.966	39.956	.340
Self_esteem_last_year	Equal variances assumed	.276	.601	-1.720	98	.089
	Equal variances not assumed			-1.647	40.649	.107
Life_sat_current	Equal variances assumed	.183	.670	.233	95	.816
	Equal variances not assumed			.229	40.550	.820
Life_Sat_last_year	Equal variances assumed	.022	.884	-.722	95	.472
	Equal variances not assumed			-.716	41.261	.478

Independent Samples Test

		t-test for Equality of Means		95% Confidence Interval of the Difference	
		Mean Difference	Std. Error Difference	Lower	Upper
Self_esteem_current	Equal variances assumed	-1.593	1.615	-4.797	1.611
	Equal variances not assumed	-1.593	1.649	-4.926	1.740
Self_esteem_last_year	Equal variances assumed	-2.568	1.493	-5.530	.395
	Equal variances not assumed	-2.568	1.559	-5.716	.581
Life_sat_current	Equal variances assumed	.431	1.852	-3.246	4.108
	Equal variances not assumed	.431	1.886	-3.379	4.241
Life_Sat_last_year	Equal variances assumed	-1.43722	1.98992	-5.38772	2.51328
	Equal variances not assumed	-1.43722	2.00806	-5.48776	2.61331

T-TEST GROUPS=EMPLOYMENT(1 2)
/MISSING=ANALYSIS
/VARIABLES=Months_Played Time_play_PG_NOZeros Time_othergames_NOZEROs
/CRITERIA=CI(.95).

T-Test

Notes

Output Created		07-FEB-2018 13:45:57
Comments		
Input	Data	/Users/sandrarasqui/Deskto p/Pokemon ready for quant analysis-2.sav

me_othergames_NOZEROs	Equal variances assumed	3.963
	Equal variances not assumed	3.929

```
·TEST GROUPS=EMPLOYMENT(1 2)
 /MISSING=ANALYSIS
 /VARIABLES=PG_play_too_much PG_enhances_soc_life PG_neg_impact_socrel PG_other_games
   PG_other_gs_soc_life PG_other_gs_neg_soc
 /CRITERIA=CI(.95).
```

-Test

Notes

Group Statistics

	Full-time employed/other	N	Mean	Std. Deviation	Std. Error Mean
eel that I play okemon Go too much: lease click one)	Full-time	65	1.92	.835	.104
	Other	36	1.78	.681	.113
laying Pokemon Go hances my social life: lease click one)	Full-time	65	2.22	.857	.106
	Other	36	2.17	.878	.146
laying Pokemon Go s a negative impact n my social lationships: (please ick one)	Full-time	65	1.83	.782	.097
	Other	36	1.64	.833	.139
eel that I play other line games too much: lease click one)	Full-time	64	1.77	.886	.111
	Other	36	1.72	.741	.124
laying other online ames enhances my ocial life: (please click he) Strongly Agree	Full-time	62	1.94	.765	.097
	Other	36	1.97	.736	.123
laying other online ames has a negative pact on my social lationships: (please ick one)	Full-time	62	1.89	.832	.106
	Other	36	1.94	.826	.138

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
eel that I play okemon Go too much: lease click one)	Equal variances assumed	1.006	.318	.892	99
	Equal variances not assumed			.946	85.248

	Filter	<none>	
	Weight	<none>	
	Split File	<none>	
	N of Rows in Working Data File		101
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.	
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.	
Syntax		T-TEST GROUPS=EMPLOYMENT(1 2) /MISSING=ANALYSIS /VARIABLES=Months_Play ed Time_play_PG_NOZeros Time_othergames_NOZER Os /CRITERIA=CI(.95).	
Resources	Processor Time		00:00:00.01
	Elapsed Time		00:00:00.00

Group Statistics

	Full-time employed/othe	N	Mean	Std. Deviation	Std. Error Mean
When did you start playing Pokemon Go? Please enter: how many months ago	Full-time	65	12.65	4.891	.607
	Other	36	12.78	4.543	.757
Time_play_PG_NOZero s	Full-time	57	8.33	8.627	1.143
	Other	33	7.36	9.555	1.663
Time_othergames_NOZ EROs	Full-time	25	7.86	6.089	1.218
	Other	21	7.36	5.434	1.186

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	.313	.577	-.133	99
	Equal variances not assumed			-.136	77.009
Time_play_PG_NOZero s	Equal variances assumed	.627	.430	.494	88
	Equal variances not assumed			.481	61.506
Time_othergames_NOZ EROs	Equal variances assumed	1.277	.265	.293	44
	Equal variances not assumed			.296	43.817

Independent Samples Test

		t-test for Equality of Means			95% Confidence Interval of the Difference
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	.895	-.132	.991	-2.098
	Equal variances not assumed	.892	-.132	.970	-2.063
Time_play_PG_NOZe os	Equal variances assumed	.623	.970	1.963	-2.932
	Equal variances not assumed	.633	.970	2.018	-3.065
Time_othergames_N OZEROs	Equal variances assumed	.771	.503	1.717	-2.957
	Equal variances not assumed	.769	.503	1.700	-2.923

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
When did you start playing Pokemon Go? Please enter: how many months ago	Equal variances assumed	1.835
	Equal variances not assumed	1.800
Time_play_PG_NOZeros	Equal variances assumed	4.871

Notes

Group Statistics

	Full-time employed/other	N	Mean	Std. Deviation	Std. Error Mean
Self_esteem_current	Full-time	64	30.03	5.997	.750
	Other	35	26.91	8.201	1.386
Self_esteem_last_yea	Full-time	64	29.72	5.542	.693
	Other	36	26.61	7.873	1.313
Life_sat_current	Full-time	62	26.13	7.774	.987
	Other	35	29.77	8.332	1.408
Life_Sat_last_year	Full-time	62	20.8387	8.09816	1.02847
	Other	35	20.6571	9.42132	1.59249

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
Self_esteem_current	Equal variances assumed	6.534	.012	2.164	97	.033
	Equal variances not assumed			1.978	54.26	.053
Self_esteem_last_y ear	Equal variances assumed	4.900	.029	2.305	98	.023
	Equal variances not assumed			2.094	54.852	.041
Life_sat_current	Equal variances assumed	.199	.657	.212	95	.833
	Equal variances not assumed			.208	66.662	.836
Life_Sat_last_year	Equal variances assumed	1.584	.223	.100	95	.921
	Equal variances not assumed			.096	62.241	.924

Independent Samples Test

		t-test for Equality of Means			
		Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
				Lower	Upper
Self_esteem_current	Equal variances assumed	3.117	1.440	.258	5.975
	Equal variances not assumed	3.117	1.576	-.042	6.276
Self_esteem_last_y ear	Equal variances assumed	3.108	1.348	.432	5.784
	Equal variances not assumed	3.108	1.484	.133	6.082
Life_sat_current	Equal variances assumed	.358	1.687	-2.991	3.706
	Equal variances not assumed	.358	1.720	-3.076	3.791
Life_Sat_last_year	Equal variances assumed	.18157	1.81723	-3.42609	3.78922

[Handwritten annotations:]

P → marg. sig. diff - SE

P → sig. diff.   SE

Finally
The only other between groups differences was between involved employment status and self-esteem. Both tests year and currently, Full-time employed P's reported higher levels of SE both about currently (M = ??, SD = ??, N = ??) and last year (M = ??, SD = ??, N = ??) than

other types of workers (part-time, home-makers, PT students + retired) (current M = , SD = , N = ; last year, M   SD   N).

				t	df
enhances my social life: (please click one)	assumed				
	Equal variances not assumed			.269	70.854
Playing Pokemon Go has a negative impact in my social relationships: (please click one)	Equal variances assumed	.376	.541	1.154	99
	Equal variances not assumed			1.133	68.549
feel that I play other online games too much: (please click one)	Equal variances assumed	1.203	.275	.249	98
	Equal variances not assumed			.262	83.826
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.001	.978	-.232	96
	Equal variances not assumed			-.235	75.628
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.071	.790	-.330	96
	Equal variances not assumed			-.330	73.684

Independent Samples Test

t-test for Equality of Means

		Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference Lower
feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.374	.145	.163	-.178
	Equal variances not assumed	.347	.145	.154	-.160
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.787	.049	.180	-.308
	Equal variances not assumed	.788	.049	.181	-.312
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.251	.192	.166	-.138
	Equal variances not assumed	.261	.192	.169	-.146
feel that I play other online games too much: (please click one)	Equal variances assumed	.804	.043	.174	-.303
	Equal variances not assumed	.794	.043	.166	-.287
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.817	-.037	.158	-.351
	Equal variances not assumed	.815	-.037	.157	-.349
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.742	-.057	.174	-.402
	Equal variances not assumed	.742	-.057	.174	-.403

Independent Samples Test

		t-test for Equality of Means 95% Confidence Interval of the Difference Upper
feel that I play Pokemon Go too much: (please click one)	Equal variances assumed	.468
	Equal variances not assumed	.451
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.405
	Equal variances not assumed	.409
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.522
	Equal variances not assumed	.530
feel that I play other online games too much: (please click one)	Equal variances assumed	.390
	Equal variances not assumed	.373
Playing other online games enhances my social life: (please click one) Strongly Agree	Equal variances assumed	.277
	Equal variances not assumed	.275
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.288
	Equal variances not assumed	.288

```
T-TEST GROUPS=EMPLOYMENT(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=Self_esteem_current Self_esteem_last_year Life_sat_current Life_Sat_last_year
  /CRITERIA=CI(.95).
```

T-Test

Independent T- Tests

Group Statistics

	UK/non_UK residence	N	Mean	Std. Deviation	Std. Error Mean
When did you start playing	UK	65	11.65	5.239	.650

393

Pokemon Go? Please enter: how many months ago	non-UK	33	14.52	3.032	.528
Time_play_PG_NOZeros	UK	56	7.71	8.599	1.149
	non-UK	31	9.05	9.822	1.764
Time_othergames_NOZE ROs	UK	30	7.27	5.267	.962
	non-UK	15	7.53	6.105	1.576

394

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
When did you start playing Pokemon Go? Please enter: how many months ago — Equal variances assumed	14.289	.000	-2.904	96	.005	-2.869	.988	-4.830	-.908

396

				-3.427	94.253	.001	-2.869	.837	-4.531	-1.207
	Equal variances not assumed									
Time_play_PG_NOZeros	Equal variances assumed	.845	.360	-.663	85	.509	-1.343	2.026	-5.371	2.685
	Equal variances not assumed			-.638	55.414	.526	-1.343	2.105	-5.561	2.875

397

| Time_othergames_NOZER Os | Equal variances assumed | .064 | .801 | -.152 | 43 | .880 | -.267 | 1.756 | -3.808 | 3.275 |
| | Equal variances not assumed | | | -.144 | 24.707 | .886 | -.267 | 1.846 | -4.072 | 3.538 |

Group Statistics

398

	UK/non_UK residence	N	Mean	Std. Deviation	Std. Error Mean
I feel that I play Pokemon Go too much: (please click one)	UK	65	1.83	.741	.092
	non-UK	33	1.97	.883	.154
Playing Pokemon Go enhances my social life: (please click one)	UK	65	2.02	.820	.102
	non-UK	33	2.58	.830	.145
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	UK	65	1.78	.780	.097
	non-UK	33	1.76	.867	.151

399

I feel that I play other online games too much: (please click one)	UK	65	1.77	.786	.097
	non-UK	33	1.73	.944	.164
Playing other online games enhances my social life: (please click one) Strongly Agree	UK	63	1.84	.677	.085
	non-UK	33	2.12	.781	.136
Playing other online games has a negative impact on my social relationships: (please click one)	UK	63	1.89	.764	.096
	non-UK	33	2.00	.935	.163

400

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
									95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper

		.577	.449	-.821	96	.413	-.139	.169	-.475	.197
I feel that I play Pokemon Go too much: (please click one)	Equal variances assumed									
	Equal variances not assumed			-.776	55.410	.441	-.139	.179	-.498	.220
Playing Pokemon Go enhances my social life: (please click one)	Equal variances assumed	.443	.507	-3.185	96	.002	-.560	.176	-.910	-.211

402

		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
	Equal variances not assumed			-3.171	63.693	.002	-.560	.177	-.913	-.207
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Equal variances assumed	.359	.550	.156	96	.876	.027	.173	-.317	.371
	Equal variances not assumed			.151	58.766	.881	.027	.179	-.332	.386

I feel that I play other online games too much: (please click one)	Equal variances assumed	1.912	.170	.233	96	.816	.042	.180	-.315	.399
	Equal variances not assumed			.220	55.056	.827	.042	.191	-.341	.425
Playing other online games enhances my social life: (please click one) Strongly	Equal variances assumed	.387	.535	-1.824	94	.071	-.280	.153	-.585	.025

Agree	Equal variances not assumed			-1.744	57.547	.086	-.280	.160	-.601	.041
Playing other online games has a negative impact on my social relationships: (please click one)	Equal variances assumed	.169	.682	-.626	94	.533	-.111	.178	-.464	.242
	Equal variances not assumed			-.587	54.836	.559	-.111	.189	-.490	.268

405

Correlations between game play vs social life

Correlations

		How much time do you spend playing Pokemon Go per week. Please type in below approx. how many hours per week:	I feel that I play Pokemon Go too much: (please click one)	Playing Pokemon Go enhances my social life: (please click one)	Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Self_esteem_ current	Self_esteem_l ast_year	Life_sat _current	Life_Sat_la st_year
How much time do you spend playing Pokemon Go per week. Please type in	Pearson Correlation (r)	1	r=.494**	.189	R=.288**	-.166	.022	-.006	.003
	Sig. (2-tailed)		.000	.059	.003	.102	.826	.950	.978

below approx. how many hours per week:	N	101	101	101	101	99	100	97	97
I feel that I play Pokemon Go too much: (please click one)	Pearson Correlation	.494**	1	.187	r=.476**	-.003	.182	.067	.036
	Sig. (2-tailed)	.000		.062	p<.001	.974	.070	.517	.724
	N	101	101	101	N =101	99	100	97	97
Playing Pokemon Go enhances my social life: (please click one)	Pearson Correlation	.189	.187	1	.011	.194	.047	.190	.176
	Sig. (2-tailed)	.059	.062		.914	.054	.641	.062	.085

410

	N	101	101	101	101	99	100	97	97
Playing Pokemon Go has a negative impact on my social relationships: (please click one)	Pearson Correlation	.288**	.476**	.011	1	-.092	.069	.002	.064
	Sig. (2-tailed)	.003	.000	.914		.364	.495	.987	.530
	N	101	101	101	101	99	100	97	97
Self_esteem_current	Pearson Correlation	-.166	-.003	.194	-.092	1	.544**	.552**	.312**
	Sig. (2-tailed)	.102	.974	.054	.364		.000	.000	.002
	N	99	99	99	99	99	98	96	96

411

Self_esteem_last_year	Pearson Correlation	.022	.182	.047	.069	.544[**]	1	.237[*]	.586[**]
	Sig. (2-tailed)	.826	.070	.641	.495	.000		.020	.000
	N	100	100	100	100	98	100	96	96
Life_sat_current	Pearson Correlation	-.006	.067	.190	.002	.552[**]	.237[*]	1	.468[**]
	Sig. (2-tailed)	.950	.517	.062	.987	.000	.020		.000
	N	97	97	97	97	96	96	97	97

412

Life_Sat_last_year	Pearson Correlation	.003	.036	.176	.064	.312[**]	.586[**]	.468[**]	1
	Sig. (2-tailed)	.978	.724	.085	.530	.002	.000	.000	
	N	97	97	97	97	96	96	97	97

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

No. of hours per week participants spent playing PG was significantly associated with their agreement with the statements that they 'felt they played PG too much' (r=.49, p<.001, N=101) and that they felt playing PG 'had a negative impact on their social relationships (r=.29, p=.003, N=101). Agreement with these two statements on PG were also significantly associated (r….)

413

No. of hours per week playing other games was not sig. associated with agreement with any of the impact statements. However, just like for PG, the

agreement with playing other games 'too much' and agreement with playing other online games having a 'negative impact' on social relationships

were sig. associated with each other (r=.61, p<.001, N=98), more so than was the case for PG.

Correlations

		Time_other games_NO ZEROs	I feel that I play other online games too much: (please click one)	Playing other online games enhances my social life: (please click one) Strongly Agree	Playing other online games has a negative impact on my social relationships: (please click one)	Self_esteem_ current	Self_esteem _last_year	Life_sat_ current	Life_Sat_last_ year
Time_othergames_NOZER Os	Pearson Correlation	1	.002	.016	-.128	-.296	-.106	.030	-.015
	Sig. (2-tailed)		.989	.917	.396	.051	.489	.849	.923

415

	N	46	46	46	46	44	45	44	44
I feel that I play other online games too much: (please click one)	Pearson Correlation	.002	1	.112	.611**	-.213*	-.009	-.159	-.027
	Sig. (2-tailed)	.989		.271	.000	.035	.932	.121	.796
	N	46	100	98	98	98	99	96	96
Playing other online games enhances my social life: (please click one) Strongly Agree	Pearson Correlation	.016	.112	1	.142	.201*	.212*	.161	.248*
	Sig. (2-tailed)	.917	.271		.163	.050	.037	.121	.016
	N	46	98	98	98	96	97	94	94
Playing other online games	Pearson Correlation	-.128	.611**	.142	1	-.119	.047	-.041	.109

has a negative impact on my social relationships: (please click one)	Sig. (2-tailed)	.396	.000	.163		.250	.650	.693	.298
	N	46	98	98	98	96	97	94	94
Self_esteem_current	Pearson Correlation	-.296	-.213[*]	.201[*]	-.119	1	.544[**]	.552[**]	.312[**]
	Sig. (2-tailed)	.051	.035	.050	.250		.000	.000	.002
	N	44	98	96	96	99	98	96	96
Self_esteem_last_year	Pearson Correlation	-.106	-.009	.212[*]	.047	.544[**]	1	.237[*]	.586[**]
	Sig. (2-tailed)	.489	.932	.037	.650	.000		.020	.000
	N	45	99	97	97	98	100	96	96

417

Life_sat_current	Pearson Correlation	.030	-.159	.161	-.041	.552**	.237*	1	.468**
	Sig. (2-tailed)	.849	.121	.121	.693	.000	.020		.000
	N	44	96	94	94	96	96	97	97
Life_Sat_last_year	Pearson Correlation	-.015	-.027	.248*	.109	.312**	.586**	.468**	1
	Sig. (2-tailed)	.923	.796	.016	.298	.002	.000	.000	
	N	44	96	94	94	96	96	97	97

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

418

Relationship status comparisons stats

Group Statistics

	Single/settled	N	Mean	Std. Deviation	Std. Error Mean
Self_esteem_current	Single	60	27.63	7.121	.919

419

	Settled	39	30.92	6.334	1.014
Self_esteem_last_year	Single	59	27.32	6.307	.821
	Settled	41	30.44	6.682	1.044
Life_sat_current	Single	58	19.62	8.195	1.076
	Settled	39	23.05	7.160	1.146
Life_Sat_last_year	Single	58	18.9655	8.78988	1.15417
	Settled	39	23.4615	7.51086	1.20270

420

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means					95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
Self_esteem_current	Equal variances assumed	1.761	.188	-2.344	97	.021	-3.290	1.404	-6.075	-.504
	Equal variances not assumed			-2.403	87.880	.018	-3.290	1.369	-6.010	-.569

		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
Self_esteem_last_year	Equal variances assumed	.014	.907	-2.372	98	.020	-3.117	1.314	-5.725	-.509
	Equal variances not assumed			-2.347	82.931	.021	-3.117	1.328	-5.758	-.476
Life_sat_current	Equal variances assumed	.880	.351	-2.125	95	.036	-3.431	1.615	-6.636	-.225
	Equal variances not assumed			-2.182	88.600	.032	-3.431	1.572	-6.555	-.306
Life_Sat_last_year	Equal variances assumed	1.721	.193	-2.615	95	.010	-4.49602	1.71917	-7.90901	-1.08303

			-2.697	89.573	.008	-4.49602	1.66691	-7.80784	-1.18420
Equal variances not assumed									

425

Appendix S: Transcripts

linguistic
Descriptive
conceptual

— | |

Interview with (1) – 19/04/2018

1
2
3 T: Hi there, how are you today?

4 C: How I am?

5 T: Yes

6 C: I am good thank you and you ?

7 T: I am not bad, not bad thank you. Thanks for erm, letting me do the Interview with you today

8 C: Ah my pleasure

9 T: Thank you. So perhaps, I can tell you a little bit about myself, for example who I am and what I do and

10 the purpose of todays Interview

11 C: Yes

12 T: So my name is Sandra, and I am 28 years old and I am in my final year doing the Counselling

13 Doctorate in Psychology at The University of London. And with reference to the project and the reason

14 why you are here today is because erm, the research that I am currently doing is that I would like to

15 investigate into Virtual Gaming, however in particular to Pokemon Go and perhaps what the common

16 themes are relating to Pokemon Go

17 C: Yes

18 T: So by agreeing to participate in this study you are agreeing to be interviewed for approximately 60

19 minutes erm and the decision to participate in this research project is completely voluntary. So erm, the

20 information that you are providing me with today is kept strictly confidential and you can withdraw at

21 any point without giving me any reasons. Erm.. and if there is something that you don't wish for me to

22 include, just say can you please delete that or stop and I will be happy to do so.

23 C: Okay

24 T: Erm.. and erm.. the interview is currently being recorded just voice, and erm, I will be asking you a

25 few questions regarding our experiences playing games but in particular Pokemon Go and erm, before

26 you start, are you comfortable?

27 C: Yes I am

28 T: Fab. Okay so lets start. Now could you tell me what age you are, what gender you are and your

29 ethnicity and occupation>

30 C: Okay so, erm, I am 27 years old female, I am a Lawyer, and I am currently on Holiday in England and I

31 am Latin and I am from Brazil Rio de Janeiro.

32   T: SO you are a lawyer, does that also mean that you are studying or already qualified?

33   C: Fully Qualified however I did finish my degree and I am currently working in a Law firm and I got

34   this job straight after finishing my degree and I have been at the firm for more or less two years

35   T: Okay thank you. So could you tell me, who do you live with?

36   C: I live with my husband

37   T: Okay thank you. Now could you tell me who is around you and your social network?

38   C: Yeah, so I have all my family here in Rio de Janeiro, and all my family is around me but in another

39   state. But, actually, the majority of my family is here in Brazil.

40   T: And tell me, could you tell me what your daily routine is like?

41   C: Okay, so Monday to Friday, I basically wake up around 6am my husband would have already left the

42   house and at work. So after my alarm goes off, I go and get ready. I shower, have a coffee and maybe a

43   croissant and then I leave to go to work. I arrive there around 8am and I leave around 10pm at night. So

44   I spend all those hours working doing meetings, paperwork, legal cases and things like. So, if I do leave

45   the office earlier on Tuesdays at Thursdays which is around 5pm is because I have classes in another

46   neighbourhood. Now Saturday's and Sundays my routine is completely different. I sleep until around

Daily routine

Boredom?
mundane?

weekend - fun
relaxed

47 11am and then then have brunch with my husband and sometimes friends or family and then I go to Spanish

48 classes. And on Sundays, I help out at charity projects, so yes, I keep myself very busy. Now in the

49 evenings in the week, usually my husband would go and cook me dinner, so when I come home I have a

50 bath and eat and go to bed. On the weekends in the evenings, I see family and friends or go out on date

51 nights with my husband

52 T: How long have you been married for?

53 C: Almost 7 years right now, we have been living together for nearly 10 years.

54 T: Okay thank you, so lets talk about the gaming aspect now, could you tell me what type of games do

55 you play?

56 C: Well Pokémon Go of course and I used to play Candy Crush as it used to be very popular and also

57 sometimes, I get involved when my husband plays his video games as I like to spend time with him but I

58 am not a fan of video games. I don't quite understand them. So for example, he likes to play Call of Duty

59 and FIFA. In Brazil, Football is very popular so I do understand the rules and can join in and play. To be

60 honest, it is quite fun.

61 However, Pokemon Go for me, has been the only real game I ever played.

Observed

62   T: Howcome?

63   C: Well Pokemon Go, when I was a kid I used to be obsessed. I watched them on TV, have the cards and

64   things, and erm as soon as I herd about it, I had to try this hype.. I was so happy to hear about it, it

65   brought up so many positive childhood memories so I couldn't wait to play

66   T: Thank you for sharing that with me... so what has your experience been like playing Pokemon Go?

67   C: Erm, very nice, because as I was telling you erm.. it's a hype here in my city in Rio de Janeiro.. I mean I

68   cannot talk about for all across the country, but I can talk about here in my city, because everybody was

69   and still is playing the game. So at the same time, although I live with my husband and my family is in

70   Brazil, we don't see each other that much, so playing Pokemon Go is something that has brought us

71   closer together and we can all play at the same time. Also my friends all play, my brother, my cousins

72   and everyone, ha (laughs) even, I will be honest, even in the lawyers in my office will play (laughs

73   again).. I have seen how everyone in my office leaves the app open and then will run out to play when a

74   Pokemon appears.. so yes.. I am telling you, half of the lawyer in my department always play pokemon

75   go and even when they are working they leave the phone on..

Handwritten annotations (margins):

- reminiscin...
- Childhood memories
- Excitement / nostalgia
- Popularity of game
- (wanting to 'fit in' with the crowd)
- My city - IDENTITY, following the crowd
- Playing, living
- Gamer strengthen relationships
- laughs
- (embarrassment) filling the sense of community gap / distance through gaming
- Always
- Disrupting work
- All just to go 'Catch em' Even the lawyers?
- Active / Permanent words...
- [boxed] Obsessions? Compulsion?
- Addiction / exchanges? Filling the gap in a mundane life?

Mass play
Generations, normalising
PG

Emphasis 'Sooo'

connection
Cross-cultural
Bringing family
together
Obeying the
commands / Following the
commands
Fantasy world.
Enjoyment.

FUN

sharing watch
External locus of
control
Co others directing
in between us

Different vs sharing?
Is everyone isolated?
Is PG the central
feature that connect
us?

'experience'
Co Not (having)
Co But being,
doing

76 T: interestingly, from my preliminary analysis it seems that a popular theme is for people to be playing

77 it at work?

78 C: Yes soooo many...

79 T: Do you happen to remember the first time you played Pokemon Go?

80 C: Yes ofcourse, so my cousin was telling me about the game, erm.. my cousin who is actually living in

81 Australia, so the game actually brought us back close together again, and she was playing it telling me

82 that it is a super hype in Australia, and she told me to download it. My cousin is the same age as I am so

83 we used to watch the show together, and play Pokémon in real life and pretending that we were the

84 characters. God it used to be so much fun.. (15 second pause).. it really connected us, so yes, she said

85 download the game and from the location that you are in, you are going to find different Pokémon's. So

86 its fun to talk to her about it and share the experience we were both having. In Rio de Janeiro, you can

87 live a different experience in the game as you are in a different area, different country and city, so she

88 tells me sometimes, that she found different Pokemons that never showed up in Rio de Janeiro for

89 example. So that's why it brought us together, as we are always sharing experiences related to the

90 game.

91 T: That's interesting, so would you say that you connected more because of the game?

92 C: Yes that's what I am trying to say but sorry language barrier (laughs) is that it really connected us. It

93 brought us so close together. Yes, we talk a lot more in the day because of the game. Sometimes, we

94 speak every hour and also I don't know if you know this, but its possible to send prints/screen shots of

95 the game, so she will often send me this and I often send this back.

96 T: Could you tell me, how many hours, do you spend playing Pokemon Go?

97 C: Erm, I cannot say that I am fully dedicated to the game, so I mean just playing without doing anything

98 else but play, but I can say that I leave the app open and I play at the same time whilst doing something

99 else for example as I mentioned with work, my app is always open. But, I can also tell you that as long as

100 I have battery on my phone, I am constantly on the app playing it. So I play almost for 8 hours a day I

101 would say playing Pokemon go.

102 T: Could you tell me how do you feel playing the game?

103 C: Well, I feel that the game plays a lot with your anxiety. So I will explain, erm.. the game plays with

104 your anxiety levels as you always want to crave like more and more, because in order to progress onto

105 a new level, you have to catch lots of Pokemons and be out and about constantly. So sometimes when

Connection
close, communication
speaking, talking?

Positive communication
Strengthening relationships
what else would they talk about if not PG?

Defensive? not addicted?

Ongoing play PLAY
Play at work
Technological restrictions (use his work)
Does she enjoy her work?

Play

ANXIETY
toying with you
Difficult to stop

Explaining her need for PG, 'the frustrations' surrounding it

434

435

106 you are stuck in an office, and you know you cannot quickly pop out to catch the Pokemon that has just

107 appeared it can make you feel very frustrated and upset. Its like an Addiction, you just want to do

108 anything and everything to go and catch and find the Pokemon. Its not normal that's why I its an

109 Addiction, its not normal to have the app open for that long. I mean I should be working, but I am

110 constantly waiting for a Pokemon to appear. I actually have to acknowledge, or maybe I should

111 acknowledge that I am addicted to Pokemon Go, but also the people in my office should as well. Worst

112 thing is, its actually very conscious.

113 T: So could you tell me, what is it for you that you enjoy about playing Pokemon Go?

114 C: The format is very new, so its something that makes you want to consume your time with. Also, it's a

115 game, where you can multi task, for example as I said I can be at work and also be playing and paying

116 attention to Pokemon Go. So for example, if it was a game, where I would need to focus all my energy

117 and time on it, I could never play it as it would take all of my time. With Pokemon Go, it is very different,

118 as you can. If you are doing nothing, feeling bad, its such a good game to play, as it will make you go

119 outside and get fresh air and make you feel better about yourself. Its so much fun, I really enjoy it. But

120 also, it does have a bad aspect too which is not fun. Infact it can be quite tedious, as with Pokemon Go,

121 you sometimes have to wait for a very long time for a pokemon to appear. And sometimes you don't

122 know where to go or what direction so you walk a lot but that's only a minor annoyance with the game.

123 So in a way, you have to wait for the game to interact with you in order for you to play it. So for

124 example, when you open the screen, you have to wait for the game to say that there is a Pokemon for

125 you to catch. On a positive, you can walk for a long time and then get fit but at the same time it is

126 tedious.

127 T: So do you have a character or a username?

128 C: Yes, mine is called The Raider and its Yellow. So what I really find fun about Pokemon Go, is the gyms.

129 So these are aereas where people go to, to catch Pokemons and interact with others. So I'll explain, for

130 example, imagine Green Park station is a gym, so people can go there and fight with other trainers and

131 pokemons, but, if you are living far away in a shitty town and you don't have raids, then it can be boring

132 as you have no one to fight and train with. Thankfully, in Rio de Janeiro we have a lot of gyms so it is

133 very fun. So you open it when you are at the gym and you wait until someone provokes you and then

134 you fight that character in the game off course not in real life. And this is why, this game is good cause it

135 doesn't actually demand your attention all the time, you have to leave it open and you can do other

Waiting. Waiting.
Annoyances w/
PG

Waiting
= tedious

Does she control he
game or does it
control her?

Does this create
a dependency? or
excitement of the
unknown

FUN.

Exploring for the
unexplored PG.

Enjoyment gained
from interaction

Fight. People-other
WAITING

Understanding.
Not all consuming.

Comparison w/ other
games

Desiring interaction, connection
with others? Showing?

136   things. Sometimes, it can take 10-15 minutes for a Pokemon to appear. So for example, in my office, its

137   very funny, because sometimes depending on where we are sitting in the office and because of the wifi

138   connection, our tower is actually very high, we have over 42 floors, so depending on where this lawyer

139   is sitting, sometimes time connection tricks he game, so around the map, the lawyer is walking around

140   the building and cant find the Pokemon because of the connection. So he can walk for a very long time

141   and not find a Pokemon because it's the wrong location. However, For example, where I am sat at my

142   desk, the conncection is very good and very accurate, and therefore you always get them. In a way its

143   also cheating because I get them quicker then everyone else, but I like the competition of it and its more

144   fun.

145   T: You mentioned something quite interesting a few minutes ago, something called gym and raids..

146   could you tell me what this means?

147   C: Ah sorry, I ment stadium or gyms.. So its where you can fight and play against eachother.. but also, its

148   very social because you get chatting to actual people there... once I went to a gym and there were over

149   200 people in that location fighting and catching pokemons so you do end up speaking to other people

150   and socialising.

Handwritten margin notes:

fun

Technological dependency
Comfort than w/
co-workers?

Connection - not w/ ppl
but between the
person + the Pokémon

Waiting constantly

Making worthwhile
brandige? Passing
the time? feeling
part of a company?
team, community?

Being a whole. Drive to
compete. Going
recognition through
him?

Sociability online
+ in real world.

Connected by mutual
interest

Mass events

Is there a juxtaposition between
fighting in PC + socialising
in the real world?

Does she need to feel
part of something?
one of the crowd?

151　T: So do you then become friends with them people?

152　C: Yes absolutely, I met a lot of people and swopped numbers with people. I am actually very good

153　friends with a few. Interestingly, when you are playing the game, you can recognise straight away in the

154　street who is playing the game and who isn't. For example, they look like morons looking at their phone

155　without even looking where they are going (laughs) I guess I am a moron too. But it is soo much fun,

156　even you see them walking down some quiet streets where there is absolutely nothing to do, yet

157　everyone is going there so you know straight away, ah that moron-is playing Pokemon go. And don't

158　forget, its so competitive because who every catches it first gets it, and then it disappears for all the

159　other people playing it. So y|ou have to be extra quick and super competitive. Sometimes you see

160　people running down the streets or towards a landmark to catch the Pokemon first. And oh my, you

161　can't imagine what happened to me once, I was running to catch a rare Pokemon and someone jumped

162　on the back of someone's bike to catch it before me. I was very sad. Its so competitive, so its funny,

163　because on your map, it appears and then other times a 5 year old child playing with the mum has it

164　quicker then you (laughs).

Handwritten margin notes:

laughter – is it genuinely funny or is there embarrassment there?

friendship

Perceptions – afraid of looking silly? worried about others' thoughts- the identity, image of PG?

competition
Being number 1
Catching (jumping, running, being quick)

Emotional

Speed & achievement. which
Does she think its a game for children?
& sadness
funny

Benefits of PG

How strong are her friendships?

Has she found love via PG?

Romance - first + love

Benefits of PG

Activity Action, movement Exercise

Does she need PG to motivate her? to bond her w/ her hubby.

Talking - provides a point of conversation.

Focal point, mutual understandings

165 So going back to friends, you really do interact with people, and sometimes there is akward situations

166 as everyone is playing for the same reason, but it is a really good way of starting a conversation with

167 someone. And also, you might see someone you like so you can flirt with them by bonding with

168 eachother over the game. So its great for people who are single too. They might find the love of their

169 lifes playing Pokemon Go.

170 T: Did you ever swop digits then with someone and do you and friends play together?

171 C: Absolutely, for example when I used to arrive home before Pokemon Go came out, I was super lazy

172 and don't want to do anything and my husbands duty would be too walk the dog as he would be home

173 before me. But since playing Pokemon Go, I would walk the dog and sometimes my husband would

174 come again too and its super fun. Sometimes, I would purposely also go to the supermarket instead of

175 making my husband go to catch Pokemons, so yeah, I can say I move more and therefore can talk to

176 friends about it. Also it bonds me and my husband as it gives us something to do and talk about

177 together, so yes.

178 T: Interesting, because from the preliminary analysis it seems that Pokemon go did encourage them to

179 go outside more.. and I wonder, what your thoughts are on this further?

Everyday activities made fun

Distraction

Going outdoors

Is she bored with her life?

outside vs. inside

freedom / constraint

Benefits of PG

sense of safety

walking

togetherness

PG creating connections

close vs. apart

Creates problems?

Movement in cities

---

180   C: Yes, Yeah, since the game, quite often, it outs me in more social situation for example, even hanging

181   around with my husband it gives us something fun and out doors to do.. we can go to the supermarket

182   together now for example, as we can catch Pokemons there and back.. so yes its made me feel much

183   better. But also, it certainly alleviates when I feel stressed at work and is a good distraction when I am

184   feeling a little upset or down. So being outside and getting fresh air automatically makes me happier.

185   And don't forget, I will then not be stuck at home.

186   Also, when I go to my cousins, they live in a different neighbourhood that is not very safe, but also, they

187   don't share the same common interests as me but they all like to play Pokemon. So when I am there

188   visiting them, we all like to go together to the park and walk together and play Pokemon Go. So we can

189   walk around the Neighbourhood together and its fine, there is like 10 of us when we do play together

190   and we feel safe. So yeah, we all go for a walk and this is something that would never ever would have

191   happened in Pokemon Go didn't exist. Unless we go shopping but now when I visit we can do this a few

192   times together so yes. Its really brought me and my family together. We are now close.

193   But also, sometimes, it can tear us apart too. So for example, the funny part is when you move, as I was

194   saying you have to move, and as much as you move in the map about your city. Its good cause

195 depending on which city you are in, you have a different map. So what I was saying is, the fun part

196 about is when you move. So the game lets you move at the beginning when it first came out you could

197 be in a car right. So you can move very fast on the map as there is no time to catch any Pokemons

198 because for example on a highway when you are doing 100km per hour, you cannot catch them as you

199 are too fast. So erm... but when you stop at erm... at a traffic light or a petrol station or a stop sign, this is

200 fun, because you are on a new place on the map and you actually have 3 or 2 minutes to catch a

201 Pokemon or do a pit stop. There a places on a map that you can stop and get advice on the game of how

202 you can improve and progress to the next level. So they are called " Poke-stop" so yeah there is a lot of

203 terms. So for example, when my mum is driving, she gets annoyed at me because I want her to slow

204 down or take more time at the stop so I can catch the Pokemon or take something from the Pokestop.

205 So my mum would get really mad at me cause it takes longer time to get to the destination (laughs). My

206 husband, is also sick of me asking him to drive because when we are together, I always ask him to drive

207 so I can play but therefore I don't speak to him much. He gets very annoyed cause I then move up a level

208 and he doesn't because he is driving (laughs). Its really hard to play fast you know, takes a lot of energy.

Handwritten annotations:

Moving too fast
→ is there a 'correct' speed to be moving at?
→ overly concerned w/ 'correctness'?

Playing PS when driving

A story to illustrate downsides of PS?

Family annoyance.

Creating rifts

Laughing - genuine humour, Embarrassed?

MAD SICK ANNOYED

She plays despite the issue

She likes to compete against her husband? Is this an actual problem or more of a joke?

Reduced real-person socialising

209   T: Thank you for sharing this with me. Now could you tell me, whether playing Pokemon Go has a

210   positive or a negative outcome?

Mainly positive benefit

211   C: Erm, definitely 90% a positive outcome but 10% a negative outcome. I will start with the negative

212   experiences first because in a way it is also funny but it was negative. So, in Rio de Janeiro, I have such a

Recognition of negatives

213   story for you.. I actually, it happened to me, I was, I was leaving my job, so finishing the shift around 8

214   or 9 in the night, and I was going home right, and its ridiculous because I live only 5km from work, so it

Using stories to illustrate experience

215   takes me 15-25 minutes to get home at the end of the day, so I could have totally waited until I got

216   home and then go out to play, but its totally fun playing in the car, because of the fast pace the game

Unable to wait to play

217   interacts more with you, so I was taking my time at the traffic jam to play Pokemon, and ofcourse this is

PG whilst driving

218   not recommended and I soon discovered why, so I cannot even explain to you how the accident

not following advice

219   happened as I was so focused on the game, that I didn't see the car that was coming, so erm, it was in a

Compromised focus
So can one actually multi task whilst playing

220   street that coms and goes, so different directions (Coughs) and I didn't cause the accident however I

She feels R, ongoing

221   could tell that I was able to avoid it, because the guy that bumped into my car was.. because I think the

taking off embarrassed?

222   bus that was leaving the bus stop, and erm went into and informt of the car, and the car didn't see me

Does she blame herself for the accident?

223   and ran into mine. But also, even if I was attentive, I totally could have avoided the situation as I been

Recognition of PGs impact on attentiveness

224 driving for nearly 10 years, however I was so distracted by playing the game, that I was so shocked that

225 it happened and someone bumped my car. So therefore, I kind of caused the accident but could have

226 avoided it. But then again, he didn't erm, when he stopped after the crash, instead of coming and

227 complaining to me, he just drove off and disappeared and thankfully no one got hurt but my car was

228 completely written off and I had to get a new car. But thankfuly no one got hurt and I don't think

229 anything happened to anyone. It costs a lot of money especially that it couldn't be fixed.

230 I also had another bad experience, where someone who was riding his bicycle didn't see where he was

231 going and crashed into me but this was not a big damage and he apologised and paid for the minor

232 damage. But in general, not had any.

233 But there is a very important point to be highlighted, is that it is a time wasting game to be honest, as I

234 don't have much free time and because I enjoy playing the game so much, it doesn't leave me open to

235 doing other things. So yeah, this is a con for the game.. (20 second pause)

236 T: Thank you for highlighting the negatives to me..

237 C: (Interrupts): But ofcourse, there is a lot of positives like I said earlier, the fact that you can play it with

238 friends and family but also with strangers and people at work is fantastic. It really does bring people

[Handwritten margin annotations:]

Repetition - trying to hit home with the msg?

Pq cost he money

Is she overly concerned with status, wanting the latest thing/car?

Monopoly of time wasting
→ yet still talks about enjoyment? Reflection?
Does he feel controlled by this?

Interruption - perhaps wanting to re-justify why she continues to play despite downsides?

447

239 together. Also, I forgot to mention, since playing Pokemon Go, I have lost 16kg because I walk so much

240 and move around a lot more...(10 second pause).

241 T: And I wonder, that since you play pokemon go, how often have you found yourself playing the game

242 instead of focusing on other activities or daily chores?

243 C: Oh my, all the time. I am constantly playing the game when I can and I am not at home much anymore

244 which means that I cook less and certainly avoid cleaning or paperwork that needs to be done. You

245 cannot play Pokemon Go whilst doing the dishes as your hands are busy so the time would be wasted

246 so I would prefer being outside and playing. I rather would be outside playing. Not at home Also as

247 mentioned with work, the app is constantly open so when I can I run outside and try and play

248 Pokemons. I also sometimes got into trouble at work because I didn't finish a report on time or I missed

249 an important phone call cause I was outside playing. So you could say I am constantly on Pokemon Go

250 and not doing the things I should be doing. Also, I go to bed later now as I like to play the game before

251 going to sleep and therefore I struggle waking up in the mornings as I am too tired to wake up and get

252 up so that's not good either. Erm, I do avoid a lot clearly (laughs) Also erm... I cannot do some reading

253 or studying when I should be doing it because I would rather play...

Handwritten annotations:

losing weight

Avoiding chores

Failure to function adequately?

Does she feel guilt had in doing this?

Is she concerned about it?

Trouble @ work due to game play

Physical impact less sleep

Uses fillers "erm"

Trying to laugh

Does she find this difficult to admit?

Is she recognising the impact for my benefit?

254   T: So do you get character names?

255   C: No as mentioned you just create the name and an avatar but that's it. So the way I created the avatar

256   is when you open the account, so that you can see yourself on the map, but I don't think that is a very

257   important part of the game for someone that is older, maybe when you are younger but not my age as

258   its quite childish (laughs). Yeah so because you don't have many options just like hair colour and the

259   colour of your clothes, and erm the characters mainly look the same, so for someone that is an adult

260   already, is more fun seeing the Pokemons and erm, conquering and competing against eachother, but

261   its not really about the avatar. Now in call of duty or fifa this would be important as that your identity

262   then. You create someone you might want to be or think you aspire to for example in FIFA you might

263   want to be messi or pogba as they are world famous players. So there, the avatar is very important. So

264   with Pokemon Go, this is not the case and the name of the username is not important.

265   T: Thank you okay. Could you tell me now wether Pokemon Go has enhanced your life?

266   C: Erm... (20 second pause) Yes, it does absolutely. I have noticed a lot of changes such as in my mental

267   health, I lost a lot of weight and became very fit. Also, I made new friends who I am very close with now

268   and it brings me and my husband closer together. My family and I also speak more regularly and it gives

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Handwritten margin notes:

'seeing oneself' - does being placed on a map, make her feel validated?

Simplicity

Age matters? Different age groups play PG differently
↳ Childish

↳ Why does she need to differentiate between herself + children?
Adult vs child

Knowledge of other games. Move away from games

↳ who is she as a PG player? Does she feel she has an identity here?

Reflection here - is she weighing up the pros + cons? Why does she need to think so much about this?

Benefits of PG
Fitness
Connection

269   us something to do when we go abroad or out. But maybe also, when we should be talking about work

270   or things, we just talk about the game, so we kinda don't talk about other things when we should. But

271   also, with work, I have noticed that people like me now a lot more because I play Pokemon Go. It shows

272   that we do share something in common and not just because our profession. Now also I forgot to

273   mention, with Pokemon Go it made me go to areas and places I would have never seen or gone to before

274   because I thought it would not be interesting. But since playing the game it has enhanced my life

275   because I found new shops and bars and places that are very nice. So actually thank you Pokemon Go.

276   Also, it got me out of a normal boring routine you know, I am now fun because I like to experience new

277   places and things. Its really a fun game.

278   T: I forgot to ask you earlier actually, has Pokemon Go encouraged you to leave your house more often?

279   C: Erm, absolutely. Yes especially with the supermarket and shops, my husband always used to that but

280   since playing the game I do that now. We kind of fight to leave the house (laughs). I also even try to go

281   and walk my dog in the morning so I can play which never ever happened before. I have to wake up so

282   early already but the fact that Pokemon Go does make me do that I think is pretty crazy. So Yes, I always

283   try and be outside now playing which I didn't do in the past.

284 T: And going back to discussing the new places that you discovered, could you tell me a little more

285 about that experience?

286 C: Yeah, yeah. In my neighbourhood, there are a lot of streets that are closed, so by that I mean that they

287 are very very residential. And erm, there is just houses at the end of the street. So normally, you would have

288 no reason to turn there or into another corner as there is usually no supermarket or shops, but in order

289 to find a Pokemon Go, you find yourself in residential aereas, or churches and cementaries so yeah..

290 Sometimes it can be very fun finding something in your aerea that you never found before so it makes

291 you think how everyday we work like machines you know, or robots and don't look where we are

292 going. But now, you pay much more attention (laughs). And also, in my Grandmas neighbourhood,

293 where I often go with my cousins to go out and play, its very dangerous neighbourhood but we go out

294 together. And also there is nothing to do there, so when playing Pokemon Go, we do discover the aerea

295 even more with my cousins. Oh and also, you might find interesting, this game, in Rio de Janeiro, its not

296 common for us to be walking around the residential aereas around 10 or 11pm for example, as its not

297 safe, but after this game was released in Rio de Janeiro, its quite common and nice to see couples and

298 people walking at any time of the day and night so creates more safety.. and also families, playing late at

Exploring the unknown

Giving a reason to venture.

Is life robotic, is life for us? / Machines, robot

Paying attention

Playing PG makes her more conscious? Why?

She enjoys / revisiting unpredictability? SAFETY

PG generated a safe neighbour-hood

Did she feel unsafe before? Does PG mean its much to her an it not its safety needs? (Maslow)?

299   night as that's when people have time you know, so erm.. this is something funny, because I feel that

300   quite often its kind of you could say, its safer to be out late at night, because everyone is out to play, and

301   you can recognise straight away who is playing as they are walking around in nonsense directions, and

302   erm, looking at their phones, so everybody has their mobiles in their hands, but its late night but we are

303   all kind of playing together in a way..

304   T: So it creates safety..

305   C: Yeah, for us in Rio de Janeiro I believe so. It gives people the opportunity to get fresh air now at

306   night...

307   T: Interesting, thank you for sharing this with me. Now could you tell me please, has Pokemon Go

308   impacted on your social relationships?

309   C: Yes, we do a lot more together with my husband, however, I can also say that it certainly annoyes

310   people too like with my mum for example, I told you how annoyed she gets when driving and I tell her

311   to stop and wait or go faster (laughs). But don't get me wrong my husband also complains because he is

312   the one who is then always made to drive (laughs). And erm, yes but it has benefited the relationships

313   with others too as we can all play together and have some fun. It's a game for all ages you know.

314   T: And how would you have described yourself prior to playing Pokemon Go?

315   C: God erm.. completely different, although I was always sociable, well I thought, I did stay at home a lot

316   more, I interacted less with people at work for example and also , my family, because it was (boring)

317   conversations. Also, I didn't feel confident with strangers before I would never go up to someone I don't

318   know and ask them questions. Like when I play here in England, I can go up to anyone that I know who

319   is playing the game so there has been changes in my self-esteem I would say. Much more confident now

320   then before. I also didn't like going to the supermarket before on my own or walk the dog on my own as

321   it was so (boring), but now I love spending time with other people. So yes there has been changes. Also in

322   terms of my health, although it is fun and makes me happy playing, it does also make me more anxious

323   because I am competitive and want to be playing all the time, so, it makes me anxious especially

324   considering I cannot drive and play at the same time anymore, I just want to quickly get outside when I

325   can to play. So yes it does cause anxiety you know and also makes me feel nervous. Also, it does make

326   me disappointed sometimes actually more (frustrated) because when I want to play when I'm at work

327   and I cant its very (frustrating). Yes so, it does bring bad emotions but mainly good emotions.

328   T: Okay thank you. So my final question is, can you imagine a world without playing Pokemon Go?

Handwritten annotations (right margin):

Boredom w/ PG

lack of confidence w/out PG

→ what did she do for entertainment b4 PG?
- PG encourages confidence
- Enhanced self esteem
- cross-cultural connect-ion

was she isolated prior to PG? Given he a point of contact?

- Is she anxious because someone will win?

Learning from mistakes? was not playing

Use of "anxiety" suggests her identity is wrapped up in PG? Sense of self - worth?

use of various negative emotions

Does she experience mood swings? Shifting between extremes w/ emotions

456

329 C: Erm, no. I am addicted, I love playing the game. But it does consume the battery and data so it would

330 be better without Pokemon Go but it is such an amazing fun game. But maybe slowly I should work to

331 become less active in the game a little less everyday.

332 T: I forgot to ask, have you experienced any issues with the design of the game?

333 C: Yes actually, it drains your battery and data. And sometimes as mentioned if there is problems with

334 the location it can make you angry and frustrated as it sends you to wrong locations. So yes, its

335 annoying but then again, its with every app. Your not ment to be on your phone 24/7. Yeah, so also,

336 when you don't play the game for some time, you don't advance in the levels and this does encourage

337 you to keep going so that's why it makes you addictive. Clearly I enoy it.

338 T: Thank you so much for participating in my research. Here is the debriefing information and if you

339 have any questions please ask me.

340 C: No this was very interesting to take part, thank you for having me. Also I have the debriefing

341 information and have no further questions.

342 T: Thank you.

343

Interview with 2– 08/05/2018

1

2

3   T: Hi there, How are you today?

4   C: I am good thank you

5   T: Great, so perhaps, where shall I start? Maybe I could tell you a little bit about myself, for

6   example what I am currently doing and the purpose of the interview

7   C: Sure

8   T: So as you know, my name is Sandra, and I am 28 years old and I am in my final year of doing

9   a Professional Doctorate in Counselling Psychology at The University of East London. So, with

10 reference to the project and the reason why you are here today is because I am researching

11 into Virtual Gaming, however in particular to Pokemon Go and perhaps what the common

12 themes are relating to Pokemon Go.. So, just to let you know that by agreeing to participate in

13 this study you are agreeing to be interviewed today for approximately 60 minutes. And, the

14 decision to participate in this research project is completely voluntary. So, the information that

15 you are providing me with today is kept and is strictly confidential and you can withdraw at

16 any point without giving me any reasons to do so. So that means you can just ask at any point

17 to end the interview. You also have the right to ask me any questions regarding the study and

18 have the questions answered by me. Erm, also if there is something that you don't want me to

19 include please also let me know. The interview is being recorded just voice, and erm, I will be

20   asking you a few questions regarding our experiences playing games but in particular Pokemon

21   Go and erm, before you start, are you comfortable?

22   C: Yes I am, of-course,

23   T: Fab. Okay so lets start.. Now could you tell me what age you are, what gender you are and

24   your ethnicity and occupation?

25   C: Okay so my age is 34, my gender is male, my ethnicity is Swedish, white and erm, my job is

26   working in the environment

27   T: Thank you and where are you usually based?

28   C: Sweden

29   T: And are you working full time?

30   C: I work full time

31   T: Thank you. Now, could you tell me, who do you live with?

32   C: With my partner who I have been with for many years

33   T: Thank you, now could you tell me a little bit about your support network and who is around

34   you?

35   C: So there is of course my partner and I have quite a few friends still, although before when I

36   was younger, I was more outgoing so had much more friends then, but now I am of-course

37   settled and ready to start a family as I am older, so when I see friends now, we tend to just got

38   for beers, go to the pub and it's a lot more relaxed, but don't get me wrong I still go out a few

Less sociable than before

Settled

39 times a week, I am not really someone who likes to be at home just. Also, I have family around

40 me that I am quite close to and we do meet every few weeks and my mum cooks for us a nice

41 and tasty meal and then we all chat or play games actually. If the weather is good, we all go and

42 play Pokemon Go in-fact

43 T: Thank you, now could you tell me, what are you like in Social situations?

44 C: I think I am quite a loud person (laughs) but at the same time, less loud now than before, but

45 it is content dependent, because when I am out for dinner with my partner or her family or my

46 family, then I am not as loud you know, but if I was with my friends who are all male, I can be

47 very loud. But I have never been the kind of person to be shy or not confident, I am someone

48 that has always been quite comfortable in social situations and with strangers, but before

49 Pokemon Go, I was a bit louder, but as a person there was no big change.. I cant say that it

50 changed my personality, it just enhanced more things in my life like friends..

51 T: Thank you, now could you tell me about your daily routine?

52 C: Yes, so I wake up at like 6 am and then I take a very fast breakfast so that I can sleep for as

53 long as I can, but then I have a long commute to my work place, its about 1 hour from where I

54 live, so then yeah, then I work for 8 hours and then depending on the day, I will meet up with

55 the boys and go for a drink or gold or some activity or I go home to meet my partner (laughs)..

56 so I usually get home around 4:30pm and then when I do come home, I try to get changed and

57 go rock climbing, or skateboard, or go to the shops, or of-course play Pokemon Go and then

58 around 6-7pm I tend to cook dinner as I am the chef at home and then we chat together and

59 then I usually go to bed around 11pm. Now on a weekend, its less work but definitely more

60 social activities such as go and do a food shop, go for long walks in the Forest, rock climbing,

61 seeing family, go to the cinema, but from time to time I also like to travel

62 T: Thank you, now could you tell me in general, what type of games do you play?

63 C: Mostly I do board games or games on my phone like Pokemon Go which I used to play a lot

64 more of before, but now just a few hours a week, but also, I play Tetrus and also sometimes I

65 play Nintendo, which is classed as a video game

66 T: Okay, could you tell me, how did you get into Pokemon Go?

67 C: First time I herd about it was when I was in my early teens and used to play it as an original

68 game you know, so erm, I think I read it online, but it wasn't yet released in Sweden, however, I

69 found a website where I could download it illegaly, so yeah, before it became really big, there

70 was some people that knew about Pokemon Go because I guess they got it illegally too, so I

71 signed up to a forum that already played it before the release so that I understood how to play

72 it, and I was surprised to see how helpful people were and yes so because the game reminded

73 me of the original Pokemon and my childhood, I think I was like 14 or 15 and it was on the

74 game boy, and I used to play it all the time then, and yes that's why I had to go and download it..

75 and I think it was about a month before the official release, so then I downloaded it and then I

76 went and played it in my local area first and I remember how excited how I felt to try it out, but

77 the thing is because it wasn't officially released yet, it didn't tell you that much, so it was more

78 about trying it and then because you saw people play it because you look at your phone and see

79 others running around it was funny because we all knew it wasn't released.. but it really was

80 fun just going up to people and people coming up to me asking how does this work, what does

81 this mean so it really introduces you to a lot of strangers, and I know as a fact if it wasn't for the

82 game people certainly wouldn't be doing this, so yeah, in the first day, I met like 10 or 15

83 people and we even swopped numbers and things, so that was nice, I mean I even still speak to

84 some of them now and we met up a few times.. but also once I played it, I do remember feeling

85 a little bit sentimental, because I haven't played it since I was like 16..

86 T: Thank you, so could you tell me a little more about your experience of the friendships that

87 you made?

88 C: Yes, I became close friends with maybe 3 or 4 of the 15 people I swopped numbers with, and

89 we hung around loads in the first few months, but then it died down a little, but then they

90 released new things and we hung out a lot more again, but its nice because besides Pokemon

91 Go, it turned out that we had a lot of common shared interests you know, so, it was fun because

92 it's a lot harder making new friends when you are an adult, as a child, it is a lot easier because

93 your parents would invite other parents that have children, whereas when you are an adult

94 that doesn't happen (laughs) everyone is more settled, so its nice that because of Pokemon Go,

95 it brought new friendships

96　T: Thank you, could you tell me, how many hours did you play Pokemon Go at the beginning

97　then?

98　C: Well, before it was released maybe 2 hours a day, but when it was released like 3 hours a

99　day, but now maybe 30 minutes a day or less it depends, but certainly that's a lot of walking I

100　remember in the first few days, I became so, so, tired you know?

101　T: So could you tell me about your experience of how you felt playing Pokemon Go?

102　C: I really liked the social part, especially in the beginning, you have to help others and ask for

103　help, because no one really knew how to play the game, so the talking to people and doing

104　things together, I really liked, and also I walked about 10x more then before so that felt really

105　good.. and everyone was so happy that you spoke to, all them strangers on the street were

106　smiling and confident and happy and that did not happen anywhere else, just, going up to

107　people and talking about it, what was actually hilarious was going up to people in like their 60's

108　or more and help them and then you get into conversations with them, some were interesting

109　and fascinating, so that made me feel quite good actually.. So that was pretty much at the

110　beginning when Pokemon Go came out so for the first few months, considering I played it daily,

111　that's what it was like, and sometimes you would see people that you met on that first day and

112　it was fun and nice catching up and then you would go for a beer together or something, but

113　then after a few months, it was less, because there was a huge updated that happened within

114　the first 8-12 months I think it was, and it was a new season and that meant a lot of new

Tired from walking

→is this why he
reduced the hours
playing PG?

→ more activity

Social

altruism – connecting
through
helping

Painting a picture of
happiness

mutually connection)

→ uncovering new connections
→ feeling good through
social interaction &
assisting people?

whole age range

Online + real world
relationships blurring

115 Pokémon's and then they introduced the events where you had to be like 20 people as a

116 minimum to start competing however, that's when the social aspect did come back because you

117 couldn't play unless you formed that team, but there were a lot of changes within Pokemon Go

118 and some weren't positive, more negative, but the social update was a good thing, you were so

119 many people at one place so you chat again and meet interesting people...

120 Also, what I like about Pokemon Go, is how many people started walking because of it, and

121 becoming active and that, so I noticed changes in my health and became fitter, some days I

122 would walk 20km, because sometimes I would end my train journey two stops before the

123 actually location and that meant I would walk the rest, so I was very active, but trust me, that

124 wasn't every day, but most days yes I did this..

125 T: Thank you, now could you tell me about your experience of, how often did you find yourself

126 on Pokemon Go instead of focusing on daily chores?

127 C: Not too many times, but sometimes yes I would get to work late or home extremely late

128 because I would be out catching Pokémon's, but also, when it came out two years ago, I was

129 living on my own as my partner was in another country, so it didn't interfere with daily chores

130 that much because I would have no one telling me off for it, so I guess that's why maybe it was

131 slightly different, but in terms of work, sometimes I did get home very late or got there late

132 because I was walking catching Pokémon's (laughs), however, don't tell my boss this but, I do

Playing at work

Compatibility w/ job

laughter - sense of shame, embarrassment

Encourages sharing

leads to accidents
→ does he think he caused because the accident is then? or the victim's fault? was it the victim's fault? or the game?

enjoying mingling + going forward feel

Social side more fun than game

togetherness notion

Lack of competition

→ Enjoys feeling part of the "group", a 'commonality' between them.
would he play if it felt like a competition?

133 play sometimes whilst I am at work, because its so easy, as I am already outside in the

134 Environment, I will check my phone and see if there is a Pokemon within that area (laughs)

135 T: Okay, so could you tell me about your experience whether if playing Pokemon Go, is there a

136 positive or a negative outcome?

137 C: So the positive is the social on the, yeah, that your train more, you are active, you meet

138 people, you become less self-absorbed and its about sharing experiences and having fun,

139 however, the negative is that, yeah, somebody I knew was in an accident once and ended up in

140 hospital, but they are okay now, however, I do read in Newspaper, that there has been accident

141 because, somebody was walking out into the street on their phone playing Pokemon Go, and a

142 car came and hit them, so that really was not good.. Thank fully, I was never involved in them..

143 Now another positive that I haven't spoken about is that I attended some Pokemon Go events,

144 so what happened is, it was advertised on a forum that I was part of, so I decided to get my

145 partner and quite a few of our friends who play it together and go to this event, that was really

146 fun, because it was 100s of people at the same time who had the same goal and I really enjoyed

147 that, then, the game part wasn't that fun, but the chatting to people and going for beer after and

148 seeing that thousands of people were there was incredible, but of-course the groups that we

149 formed was pretty cool and we catched so many Pokémon's (laughs) and interestingly, no one

150 felt that it was a competition and that I like about Pokemon Go. Other type of games, its all

151 about the competition.. (pause) I am trying to think about any negatives but I cant really think

Trailing off / pausing
→ is he immersed in the memory of the event?
sense of oneness + peace w/ PG.

'Togetherness' = communion w/ others

— Old connecting with he young?

— Joining the 'group'
  → he understands the need to be accepted by the 'ingroup'?

— Family friendly
  — does he 'use' the game anything for these benefit

— No age differences

— V. different genre.

— No discrimination. Universal appeal

— enjoys a universal central focus for all, a commonality is all humankind.
  — connecting on a spiritual level?

↗ novelty of game

152 of any.. but really what was so fun is how many people were brought together, playing

153 together, meeting them, chatting to them, etc. I met an 80 year old too, and I was walking with

154 him for about 30 minutes, teaching him how to play and he was so excited, and his 50 year old

155 daughter was there too wanting to play it so that was interesting (laughs) the poor guy couldn't

156 use the phone, and I asked him, why is it that he wants to play the game, and he said because

157 everyone is talking about it and that he is seeing his grandchildren that weekend and they all

158 play so he said that he wants to join on that topic.. and you know Sandra, this is true, because

159 with my family and nieces and nephews, it really brought us closer together because of playing

160 the game, we call each other which before the game never happened so yes its pretty a good

161 family game..

162 Now the youngest I have seen playing it has been extremely young like 4-5 walking with the

163 parents, and of course the parents are helping them, but its so funny to see the little ones

164 playing it, which I think is the exciting aspect of the game and the design is that anyone and

165 everyone can play it, gender, age, you know, that's not common amongst a lot of games..

166 otherwise most also mobile games especially, you don't really play alongside people its

167 something that you do on your own so the fact that Pokemon Go has this I really like..

168 T: Thank you, and how is Pokemon Go then different to the other games you have played?

169 C: Erm, I think it's the first game that did this big thing that really you could see anyone play,

170 and the social aspect and the walking around is something very rare, so well done to Niantic

171 the creators for doing this, usually also the people that play other games, they just are stuck at

172 home, playing hours and hours.. Also, I didn't tell you yet, but I play a lot with my partner,

173 especially after we are both tired and stressed after a busy day at work, Pokemon Go is

174 something that we both agree on doing together and I like that, because we go out together,

175 catch up on our hectic day and we get fresh air and also it makes us feel better and calmer

176 again.. I don't know if this is useful, but my partner and I attended a lot of events together for

177 Pokemon Go and one day, we went out for breakfast together, and we saw this rare Pokemon,

178 and we had to leave the breakfast and run to catch it (laughs) and we forgot to pay the bill, but

179 then we came back and paid it (laughs).. but what's funny about Pokemon Go, is that it only

180 approximately tells you where it is, but doesn't really tell you precisely, so that suspense is

181 there, but you know roughly where it is, you just wonder around and then all off a sudden, it

182 pops up and you run. You know what is great about it, as mentioned before is really that you

183 can play it on your own or in a group, it gives you them opportunities, and this only happened

184 after the update..

185 T: Thank you, now could you tell me about your experience where you have played Pokemon

186 Go?

187 C: Yes, so sometimes some Pokémon's are place specific, so you have to travel around for

188 example, there is certain Pokémon's in the city, certain Pokémon's at the Seaside, at the lakes

189 and things, so sometimes, you just play it normal, but I have travelled to forests for it and even

generate a reason to
go out where before
there may not be
one

– Strengthens
  relationship!

Creating memories

Decompressing

– 'calm' + 'hectic' / 'busy' =
  juxtaposed

– Laughter – enjoyable memories

Suspense +
Spontaneity

Does this lack of
routine generate
excitement + compulsion
to play more?

Choice

– Location / geographical
  difference

469

190 popped into different countries, because it is exciting catching that rare one.. and that makes it

191 a little bit competitive with others and my partner (laughs) also, I am on 4 from the highest

192 level so I must be like a 36, and my partner is on level 22 so there is a massive difference, but of

193 course, I did all the work, it was hard, but also those who live in smaller cities, it must be hard

194 to level-up..

195 T: One thing that came up as a theme, is that they saw a lot of new places in their town, that

196 they would have never seen before, has that been the same for you?

197 C: My god yes, the fun thing is like the Pokémon's that you get suck on in the game called

198 Landmarks, and they really inform you about things, about the history and that's been very

199 interesting.. and its crazy how before, you could be walking past there day and night and not

200 yet realise what you have gone past, whereas with Pokemon Go you are in a way more mindful

201 about what is around you, so therefore it makes it a lot more interesting.. like graffiti, or a cool

202 shop so yeah..

203 T: Thank you, now could you tell me, erm, why do you play Pokemon Go besides the social

204 aspect?

205 C: The sentimental part is huge, because at the beginning, that is what got me interested, so the

206 social and the fitness part the, the part that makes you feel really good made me play more and

207 more.. I cant explain it properly, but it really does make you feel good within yourself and

208 positive and happy

Handwritten annotations:

- competition
- a pity fw more PP1 – les opportunities?
- such of the crowd (they postcode lottery)
- Information
- Mindful of Surroundings
- why has he never noticed these things before?
- Sentimental
- positive benefits
- Struggling to explain "put the ... the part"
- describing a process / how her became more her embedded in it

209 T: So in that case, has Pokemon Go enhanced your life?

210 C: Yes in many ways, not that, it changed my life, but the right word I guess would be enhanced,

211 because my life was always good, some things just changed for the better, I met some people

212 that I probably wouldn't have met outside of Pokemon Go, and also I know that some of my

213 friends met girls on Pokemon Go and dated them so that's really good, but it did enhance my

214 life.. Also the fact that it got me to play with my neice and nephew has enhanced my life as it

215 brought the family closer together and with my friends of-course.. its so much healthier being

216 outside catching up and things then be at home on the sofa and talking, so with that in mind, it

217 can really change a lot of things.. but I do feel fitter and better

218 T: Thank you, now could you tell me, did it then encourage you to leave your house more often?

219 C: That it definitely did, because before I did spend m ore time at home, watching TV or just

220 being lazy, but Pokemon Go you cant really play it at home, so therefore, it probably did

221 encourage me to be outside more and stay outside, you know Pokemon Go does give you a

222 purpose not to be bored outside either, its easy to fill up your time with playing the game, and

223 as I said earlier, also now with my partner when we go for a walk sometimes we don't talk

224 cause we are relaxed but we play Pokemon Go amongst each other (laughs) its fun..

225 T: So could you tell me, has Pokemon Go had an impact on your social relationships?

226 C: Yes in many ways, I had fun with the people I played it with, again, not a major impact, but it

227 did, because I think Pokemon Go because it was so easy to play it opened the doors to my

228 friends who don't have a lot of money, who didn't go to the pub much because that was

229 expensive, so I didn't see them a lot, but because Pokemon Go we played on the streets, in the

230 cities and town, we could all play and for free you know, so they came outside more and we had

231 a good time together.. I actually have never had a bad social impact, apart from, sometimes my

232 partner would want to go somewhere and then my phone would buzz that a rare Pokemon Go

233 is within the area, and she might get mad at me because I would be running to find it and just

234 leaving her there, but of-course I always come back too..

235 T: Thank you, now could you imagine a world now without Pokemon Go?

236 C: I think the world, became a little bit better I think because of Pokemon Go, now I can imagine

237 it without it but it did change a lot of things for a lot of people, I can imagine that those

238 individuals who are shy or scared to be in social situations, for them, it might be useful to start

239 playing the game and connect with others so I do think it has more positives than negatives..

240 T: And is there anything else that you think about your experience playing Pokemon Go might

241 be important for me to know?

242 C: Yes about the events that I went to, it was really good going together as a group, but I also

243 attended another event, which was advertised on Facebook, and that was just 100-150 people

244 so a lot smaller then the other event with the thousands, and there it was just about getting

245 together, listening to music and walking around together, so there was not that pressure of

246 having to create teams and battles, it was more open and you could join if you want to or not..

247 so that social aspect again was really cool, and people brought coolers with them and power

248 banks, and we had a base at the park that we can all go to and throw our bags on and chill and

249 talk, so that was nice, I remember meeting someone there who actually offered me a new job in

250 their company which was different, but the money unfortunately was too low so I didn't accept

251 it but could have.. so Pokemon Go helps with networking, jobs and friendships and

252 relationships.. that's a lot right? So I am part of a lot of Facebook groups, forums, websites for

253 Pokemon Go and I have to say they have always been very welcoming and inviting.. I never

254 experienced any bullying or racism there or anything..

255 T: Which actually leads me to my next question, which is, have you experienced any judgment?

256 C: In-fact (short pause), no I haven't, it has always been interesting, positive, and friendly..

257 although sometimes, people I know did ask why I play this game and why do I like it, but they

258 asked because they were interested in it and not because they wanted to judge me or be nasty..

259 so I haven't experienced this.. and even in the groups and forums no one really bullies anyone,

260 its all very good... but I do want to tell you about the new aspect of Pokemon Go, where they

261 have introduced Gyms and Battles, so these are places where you go to and try and take over

262 that Pokemon, so you fight kind of who ever owns it and that's a bit competitive but its all part

263 of the game.. now, what's interesting, is the Pokémon's stops they are landmarks on the game

264 and you can go there and collect some Pokey-balls so to shoot at the Pokémon's and when you

265 collect them, you do find out interesting information and things, so that's pretty cool.. but I

Handwritten margin notes:
- listing things off - does he really feel P5 exist/ w/out there?
- networking
- asking me a ques... trying to recruit me?
- welcoming idea
- why does he pause?
- People asking question
- no judgement
- no negative
- How does he feel about this 'new' aspect? Unsure?
- Information must = playing about the
- The question was negative so why does he feel the need to spin it round to a positive?

266 guess every game does need to introduce something new, otherwise it would get very boring,

267 but that also means that things would change too.. but the good part is that if you want

268 competition you go and take over gyms, if you just want to have fun, you just play it normal you

269 know.. so its for everyone, this game has been designed for everyone.. but I am quite nerdy, and

270 to be honest if anyone did ever comment I don't remember or forgot, because it is quite a nerdy

271 game and with the levels the fact that I am so far up, I guess that could be why I play less and

272 less because there is barely anything else left to achieve.. now I do know, that the creators

273 Niantic, are already looking for a new game to create so lets see what happens..

274 T: Thank you, so we have nearly come towards the end of the interview, but could you tell me

275 from your opinion, who do you think would benefit from Pokemon Go?

276 C: I think those who just stay at home, who might feel down and depressed, and those who

277 don't really have a social life, because I do think it can really help them to get out of this state

278 naturally, without seeing a Dr or having Medication and things so for them would be perfect, so

279 the ones who mostly would be at home and have the smallest social life I think would be the

280 ones who would benefit from them, it can really be life changing for them, so I do strongly

281 recommend and maybe also those individual who are like me social and quite active but

282 sometimes need some motivation to go outside, would be very useful for them as well.. so yes it

283 depends..

How does he feel about change?

Inclusivity of PG

'nerdy' - does he think PG is nerdy? How does this feed into his identity + self-esteem?

Clearly committed to PG to get so far.

Just stay @ home (= judgement?)

ENHANCES SOCIAL LIFE

PG = POWER to CHANGE LIVES

PROVIDES MOTIVATION

Powerful words, indicates the power of PG + how much of an impact its had on him

284 Also, those individuals who travel a lot but by car or train, should really be encouraged because

285 of Pokemon Go to travel by foot as it does encourage you to walk of course, so at the same time,

286 you will not be as bored.. so it can alleviate boredom too..

287 T: Thank you, so we have now come towards the end of the interview. Thank you for taking

288 part, tell me, do you have any questions?

289 C: No this was interesting, thank you for having me, I look forward to reading this in a year

290 when it has been published..

291 T: Thank you, if you would like any further information, please don't hesitate to get in contact

292 with me. My contact details are on the debriefing page..

293

Interview with 3 – 25/04/2018

1

2

3 T: Hi there, How are you today?

4 C: Oh I am fine thanks.

5 T: I wanted to Thank you for volunteering to take part in todays Interview.. So perhaps, I could tell you a little

6 bit about myself..

7 C: Sure

8 T: So my name is Sandra, and I am 28 years of age and I am in my last year of doing a Professional Doctorate

9 in Counselling Psychology at The University of East London. So with reference to the project, erm, the reason

10 why you are here today is because the research that I am currently doing is that I would like to investigate

11 into Virtual Gaming, however in particular to Pokemon Go and perhaps what the common themes are

12 relating to Pokemon Go..

13 So, by agreeing to participate in this study you are agreeing to be interviewed today for approximately 60

14 minutes. And, erm the decision to participate in this research project is completely voluntary. So erm, the

15 information that you are providing me with today is kept and is strictly confidential and you can withdraw at

16 any point without giving me any reasons to do so.

17 (C: Nods in agreement)

18 T: So that means you can just ask at any point to end the interview. You also have the right to ask me any

19 questions regarding the study and have the questions answered by me. Erm, also if there is something that

20 you don't want me to include please also let me know. The interview is being recorded just voice, and erm, I

21 will be asking you a few questions regarding our experiences playing games but in particular Pokémon Go

22 and erm, before you start, are you comfortable?

23 C: Yes I am

24 T: Brilliant. Okay so lets start. Now perhaps you could tell me what age you are, what gender you are and your

25 ethnicity and occupation?

26 C: Erm, so I am, erm a female, 33 years old and I am Swedish and I currently work with communication with

27 Autistic children

28 T: Thank you, and where are you currently living?

29 C: In Gothenburg (Sweden)

30   T: Okay, so could you tell me, who do you live with?

31   C: Yes sure, so I live with my long term partner and its just us two for now

32   T: Thank you, could you tell me about your social network?

33   C: Sure, so erm, so the people I spend time with, I have around 10 very close friends here in Gothenburg and

34   also I have my sister and her husband and their child that I spend a lot of time with. Erm, I see my mother

35   maybe once a week, and erm.. yeah, I also see my partners family maybe once every six months or so, as they

36   live quite far away.

37   T: Now, could you describe yourself to me of how you are in social situations?

38   C: So, I guess depends with the context of what you are doing, but I am fairly an extrovert, and I, am, yeah..

SOCIAL

EXTROVERT

39   I'm not sure, as for me it depends who I am with and what I am doing, but I am fun, loving, usually laugh quite

40   easily, and erm, I do enjoy board games, going to the pub, and those kind of things...

41   T: Okay, so could you tell me about your daily routine?

42   C: Erm, so I work with around 10 children with Autism, but it does vary when they go to pre-school and

VARIED

SCHEDULE

43   school, as I start with them and I work with them sort of to help them with their day, give them different

44   strategies to help them with how to communicate, so it really varies, so sometimes I start at 7am and

45 sometimes I start at 10am, so when I start at 7am I finish at 2pm and when I start at 10am I finish at 6pm. But

46 usually, if I start early, I am a little bit tired afterwards and then I will have a nap when I get home, and

47 afterwards I usually go out and see friends or my sister who lives around the corner, and that's more or less

48 my week. Me and my partner, sometimes go to quiz at a local pub about once a week, and its very nice, we

49 usually don't win but its still very nice (giggles), however, at the weekend, we do add something a little extra,

50 we go hiking, go on events such as Pokemon Go events, go to the cinema, or yeah, someone's birthday or

51 something

52 T: Thank you for introducing me to an example of your routine. Moving forward, could you tell me about

53 games. So could you tell me what type of games do you play?

54 C: Erm, so previously, I played quite a lot like geographical games but the game I currently still play is

55 Pokemon Go. Also, I used to play Turf which records when you move around in reality, but also moving

56 around in the game, kind of like Pokemon Go. And, erm, similar features you take land in Turf and in

57 Pokemon Go you take Pokémon's that are situated around your local area. I also play erm.. I call them, it's a

58 bit different, its called hay day, and you move around your local farm, it's a bit like Sims, with a farm

59 T: So you play and played a number of games..

60 C: Yeah, so I did have to remove Turf because my phone lacked storage, but I do still play those three games

61 quite regularly..

62 T: Thank you, I wonder, did you ever also play, erm, any other type of games like virtual games?

63 C: I did play TV games, but No Multi Media Online Role Playing Games, more sort of logical games like who

64 wants to be a millionaire and Tetrus, but apart from that no..

65 T: Thank you. So about Pokemon Go, could you tell me when yo started playing Pokemon Go and your

66 experience with the game?

67 C: I began when it came out in July 2016, because I saw on Buzzfeed this hype when it started and I

68 downloaded the sort of weird conversion app, so I think I was actually one of the first ones to have it. So yes I

69 started playing it early... And I remember, what a big hype it was, and actually, it was my partner who

70 convinced me to download the game, and he thought that its fun and I would like it and he said, you will love

71 this, just download it.. I mean, I never played Pokemon when I was younger so I guess that probably had an

72 influence too in the sense of that I didn't download it as early as those who are obsessed with Pokemon Go.

73 T: Thank you, this was actually a theme in my preliminary analysis that said that a lot of people started to

74 play it because they played it in their childhood when they were younger..

75 C: I mean, I think I was slightly too old for that when it was launched years ago, so I didn't play it before, so I

76 did end up playing Pokemon Go despite not playing it when I was younger.

77 T: Do you remember, when it first came out how many hours a day you played it and how many hours do you

78 play it now?

79 C: Yes, so erm, I think when it came out, I played it for maybe 3 hours a day, ish, but I mean if I didn't have

80 anything to do, and took a long walk then it could be like 4 or 5 hours a day, so it's a bit random, it was more

81 when it was suitable to take out my phone, erm, and I played it whilst I was going somewhere.. yeah, I mean,

82 you don't walk around that much here, so yeah.. and now probably still play Pokemon Go around 3 hours

83 T: Okay, now could you tell me how do you feel when you play games like Pokemon Go?

84 C: Erm.. (3 second pause) erm, (4 second pause), I think, I at least well mainly in the early days, I did find it

85 really exciting, I felt a bit thrilled, I felt erm, you know when I catched the rare ones I felt like, omg, I didn't

86 catch this one before, so it brought a lot of excitement and motivation, and erm, yeah, I think that sort of

87 mellowed a bit with time, but erm, yeah.. But for the first few months, it did really give me an adrenaline rush

88 because of what the game offered you..

89 I really enjoy playing Pokemon Go and this should be mentioned. I find it really fun, however the game did

90 change throughout the last two years.. at the beginning, it was about catching them all, but then it was about

91 claiming gyms and owning them, and then it changed to claiming gyms together with other people and so on,

92 so it could be like 9 of you owning a gym and fighting together, and then they started to introduce for a short

93 period of time, these legendary type of Pokémon's, so then, erm.. I think there were a few too many aspects,

94 and the aspects were rare enough to keep me interested because I guess its like with every other game out

95 there where you need to keep the audience engaged so you actually have to introduce new features so yeah..

96 and now its sort of you still have the old Pokemons however they are introducing new ones to the game too..

97 so maybe like 20 new ones, then you catch them and then you wait again for new ones, so the game does

98 have a lot of waiting aspect too.. which can be boring but overall is still entertaining!

99 T: Thank you, could you tell me now, what drew you into playing Pokemon Go and what kept you going?

100 C: I think it was two things, it was the fact that you could get a set number of things, but you had to find them,

101 and you wouldn't know were they were, you sort of have to look for them physically, which I found quite

102 intriguing, and then there was this part of also getting a next one which evolved into another one which sort

103 of also made it interesting, because in the early days, I didn't actually know what it would be, but when you

---

Handwritten annotations (right margin):

EVOLVING GAME

word "them".. suggests it was tiring, relative? An unwelcome addition?

Did she feel overwhelmed by the new aspects? She enjoyed the simplicity of the old game more? Facing off → suggests she understands/indulges position on

WAITING = BORING
→ merging of old + new. new = exciting!
old = boring..new = exciting!

THE UNKNOWN -
SEARCHING for PG
Does she enjoy novelty + innovation?

SURPRISING CHARACTERS

She's more reserved / experienced now

Not knowing + needing to know things is most natural/no?

would she have stopped
otherwise?

C. uses period of research of
curiosity or research?

PLAYING WITH
OTHERS

Does she want to be some-
one with & have interaction
with other people?

DIDN'T LIKE
AVATAR

Did she think the avatar
was too unlike her? Did
she want more choice to
control over the
create a sense of ownership?

RAZE POKEMON =
WORTH INTERRUPTING
ROUTINE FOR

"get" - acquisition,
of team, of pokemon

Perhaps she's not early
phased by pokemon if
the adrenaline rush of
a 'race' chance isn't
around?

104   play it for a bit, you see on forums and different groups you see what powers they had and so on, so you see

105   in the early days you wouldn't of known that.. Very intriguing.. But also what I would say did keep me going

106   playing Pokemon Go, is the that I do play it with my partner, but also with a lot of our friends and also at

107   work, which I will go into more detail with later, its such a sociable game that really gets people together and

108   play..

109   T: And erm, could you tell me about your experience choosing your character?

110   C: Well you have to log in and create an username and that becomes your avatar, I didn't quite like the avatar

— gaming word?

111   to be honest, I didn't like it as it was so manga like, and it was so many exaggerated shapes, and you couldn't

112   modify them that much for your personal preference..   tails off – this isn't an even of term. that implies no choice in creating on streams PG?

113   T: Okay, could you tell me, when you used to play Pokemon Go, how often did you find yourself playing

114   Pokemon Go instead of focusing on activities and daily chores?

— thinking pause - Perhaps she's never been asked this question before?

115   C: Erm (6 second pause) I mean, not that much actually, I think it only happened once or twice that I was a

⤷ Pokemon are rented?   playing together

116   very famous Pokemon around and would skip breakfast or what ever chore we would be doing, but erm, I

117   mean, before that there wasn't really that much.. but that was in the period when you had to sort of get a

118   team to get that specific Pokemon so you had to 15-18 people to get it.. and the way you actually become a

119 team is from people that mingle around and you would then agree to become a team and then yeah, you

120 would go there, for example on a Saturday morning at 7am you would meet as it would be rumoured that a

not quite skipped, more than was disrupted?

121 Pokemon would appear that is very rare.. so on the day that we kind of skipped breakfast, we woke up at

122 6am and got to the breakfast place for 6:45am ordered a coffee and waited and then by 7:15am, just before

did they leave without eating? meaningful...

123 we got out food, 22 people would turn up and created the group there so we could all go and catch that rare

memory so clear in his mind
exact?

124 Pokemon, so we sent the food back, paid the bill and then we all power walked to the place where the rare

Speed. Needing to get there urgency. Tailing off.

125 Pokemon was. So then we had to create groups to battle the Pokemon in order to win it..

126 T: Could you tell me a little bit more about your experience of how you 'mingled' with people?

127 C: Yes so, well I mean, this is quite an recent feature with Pokemon so it wasn't actually always like that, so in

128 that period where you had to add up and become teams, people were very talkative, and you know, so what

129 level are you, what type of Pokemons do you have, what team are you in, have you seen this rare Pokemon

130 somewhere, etc and the conversations were usually just based on Pokemons, however, after meeting the

repeated mentions

131 same people again and again, you start to talk about personal things and then even agree to meet up and go

132 to the bar or a pub and that's how you then become friends, because actually you end up being really close

133 after the small talk, and that's the nice part of Pokemon.. So I did swop numbers with maybe 3 to 4 people,

is there a rarity part?

GROUP PLAY

feels like an 'event', super exciting, wasn't going to happen in the story? Does this persuade them...

Repetition of 'rare' - emphasize how special this was — FIRST

Repetition of 'we' - sense of togetherness/oneness

List of frequation used to convey herself?

FRIENDSHIPS FORMING

Enjoying becoming intimate with others, after the small talk, moving on to talk about something more close — PR

repetition of 'actually' - in reality, infact..

134   which I guess isn't a lot but me and my partner always felt like that Pokemon Go does in a way miss a small

135   feature which is the feature that Turf has where you can actually verbally communicate with someone in the *[focas?]*

136   game, but at the same time, that's a positive because it does make you interact with people face to face when

137   playing the game. So with Turf, you can see where other people are standing and what they are doing,

138   whereas in Pokemon you don't see precisely the amount of number of people in that area, so in Turf you can *[checking/understand]*

139   chat to the person who is 200metres away and on line you know what I mean? So yeah... I remember

140   thinking, this is a feature that is missing in Pokemon Go, however, it certainly is entertaining still... I guess it

141   would be nice to see them, and see that dynamic to it and walk up to people in the real world and be like hey,

142   how you doing, how's it going? So in a way, that's what is really lacking in Pokemon Go.. Also, do note, that I

143   have been playing Pokemon Go now for nearly 2 years or maybe a little more, I don't know, so it would be

144   normal to say that sometimes it can get boring or I cant be bothered but the fact that I am still playing it so

145   much further along does clearly say something doesn't it.

146   T: Tell me, is Pokemon Go for you a virtual reality or a real reality?

147   C: It certainly to me feels like the real world, because you interact with everything that is living and real..

148   T: Thank you for sharing that with me, also you mentioned something a minute ago, which actually leads into

149   my next questions.. could you tell me that with your experience of Pokemon Go is there a positive or a

150   negative outcome?

Turning? nothing for good *for each to enable?*

151   C: Erm.. well in terms of negatives, I don't really see that much negative, the interaction part I wouldn't

Balancing no sentence

NO NEGATIVES

152   particularly say is a negative, more something that is lacking in the game, but I guess at the same time, that's

153   when you meet people you sometimes only talk about Pokemon Go and nothing else, but I mean I think that's

She seems realistic, logical, pragmatic - arguing both sides.

154   similar to what ever you go to, whether it's a board game, or bingo, or golf, or anything really.. you don't

shifting focus away to perhaps

155   really mingle about other things, just about what you are there for.. erm, but I played Pokemon Go in work as

156   well with children, so going over to the positives of the game.. so a lot of the children, erm, found it so cool, so

(sort of gain)? - self - confidence?

LEARNING

157   they played it so much that I sort off yeah, and we used Pokemon Go at work to get through to some of the

so

INTERVENTION

158   Autistic children, so, for instance, when you talk about the alphabet, you use the Pokémon's instead of that

'Go's emphasis

Enjoyed seeing the childrens reaction)

159   and for example, P would be for Pikachu which is so fascinating, and in that sense, we really bonded with

introduced on iPad?

BONDING

Giving him a platform for connection

160   some of the children, that we wouldn't of gotten otherwise if it wasn't for Pokemon Go, so actually in

→ Back tracking

161   hindsight, Pokemon Go is life changing or more like can be life changing for individuals, so we used Pokemon

LIFE - CHANGING for some

162   Go to communicate and reach those children and touch them to get their focus back because in a way, they

reach + touch - achieve interaction
Tactile learners.

Not life changing for her but for others?

COMMUNICATION TOOL

163   were so fascinated by the idea of holding a phone whilst walking, and going round in real life and at the same

164   time something was happening on their phone..

165   T: Thank you for sharing this, how did the children find it?

166   C: I remember they were so excited, and actually managed to express how they were feeling, Pokémon Go

167   was kind of like a break through for them, they literally were so happy playing it, but at the same time they

168   weren't allowed phones at school, so they played through mine, so that was always a bit of a risk, however, it

169   was fantastic, so you always would be standing there and feeling nervous in case they didn't catch it but 90%

170   of the time they did so it felt great for them and great for me.. Yeah..

171   T: Thank you, could you tell me if there are any other experiences you would like to share?

172   C: Yes actually, erm.. yes, so Pokemon Go gave me a purpose to walk more I guess and see landmarks and

173   places that I might have missed or wouldn't have gone to before.. so that was good.. erm, I guess a few times

174   when I went out to just catch Pokémon's, erm, there was quite a lot of exercise I guess (laughs) a lot of

175   walking, a few times I have been to areas where I haven't been before, erm, but I mean to bring it back to the

176   children when I used it through work, they, they, that was a magnificent way to get them out of the house,

177   especially those who never let their house for days and days so, that was a huge benefit for me and my work

178 and for them, they really struggled to leave the house, like never, they were so anxious and yes depressed,

179 and I guess its in their nature and diagnosis of Autism that they didn't but they really did step out of their

180 routine. also, a lot of them did like computer games and video games, or erm, that type of things in doors

181 which requires a tiny part of interaction, and although Pokemon Go might only require a tiny part of the

182 interaction too, it does have the health benefits that it gets you outside into the fresh air and makes you feel

183 better you know, so I guess that's what the major difference really is between the two.. Also at the same time,

184 these children did interact with me when we were out so that worked as a positive but they did end up

185 speaking to me.. I remember one child, barely ever spoke to me, but when it was his turn to play Pokemon Go

186 he constantly wanted to speak to me, so I guess that was a really touching moment.. Also, Pokemon Go,

187 doesn't give you that social pressure, that a lot of other games might give you and that's what make it unique

188 in its own right, so they get interested in Pokemon Go, but yet, they can be themselves with them..

189 Change of topic from the children, for me with Pokemon Go I did slightly get fitter too and felt good having a

190 motive to go outside..

191 T: Okay thank you and I also wonder, did you have any experience of playing Pokemon Go in other countries?

192   C: Yes, and that's certainly what has been entertaining. I played it in the UK and Sweden. It is really different

193   as you can catch different type of Pokemons and they pop up different too so depending on what country and

- searching for word

194   where you are, you can have different experiences of the game.. you know.. so sort of, erm, it entices you to go

justifying claim w/example

195   to other countries with Pokemon Go (laughs).. And also, I do know someone who went to travel the world not

196   because of wanting to travel but Pokemon Go made him travel cause he wanted to catch different ones.. but

197   because of it, he went to the coolest areas in the world and told me the stories when he came back and to be

198   honest, he enticed me too to go and travel the world.. he was like these are so extremely rare and look at the

199   pictures I took (laughs)

200   T: Thank you, could you tell me if in your experience Pokemon Go has enhanced your social life or not?

201   C: Well... (4 second pause) I mean, I guess it really has, but I wouldn't have played it if my partner didn't

202   introduce me to it and said to download it, although I read it on Buzzfeed it was him who really encouraged

203   me to download it and play it, so.. erm, I think it was quite surprised about the events that we went to which

204   did lead to an enhanced social life and in a way what we then did with it so ill tell you maybe about these

205   events if that's okay?

A lung / eye phenomenon

206   T: Sure

207 C: So, there has been quite a number of events like 10 or 11 but ill tell you about the one in Gothenburg

208 where you add up a lot of people to fight against these legendary Pokemons. So, and, erm, that's when I

209 realised how ridiculously it was.. so it started off by meeting up on this point on this map right and then there

210 is like a legendary Pokémon by a church and then you go there and there is like 200 people waiting and

real worlds + online worlds colliding

211 everyone went, and all off the 200 people add up together to find this so this was really fun.. although

212 surprisingly some people didn't mingle that much, we came with friends and previous people I knew form

213 Pokemon Go and we created this little group and we mostly spoke to each other, but there were others in the

214 mingling mode, and it was like that.. and I think they estimated that it was somewhere between 10,000 and

"like an on-switch?

215 20,000 people that played at the same time at that event and the people who created this event were Niantic,

Did it feel like being part of a world movement?

216 the creators of Pokemon and it was a worldly event that at the same time, was running in London Hyde Park

Crowd - belonging or overwhelming?

217 and in the US New York Central Park, and that event if we gathered enough points in those events, then

Is she proud she was part of it?

218 something would happen, and erm, yeah-ish...I'm not too sure about the details but it was to do with the

vague
— struggling to remember details?

219 Universal goals and then it was about achieving those goals and targets together but at the same time, it was

220 also for our benefit as you would get Pokemons that you wouldn't get otherwise and because we were that

221 many on the day, we could play in teams of 20-30 people so you sort of add up the 20 or 30 people and you

222   log on, on this database and that was so much fun and interesting. I mean imagine how entertaining it is

223   building these teams, and you would be surprised, I would say 99.9% of people came on their own, I think me

224   and my partner and the few people we bought were maybe one of the only ones who already came as a set

225   group.. it really was fun, also (laughs) I found out that my 50 year old Boss was also at the event, because,

226   when I came into work on Monday, she asked me what I did at the weekend and I told her about the event,

227   and then she told me that she also went to the Pokemon Go event in the city and it was quite funny to hear

228   that your Boss plays it aswell.. She was like, I wore my running shoes and I went all over town and yeah it

229   was very fun.. I think, that if I didn't play Pokemon Go I would be missing out on this sense of belonging and

230   community aspect of the game you know, and erm.. yeah.. (3 second pause).. I also value it more now than

231   ever before, because I can really see the benefits from the game, and how much it changed the children I

232   work with, so I certainly value it now in a different way then I did before, in a way Pokemon Go has this

233   substance and value, at least from where I sit with it.

234   T: Thank you for sharing your experience and how you feel about it..

235   C: Also, I want to say that how much Pokemon Go has helped me with my relationship with my partner,

236   because we live by the sea side and we go for nice walks by the beach and things, and especially there are a

237 lot of rare Pokemons so we can see if something rare pops up and go together and play together, so this

238 brings us very close and we do more things together go out to the shops together cause we can both catch

239 Pokemons on the way there and back.. So I would say that sometimes, we purposely find a motive to leave

240 the house even though we don't need it just to go and play a few rounds of Pokemon so yeah, that would have

241 been mostly him initiating it and then I wouldn't even hesitate it's a straight yes from me, so I wouldn't

242 usually initiate it but he knows that I would just go anyways so its great.. he is way more addicted to

243 Pokemon Go then I am (I think) but he really and I really enjoy it.. also we really connected a lot more, and

244 have a mutual interest you know.. So also, going back to the negative, when I studied at Regents, erm, when I

245 studied there, I usually went to my old university library, because it was very nice and not that crowded, and

246 then, I opened my phone and I thought the sound was off and I was sat in the quiet aera of the library and

247 then when you open the game, it has this sort of introduction song and theme and it came out really loudly

248 then, and it was very obvious that it was me, as I was kind of pulling faces when it happened, and erm.. two

249 people said omg Pokemon Go, is there something here, is there something around, so then I told them but got

250 told off from the library women as we were being loud.. so yeah, that was a bit embarrassing.. and (laughs)..

251 But also, I did witness an accident happening from a guy who was playing Pokemon Go, so I saw him running

---

Handwritten annotations:

rep of "rare"
rep of "together"

She feels closer to him as a result of shared experience of PG

– Does it make shared experiences on PG more interesting?

why doesn't she initiate it? Is she used to expecting + following the leader) or clear what occur to be, to play

uncertainty emphasis

they're already out / well connected? lying / commenting?

She uses first person used first

Does the idea of addiction spark memory of a negative experience of PG?

NEGATIVE IMPACT

playing in the library. Distraction from work?

why? Embarrassment?

PG generates excitement for her + others?

from excitement?

laugh – present next sentence?

252 right at this event, and I saw this guy running into a small crowd and there was a bike, and I don't think

253 anyone was hurt but he ran into him and the guy went flying and came off his bike, but to be honest, I didn't

254 see any others, just that once.. but also Pokemon Go when you start the app, every time you open it, it does

255 really warn you to pay attention to surroundings and it really does pre-warn you..

256 T: Thank you, could you tell me that from your experiences did Pokemon Go enhance the quality of life?

257 C: Well yes it did in terms of the quality of life, as I was outside more, got the fresh air and have fun.. I guess

258 the fun part is linked to more of the social aspect of things, as it did enhance that too..

259 T: Thank you, could you tell me, has Pokemon Go encouraged you to leave your house more often?

260 C: Erm, yes there has been several situation where as mentioned me and my partner would leave the house

261 to play. This game is great for winter too, because when its so cold outside, usually people don't want to go

262 outside, however for me, it encouraged me to leave my house.. also for the children especially.. Now, in terms

263 of work, often we would leave what I was meant to do with the children because they couldn't concentrate

264 and needed a break and fresh air so telling them they could catch Pokémon's would encourage them to leave

265 the room or house more often too.. But yes, there certainly have been times where I left..

(handwritten margin annotations)

running = active woods, denotes active game. urgency to catch Pokemon?.

Does she think this was the player's fault?

Emphasis. Sounds cautionary

"fun"

POSITIVE BENEFITS

OUTDOORS
Slowly breaks breaking weather to play

→ children again
is this to show its not had an big an impact on with

Becomes an incentive (treat for them)

Taiking off

She equates leaving the house to a healthier thing positive thing
outdoors = good, indoors = bad
happier, more

266 T: Now, one theme that has appeared, is that a lot of people discussed discovering new places that perhaps

267 without Pokemon Go wouldn't have been to before, could you tell me your experience about it?

268 C: Erm.. not with Pokemon Go, but with the other games yet... so with the others, there are quite area specific

269 and sort of going around and see if you see something new.. but in Turf, you can zoom in and out and you can

270 see the world if you like, which Pokemon Go doesn't offer, and you see the different land areas you have to go

271 through to claim them so with that game you have to stand in the same area for 30 seconds in order to claim

272 that that area is then yours, so yeah, for example in London, there would be spots all around the city that you

273 would need to stand on in order to claim it yours, so then I would need to go round.. but with Pokemon Go,

274 you don't have that knowledge of where it might be, its that suspense and wait and then enticement that is

275 different.

276 T: Thank you, so could you tell me about your experience about the social aspect of the game?

277 C; yes so I did make some friendships although as mentioned that's not really what everyone else who plays

278 the game does, but what is great about it playing it with my partner and friends and also the friends I made

279 through playing Pokemon Go, so that is the social aspect of the game, also I can play with my family and when

280 I speak to friends back in London, we do talk a lot more because we share the experiences of Pokemon Go.

281 And also, there has been a few times where me and my partner and his friends and my friends would set up a

282 day and time and we would all go and play Pokemon Go together, now I do know as a fact that those people

283 wouldn't maybe just meet for no reason so Pokemon Go does encourage that social part.. so this other time,

284 we were told by Niantic the creators of Pokemon Go that a specific weekend, there would be these legendary

285 Pokemons appearing, so we got like 40 people to play which was pretty impressive and I remember we

286 played for hours and hours, and yeah, you know its very structured as we would say bring your power bank,

287 water, maybe a snack and things and we would meet for 1pm and then when we finish we can go to the pub

288 and eat and drink, so I guess that Pokemon Go does have quite a high social aspect.. yeah so, erm.. I think that

289 time when we played at the event from 5 or 6pm until 1am in the morning.. and y phone kept dying but

290 thankfully I had a few power banks.. and also the battery thing is quite a big problem but that's a problem

291 with the device not the game at the same time its kind of a warning that you might be playing too much if you

292 have to keep charging your phone and things.. but I think because of that you buy power banks which means

293 spending money.. but also, during the events, when you do play longer on those two days, one of my friends

294 had 6 power banks and me and my partner only had two so she did lend us one of her power banks, so in a

295 way that's really nice as you play as a team not as anything else.. so yeah.. we all come prepared to these

Handwritten annotations (right margin, read top to bottom):

PG as an EXCUSE to SOCIALIZE

a firm knowledge/belief

mythical

Is she proud she was able to amass so many (reds?) or surprised?

SERIOUS GAMING

Enabling game play for a long time, it caused frustration + playing playing of others, playing + dying

support there is a recurrence to the match long time

– Does she enjoy the drama of possibly running out of battery?

LOOKING OUT FOR ONE ANOTHER

playing on a team leads to cooperation + kindness from others, a sense of belonging?

running?

Handwritten annotations (bottom):

what else might one play on? An individual? Playing on ? An individual is that less fulfilling for her?

Engaging?

Is half the excitement in the planning + preparation.

296 events, its like going camping but instead you go and play Pokemon Go... Oh also, I remember once seeing a

297 guy who actually used two mobile phones that he had with him, so that he got less people in the group, I

298 mean he therefore had more of a chance of catching the legendary pokemon.. but that's ridiculous I mean he

Does she equate excessive gameplay or dependence (ridiculous) as indicative of an addiction behaviour?

299 must have been an addict.. but yeah.. erm.. (10 second pause)

letting her previous comment sink in, or mulling it over herself?

300 Also, in terms of how it impacted my social life, in terms of my boyfriend, it was really nice that we had

Is she acknowledging of self-soothing involuntary behaviour?

301 something in common to do together you know, so that was nice, and it was another thing we could do

302 outdoors and it was a way for me to connect with some of mine and his super nerdy friends...Now there are

She sees herself as different to a 'nerd', yet how she conceptualises herself?

303 some aspects of my partner and his friends that I have a 0 common ground with, I mean with him, he used to

Needing common ground to connect?

304 rave like party raves, and with neon colours, and he had those kind of friends that wore neon colours and the

Decides her confusion + opinion of the

305 crazy raving clothes, so something I could never relate to or do, so yeah.. it wasn't for me, but over Pokemon

emphasis

306 Go, those guys played it, so we bonded over that and it was really nice, so I guess that is a really positive

POSITIVE IMPACT

307 impact on my social life especially from the aspect of partners and friends.. Yeah, so Pokemon Go, also gave

308 us all the similar positive and negative feelings as mentioned the changes in Pokemon Go were very

309 annoying..

310 T: Thank you for sharing this experience, could I ask, how has playing Pokémon go impacted on your self-

311 esteem?

312 C: Well prior to playing Pokemon Go, I was, I guess like I am now, but afterwards like more now I can

313 confidently identify myself as a nerd (giggles) no but I can say that I genuinely found it fun to play and still

314 do, and I guess you need to feel a bit nerdy to feel that way, so I gained a confidence to describe myself as a

315 nerd which I guess is the self-esteem positivenes I got from Pokemon Go. Also maybe my self-esteem did

316 change a little bit, because prior to Pokemon Go I was happy with the friends and relationships I had, I wasn't

317 really looking for other friendships, but since playing the game, I really made lots of new friends, and am

318 happy to walk up to a stranger and talk about the game, which to someone outside of playing Pokemon Go

319 might seem odd.

320 T: Okay thank you, could you tell me about whether you experienced any changes in your well-being?

321 C: Yes well in terms of the children, there has been massive changes in their well being, they are more

322 extrovert and open and also exposed themselves to the sunlight and fresh air.. but for me, I guess it made

323 some of the bits in my life more enjoyable like walk to the pub or the supermarket or things you know, so in

324 that aspect it slightly enhanced my personal well-being.. erm but that type of thing, but again for work, it had

VISIBLE
CHANGES

laugh: The confidence of autistic children is funny + impressive?

→ seeing how real virtual worlds collide.

Perhaps observable differences have had the biggest impact on her, wasn't profound so that [...]

Sponge - how she reacts on on her funky... remembering [...] image design? (? [...]) bocks to talking about herself?

JUDGEMENT FROM OTHERS

Do people that judge reflect as your nature? Does the truth of belonging mean she wouldn't judge them much, has it mostly benefited her?

me that it isn't for children, wanting to demonstrate to

→ Does she want to discourage me from seeing her as children?

325 such a massive impact on their life, some of the children were so pale before and blue grey however a few

326 months later, I found that they looked different and acted different which is so positive, they got the D

327 vitamin, they would be happy and running around.. I mean a lot of them, could be blunt in a kind of way and

328 walk up to people and say let me catch that Pokémon please, there is a pokemon go here move (giggles), so

329 they would say things, not necessarily for the interaction itself but they would interact with other people and

330 that was enjoyable as well to see how they sort of manovered themselves in the real world whilst looking at

331 the phone, without Pokémon Go they would be moving around so freely and talk so freely.. *taking off*

332 T: Thank you, for sharing this, now is there anything else you would like to share with me about Pokemon

333 Go?

334 C: Yes so, I remember experiencing people frowning about it so in a judgmental way I guess, so yeah, it didn't

335 bother me that much, but in a way they would give you the look off oh so do you play Pokemon? How old are

336 you 12? A bit like that, but through the communities, you really wouldn't be that bothered, its more actually — *positive words*

337 Adults playing it then children, and I guess that's also why its so unique, you are not someone who is young

338 playing the game, it is definitely more an adult thing, and I guess it just shows that it isn't for young people.. I — *emphasis*

339 remember when it first started, they were saying like, in one of the adds from buzz feed that the creators of

340 Pokemon Go did create this for children but for some reason, its all the 30 years olds running around looking

341 and catching Pokémon's (10 second pause) but yeah I guess a lot of people judged you slightly for it so, it

342 judged the game for a bit, which is sad, but usually those people who did judge wouldn't play or wouldn't

343 have played it or have any similar interest of games, maybe they were playing board games and that, so..

344 yeah.. I guess, it sort of speaks to a specific type of people, who have that type of interest, but also I definitely

345 think that those who might feel a little down or anxious might be draw to the game and then they become

346 less anxious or depressed because they have a motive to continue playing so yeah..

347 T: And I also wonder, you mentioned earlier that you play Pokemon Go less now than before, could you tell

348 me why this is?

349 C: I guess this is because this has to do with the space on my phone and battery, as I would need to buy more

350 space and have a better battery life, so I guess that's a reason why.. also, I have achieved level 30 already

351 which is extremely high so that lack of enthusiasm sometimes can go away, however, I do know Pokemon Go

352 2 will be released soon and Harry Potter Go, so I am ready for this new adventure.. and erm.. also my phone

353 kept crashing when too many people logging on.. Also, as I mentioned before, as I played several board games

354 and different games, I do know that often it comes to a point where there needs to be interesting features and

---

Handwritten annotations:

- (340) clinical? Prompting? Interview feels like her own. Generew encouraging me to connect? struggling with host fin... Interview feels like her own.
- (341) JUDGEMENT of OTHER
- (342) Repetition of 'judge' = emphasis — achve, verb bad word?
- (343) he suggests they have no reason to feel judged for this?
- (345) PP only judge when they experience she's invalidating opinion here — POSITIVE IMPACT
- (348) Intervention few — mental health disorders?
- (350) novelty/achieving something new = motivating factor?
- (351) language denotes a motive — TECHNOLOGICAL ISSUES
- (353) PRESENT PLAY

355 things, and if you are introducing something like legendary Pokémon's than there is only like 5 legendary

(handwritten blue: which me to place myself in her position)

356 Pokémon's, and then imagine when you catch them all, then it can be a little mundane.. so yeah.. erm.. yeah,

357 so they didn't manage to keep the thrill throughout the 2 years but it could be me though, that I got bored a

358 little with it, but yeah.. maybe it is just me..

(handwritten blue: Is she defending the game? Again does she 'own' it as gratitude?)

359 T: Thank you, could you tell me, would you recommend it to others?

360 C: Yes, absolutely, I mean with the autistic children that we introduced this game to, my good it has been life

361 changing for them hasn't it, so how could I not recommend it to others, and to be honest personally, I would

(handwritten pink: emphasis)

362 also strongly recommend it to people so yeah.. I also want to say how many boys play Pokemon Go, which

(handwritten blue: Does she abide by gender stereotypes herself?)

363 surprised me because Pokémon's are cute and girly and fluffy but I guess that's another topic about who is

364 attracted to Pokemon Go and specifically if you are a male why? But then again.. It's a fantastic game..

(handwritten pink: always the question)

(handwritten blue: Has she asked herself this before?)

365 T: Could you imagine a world without Pokemon Go?

366 C: Hahahah, that's funny, yes that's me telling the truth, and that's because I know there is so many other

367 games and similar games that people get attracted to because of the features, so I guess if there weren't these

368 games then no, I couldn't imagine a world without Pokemon Go.. and erm, so I wouldn't be missing out in the

369 same way, so I guess it depends what else would be out there instead of or more to replace Pokemon Go

(handwritten margin notes, top to bottom:)

LIMITS OF THE GAME

Does she grow bored easily? Always wants to feel she is achieving her potential? Seeking new challenges?

RECOMMENDS IT

BOTH GENDERS

GAMES = essential

370 where you walk around in real life, and I think that might have an even bigger impact... so there would need

371 to be that exclusiveness.. But then again, I would really miss Pokemon Go, because it added the good times

372 and values in my life that would be strictly due to Pokemon Go...

373 T: Thank you.. so since you already told me what level you are on, then we have come towards the end of the

374 interview. So thank you for participating and taking part, and I would like to thank you again.. Now have you

375 got any questions for me or any concerns?

376 C: Erm, No...

377 T: Thank you, well I have sent you the debriefing information and thank you again..

378 C: Welcome..

379

Interview with 4 – 22/04/2018

1

2

3   T: Hi there, How are you today?

4   C: I am good thanks, how are you?

5   T: I'm great. I wanted to Thank you for coming in today to do this Interview.. So perhaps, I could

6   tell you a little bit about myself, for example what I am currently doing and the purpose of the

7   interview

8   C: Yes that would be nice

9   T: So as you know, my name is Sandra, and I am 28 years of age and I am in my last year of doing

10   a Professional Doctorate in Counselling Psychology at The University of East London. Did you

11   have an easy journey here?

12   C: Yes it was fine, very easy for me..

13   T: Good, so with reference to the project, erm, the reason why you are here today is because erm,

14   the research that I am currently doing is that I would like to investigate into Virtual Gaming,

15   however in particular to Pokemon Go and perhaps what the common themes are relating to

16   Pokemon Go..

17   So, just to let you know that by agreeing to participate in this study you are agreeing to be

18   interviewed today for approximately 60 minutes. And, the decision to participate in this

19   research project is completely voluntary. So erm, the information that you are providing me with

20 today is kept and is strictly confidential and you can withdraw at any point without giving me

21 any reasons to do so.

22 C: Sounds fine to me

23 T: So that means you can just ask at any point to end the interview. You also have the right to ask

24 me any questions regarding the study and have the questions answered by me. Erm, also if there

25 is something that you don't want me to include please also let me know. The interview is being

26 recorded just voice, and erm, I will be asking you a few questions regarding our experiences

27 playing games but in particular Pokémon Go and erm, before you start, are you comfortable?

28 C: Yes thank you

29 T: Fab. Okay so lets start.. Now perhaps you could tell me what age you are, what gender you are

30 and your ethnicity and occupation?

31 C: I am 28, Female, White Caucasian and a Solicitor and I am not studying anymore, I am fully

32 qualified. Also my work place is in central manchester, and I would even say that where I live is

33 pretty central (laugis)

34 T: Thank you, and could you tell me who do you live with?

35 C: I live with my boyfriend and a blue point berman pedigree cat called Tulip

36 T: Thank you, could you tell me about your social network?

37 C: Yes so, erm, well, I have a few friends outside of work that I actually met online through

38 Pokemon Go (laughs) but also I met a lot of people that are my friends now through "meet-

Making friends on PG

Making friends online

39 up.com" and we used to arrange erm to play Frisbee in the Liverpool parks and we did that over

40 all the summer quite a lot, as when I moved to London, I actually had no friends and didn't even

41 know anyone so ended up becoming sort of my main circle of friends really, so now I must have

42 known them for about 4 years and we are all very close.. But I do have a few friends that I made

43 at work, however, I do try and not meet up with them too much as you do tend to see them at

44 work everyday, you know.. and erm.. not really other then that don't have any.. Now I don't know

45 if this would be part of a social network, but I also have Parents that live in England and 3

46 brothers. I see my family about every 2-3 weeks when I do go home on a Sunday for a Sunday

47 roast so that's pretty good.

48 T: Thank you, and could you perhaps tell me a little bit about your daily routine?

49 C: Sure, so daily routine Monday to Friday is wake up around 7:30am and then I have breakfast

50 at home, get ready for work, then I walk to work which is about 30 minutes from my house and

51 then I work very long hours, usually I don't even get home till around 20:30pm normally and

52 erm, after that, I have a bath, eat dinner, maybe catch up with my boyfriend if I have the energy

53 or sometimes if I do finish work early we will meet somewhere for dinner and then usually play

54 Pokémon Go on our way home and then I tend to go home and have a bath. Usually, I will be

55 home in bed for around 22:30pm. Also, very occasionally, we might have some drinks after

56 work, or a dinner, but nothing too extravagant. Now on the weekends, for example Saturdays, we

57 tend to clean the house, because you never have time to do it in the week, so we do our washing,

Having to make friends
in a new city

feeling at a loss. Not wanting
to rely on work friends

Tracing off. filler. Does
she feel awkward?

family provide stability?

working long hours

Bath provides warmth +
safety after a stressful
day?

Social life = work depends

WEEKENDS = housework

feeling as though she's putting
her life in order again

58 tidy up, cleaning and then perhaps we might do something late afternoon where we go out and

59 erm, we might see some friends Saturday evening, so for example last week Saturday, we had a

60 friends BBQ at her house and erm, yeah that's it really.. but also, in between doing the chores

61 and going from A to B I think is important that I might be playing games on my phone or

62 Pokémon Go..

63 T: Okay thank you, so lets talk about the games, could you tell me what type of games do you

64 play?

65 C: Yes sure, so I like mobile app games, so obviously Pokemon Go, I play that quite a lot because I

66 walk everywhere and other then that, I also play Candy Crush, which is a game a bit like Tetrus

67 where you have different objectives in different stages of the game to get rid of you know all the

68 bubbles or something its sort of a game where you don't have to think that hard, and its

69 colourful and has lots of candy on it. Also, I have tried an app called Mind sweeper which is a

70 really retro game, where you have a blank grid and you have to click on squares randomly and

71 that number is how many bombs are attached to that particularly square and you have to by

72 elimination mark the square and not click a bomb, so again it's a number game but you don't

73 really think much, its quite easy to pick up.. So there are all mobile phone device games..

74 T: Thank you, so seeing as we are already touching on games and Pokemon Go, could you tell me

75 about your general experience playing it?

76   C: The thing is, it was a really attractive game because it goes back to when you were a child and

77   you have game boy and you play Pokemon on game boy so it brings back those memories to

78   when you were a child around the age 10, and game boy was like the thing then and specifically

79   Pokemon on the game boy so when the game came out, it was instantly recognisable as Pokemon

80   Go as you already know all the Pokémon's and you know the concept, but what was different

81   about this game compared to when I played it as a child is that it was much more interactive now

82   then back then, so you actually could bring the game into your own reality, so instead of looking

83   at a game boy screen where you would go and spot a Pokemon in the grass on your screen, it is

84   actually in real life in front of you there is a Pokemon, so you see them on your phone through

85   like the camera app and it will show you your surroundings and have the Pokémon's around you

86   which is actually very immersive kind of game compared to the other games on the market.. it is

87   such a unique game like no other but also I imagine that more gaming companies will try similar

88   techniques, I do know that Niantic are ready to launch Harry Potter GO, so obviously, from the

89   Pokemon Go concept.. which I am already looking forward to playing..

90   T: Thank you, could you tell me a little bit about your experience of how you got into the game?

91   C: Sure so, erm so I was about 26 and it came out in July 2016 as a game, and basically I herd all

92   about it on the news and, and there was a big hype about it and obviously the nostalgia from

93   when you were a child makes you want to try, and erm, its also a concept that you never herd of

94   before that it is in your own reality and so I tried to download it and I couldn't, because the

<!-- handwritten margin annotations -->
Nostalgia
Safety is what she knows?

Realities converging
Feeling more immediately involved?

understands the attraction of the game, the demand to merging realiti

Reputation of game

Nostalgia

use of 'you' - is she afraid to talk about her own experience? is she trying to forge a connection?

95 server was down because of how many downloads they were getting at the moment of time, so it

96 kept crashing whilst trying to download it and then also I should mention it was about 2 days

97 after the release date, so yes, they had so many download requests that it just kept crashing and

98 crashing and you couldn't download the game, so in total I had to wait around 3-4 days later

99 until I finally managed to download it...god the frustration back then was so high, I kept getting

100 to annoyed.. I even tried at work to download it and then it would crash on the actual server

101 when you did finally manage to download it, and an announcement kept popping up saying that

102 there is an issue with server capacity... and erm, anyways, eventually it worked, so the first thing

103 I did was I played it in my flat.. so you actually can see the Pokemon in your flat so I ended up

104 chasing them all around and catch them, so that's how you start off and then you pick a team as

105 well, as you have different teams, so the way I picked my team was completely randomly, I

106 remember I just picked the red team, but erm it was really good and eventually you know it

107 forces you to walk and go out because it will say oh there is a Pokemon you know a few streets

108 away, so you end up walking there to get it so that's what I used to do and ended up going out

109 and I remember that the first time when I played, erm, I walked about 3 miles (laughs) because

110 you find a bunch of Pokemons and then you erm, you would like carry on as you would see like

111 other ones on the map because its like google maps, so you would see it on the map to where you

112 are so you would follow them on the street. Actually, I remember also, that I started in Bath and

113 then I ended up somewhere west, so I walked through the whole of central Liverpool, through

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Handwritten annotations (right margin):

'crashing' = underpins the
force of her frustration
Did she feel a pull towards PC
why so desperate to try it ?

Taking off. Cursing ('god')

Playing in her flat
Starting with the safer
option
  - exploring in her
    own flat
INEXPERIENCE of the GAM

- 'force' - suggests she'd prefer
  not to go outside?
- laugh! @ own involuntary
  walking

Did she feel she had no
choice ?

Handwritten annotation (bottom):

Going on a journey

114 Maidstone, through erm Bathingstone, St. Edmunds up and I think I even went through Aloha

115 sort of actually and then along and you end up, it was such a long day of walking (sighs) and it

116 made you want to do it because the rare Pokémon were a little further away and I remember

117 that day that other Pokémon's, other people were playing it which was so cool because other

118 people would see the same Pokemon that I see on the map and then there are all walking to the

119 same place trying to catch the same Pokémon (giggles) it was really cool.. and also, the first guy I

120 saw doing it, I knew he was doing it because he was talking about the Pokemon and he was

121 following his phone and I was going for the same Pokemon, but it was really embarrassing to be

122 like "Excuse me, do you mind if I catch this one" you know, like.. that's akward... but yeah, I don't

123 really know how it actually works, but I do know that the rarer Pokemon are gone so quickly and

124 its as if the system you know has a limit number of what's available in the area, and that's why it

125 causes a big rush and you have to be so quick.. but I remember that first day it was so sunny and

126 I had a good time, but jheez I remember I was feeling so exhausted when I came home that

127 evening because of catching all of these Pokémon's (laughs) and this new concept, I felt like

128 doing it, and in a way playing Pokemon Go led me into a direction..

129 T: Thank you, so could you tell me about any positive and negative experiences you had playing

130 the game?

131 C: Yes gosh so much to talk about, so... I erm, it was obviously a talking point, my friendship

132 group, were already sort of outside kind of people, because we used to play Frisbee, so that

---

Handwritten annotations (right margin):

Catching rare pokemon

Sighs - Remembering tiredness
Again did she feel tired for a
having to suffer for rewards

'cool' - a new experience.
Feeling motivated?
Giggles) - remembering awkward
ness of new interaction?

Meeting people.

Tails off. Fillers. Betray's
awkwardness of sit.

finds polite 'Embarrassment'
awkward. Has she one con
this? or is it still a game?

Impact of playing PG
Pitting the benefits again st
the negatives

Tails off - what direction?
Does she feel her life has
changed?

133 became sort of a thing, they all had the game, so erm.. definitely at the time, I was dating as well

134 and it was a talking point with boys, so erm.. I went on a few dates that consisted hunting

135 Pokémon's and that was really fun, because, you get to really know someone I think when you

136 are both doing something together like an activity, and its also a good ice-breaker, because when

137 you are out on a date, and you don't really know what to say to someone, then instead of being

138 quiet and embarrassed you can talk about the game and be like oh look what just popped up

139 another Pokemon lets go and catch it, so erm, yeah.. it was really good and you know, you can

140 then compare with them what Pokemon they have and you can do swaps as well, and I went to a

141 party once actually where someone done really do well on the game and he had loads and loads

142 of Pokémon's, and loads of other stuff on the app where they could call more Pokémon's to the

143 area and its something that you win and get a reward on the game, and I don't know what its

144 called but its something that after you play for a while you can win and they did this Pokemon

145 calling, and this party, which was at the park at the time knew there was 100n of Pokémon's all

146 around the Park for this game, so we all used this as a way of socialising, so the Positive off the

147 game has been that it really brings people together and gets us to talk about something.. Also,

148 clearly it can boosts peoples confidence, as the guy who did this clearly felt really big because he

149 has caused for all these Pokémon's to arrive, and everyone was trying to catch them, and I really

150 think that he liked the attention as everyone was bosting him telling him how amazing he is and

151 obviously that it gave the opportunity for us all to catch the Pokémon's. So erm, and I obviously

152 took the advantage to catch some.. But just to go back on something, the ice-breaker part of

153 Pokemon Go, it really is a good excuse to meet someone and go outdoors, instead of just going to

154 a bar and going to a stationary place, this meant that we were walking around, being outside in

155 the fresh air, getting some vitamin D and off course with the walking comes fitness so actually I

156 noticed how fit I became after walking a few miles each day. Also, in Liverpool, there is not that

157 many opportunities to be in an outside space so its nice that you can do that, and its un usual and

158 different, so it means that you are not sort of pressured to drink on the date and you are doing

159 something else, and also its free, so you know, you are not wasting any money on other things

160 especially if the date didn't go well then you would of not lost out.

161 T: Thank you for sharing the experiences with me, have you had any negative experiences?

162 C: No not really, apart from that it does take time away from things that you could perhaps be

163 doing, for example I could be doing some more work or talking with other people.. but apart

164 from that, also there can be glitches with the design occasionally, sometimes the app freezes and

165 sometimes, actually most of the time, my battery does run out so that's annoying but that's not

166 just to do with Pokemon Go that's to do with how the batteries in phones are.

167

168 T: Could you tell me, how many hours have you spent playing Pokemon Go?

Health benefits

Benefits for dating

Movement, getting outside

Does she value the great outdoors? freedom, space - a break from routine.

Free

Why does she refer to dating so much? Did it help her with her boyfriend?

Taking up time

Technological issues

Taking the blame away from PG, onto herself or her phone for issues - does she hold PG up on a pedestal?

169   C: Uhhhh, I probably spend at least now around 3 hours a day playing Pokemon Go, but when it

170   first came out and for about a year after, I remember playing 4-5 hours a day, but now, a little

171   less.. but maybe also, it depends on the weather as in summer I will certainly be playing more

172   T: Okay, so could you tell me how you feel when you play Games and in particular Pokemon Go?

173   C: Well so the other games, candy crush and mind sweeper they are games that will stop you

174   from thinking so much about your day.. My job is quite stressful, so I don't, I need some way for

175   my brain to stop me from thinking and that's a good way to do it, it breaks sort of a chain of

176   thought.. Now, Pokemon Go, does way more then just that, its actually exciting because you

177   know, I was once on a break at work, in my lunch hour, and my phone, I was on Pokemon Go and

178   its said that there was a Pikachu near by so you get alerts for Pikachu you do as he is the coolest,

179   so yes you get an alert and then suddenly you are on a mission to find a Pikachu so I spend a lit

180   of my lunch hours around, trying to catch a Pikachu. But also, I think that everybody else near by

181   gets a similar alert so in that sense you know, it becomes a race against them as well and you

182   cant really help yourself apart from doing it.. Now with, how I feel when playing it, I would say

183   exciting, curious, happy... now you don't always catch them when you see them so you have to

184   precisely hit a poky ball at them, and you might miss... now especially with the flying Pokemons,

185   you might not always catch it, so you might not always win it and erm.. so there is an element of

186   excitement there.. so there is not like the other games I play.. and also what I find quite cool and

187   exiting about the game is that you can collect them and exchange them which makes it very real

188 and interactive and fun.. so yeah, you are actually in the game, and definitely what was so good

189 for me is that element of the game, because as a child, I had a Pokemon teddy bear, Pokemon

190 cards and all the games as well and the game boy and it was really cute.. and that's what they do,

191 they purposely make them cute, so that's why I guess Pokemon Go has also appealed to girls,

192 because they make them girlie with pink bows and things... and yes very cute. Also, I know that

193 when I spoke to other girls, they felt the same, but also I grew up with 3 brothers, and maybe did

194 they slightly influence about how I like Pokemon Go, but they are actually super cute and with

195 big eyes and things and they are fluffy and therefor you want to actually catch them... So yes, I

196 really like Pokemon Go and having that shared interest with others makes you feel like as if you

197 belong to a certain team or group.

198 T: Thank you for sharing this experience with me...

199 C (Interrupts): Well also erm, another thing that they have is the gyms that I really enjoy, so they

200 are a famous landmark around Liverpool, might be a Pokey Gym in the game, and you also, you

201 win stuff, by when you are walking around your map, if you saw like a sign and you click on it

202 and it will tell you some fun facts about that bit of Liverpool. So you could even do it like a

203 Tourist and go round and find stuff out about where you actually are in the city.. (5 second

204 pause) and the famous landmarks and aereas of interest in the game, would appear as Gyms so

205 that's where you can train and exchange the Pokemons, so like Maidston in Liverpool is a Pokey

206 Gyms, and people would especially go to that landmark to battle and exchange their Pokemons.

Reality merging w/ world of the same
- wanting to feel close to these characters in thought they're real?
'cute' = she feels a sense of nurturing, attachment toward them - they are like children? She feels like one?

Belonging

Interrupting - she is too excited/want to share more?

Does she really want to understand something of the importance of the game?

Pause - thinking of example feature of the game

207 So with the battle you can actually fight and win other peoples Pokemons, so I guess that this is

208 where the teams come in as some teams are run by the blue team, and some are run by the red

209 team, so the teams you know when you join them, lets say the team is red and you are blue so

210 you can battle them there so that the whole team then becomes blue for example or vice versa,

211 so its very interactive.. and also you meet so many people, as I mentioned before I made some

212 serious friends for life at the gyms.. And also, that is the whole point of the game is that it links

213 your realities as you would really find out real things about Liverpool like as if you were a

214 tourist..

215 T: Thank you, now could you tell me, how often do you actually find yourself on Pokemon Go

216 instead of focusing on daily chores?

217 C: Erm, I tell you honestly, its actually very hard to not play it, especially when you are outside,

218 out and about, you know because you wonder what Pokémon's are around here and you would

219 want to check, so you would want to check some of the rare Pokémon's as you never know when

220 that chance might appear.. and erm, definitely as well, in a new area you would definitely be

221 checking your phone, as different areas have different Pokémon's so you need to move around in

222 order to get them and then progress to the next level, so for example, when you are near a water

223 source so like a lake or river, there is more water Pokémon's so like the fish ones in the water,

224 and you can actually catch them out the water, so sometimes I would walk down to the river

Does enjoy feelings of belonging to a team?
)

Teams

Interactive

Taking off

Link with reality

Maturing friends

Feeling of enrichment + endearing ones w the... through belonging facts).

("tell you honestly" – does still trust (want to believe he?)

Difficult not to play
Constantly on his mind?.
Feeling drawn to it

Unique areas

Feels 3dimensional, different areas w/ different

225   themes, and look there for water Pokémon's, or for example when you are near mountains and

226   forests, you get more of the land Pokémon's.

227   But back to your question, I easily find myself on the game then doing work or house chores. I

228   got into trouble at work also occasionally, for coming in later or leaving early as I would be

229   distracted with the game..

230   Also, around central Liverpool, there a lot of Pigiolotto which is a Pigeon which is something that

231   you would only find in Liverpool, so its quite funny how the game then links that.

232   Something else I just remembered for earlier when we spoke about experiences, I have to say

233   that the line is quite blurred between the virtual and real world as the game is so real that you

234   cant distinguish between the two the only difference is that there is more Pokémon's floating

235   about.

236   T: So could you tell me since you are talking about experiences, whether you would have had a

237   positive or negative outcome due to playing the game?

238   C: Yeah so I actually met my boyfriend on the app, so what I mean by that is not the actual app

239   but we used it on our date, on our first and second date as a way of sort of having an excuse to

240   meet up and doing it together, like and, you know, it was a really nice thing to have on a date as a

241   distraction from the actual sort of scary side of dating as you know its embarrassing, but it was

242   something that we both immediately had something in common with, and we walked all across

243   Epping Forest catching Pokémon's and discussing it, and you know from that experience, we are

Handwritten margin notes:

Neglecting tasks

Distractions

Personal links
Training off
- does this make us feel
  warmly about the
  game?

Difficulty distinguishing
reality

Finding love
Personal positive
experience - having
PG in her relationship

244 now living together for about 2 years ago now so a long term relationship came out of it... So to

245 give you a bit of context about the date and planning, when we spoke to each other prior to the

246 date, I remember asking him about his views about Pokemon Go and what he thought and

247 enjoyed about it and he also liked it and you know, I think he suggested that we could go to

248 Ethan Forest and then Parks as there would be a variety of Pokémon's there because it's a good

249 area to go to catch some rare ones that you wouldn't find in common places, and it was

250 something that we could do together and hang out and so, at the same time, you are out in the air

251 and its lovely, and its different thing to do and we just walked around Ethan Forest and some

252 local parks and we played a lot of that and then we just had a chat and it was already like we

253 broke the ice because we were playing the game together, so there wasn't any awkward

254 moments, so Pokemon Go I would even class as a ice breaker and would recommend to anyone

255 who is shy or anxious prior to going on a date, that's if the other person plays it too.. Also, I

256 suppose the idea is that if you didn't fancy that person and didn't like them that much, you had

257 the genuine excuse like wow you know, it was just for Pokemon Go so that's why we met.. and

258 because of that it would be an easy escape too and erm also you would have another purpose to

259 the date, instead of having all the eggs in one basket, so you are dating, but at the same time you

260 are doing something that you enjoy (giggles)

261 I also think that another positive, as mentioned earlier, is to do with getting to know an area in

262 Liverpool or rely on the tube, but this makes you walk, and you learn a lot about your area and

Taking off - getting ready to tell a story

Repeated use of 'you know' - wanting to make me establish a connection?

is she lost in the memory - painting a picture?

Ice breaker
Practical benefits

Taking off. Adopts verbal - enjoy this different characters? Does the feel when she Having a 'get out' speaks so much?
The giggle - does it make her feel guilty talking about dating again?.

learning about an area

263 you are encouraged to you know, exercise, and that's good, and of course getting out and about

264 and finding out fun facts for example about a pub, and you know the other fun things that

265 happened, erm, certain establishment, like a restaurant, a pub, or a shop might, make themselves

266 a Poky stop you know the place and things on the game where you can collect things like eggs,

267 and erm, so commercially for them its bringing people to their business, which is incredibly cool,

268 because it's a good idea for going inside the shop, as you will be knowing that going inside the

269 shop you will get stuff from the Pokemon game, but in the real world and the reality of it is that

270 you have gone into someone's shop or gone to their bar so they win on that, and when you get a

271 Pokemon egg on the game, you have to walk to make the egg hatch, so it might be an egg that

272 says 3km under it and that means that you have to walk 3km to get the thing to hatch, so it

273 makes people wanna walk to hatch their eggs. So I have also noticed changes in fitness because I

274 used to go on the tube and bus all the time, but now I walk and walked even more back then. And

275 don't forget that it makes you walk, and sometimes an egg can be 10km so you have to walk

276 that. is that nearly a marathon? (giggles) so yes fitness is huge.. it realty encourages people to

277 then lose weight too.. But also, you don't have to do the 10km in one go, as I guess people would

278 then stop playing, but you can slowly do it over the period of already playing the game, so it all

279 adds up in the game so then you know, you see you are walking an lot, not just to catch the

280 Pokémon's but also to hatch your eggs.

281 T: So I guess, there is a big element in Pokemon Go..

'fun' use. Enjoyment

Hesitancy. Struggling to talk the phrasing?

Making Sawg

'win' - competitive edge?

Encouraging Athers

Does she address me inactivation of the game?

'makes' - again controlling Losing weight ha)

'walk' - this becomes a prominent activity for her is it repeated so much...

'you know' you see.

why does she need me to understand? is she seeking my validation?

282   C: Yes, but also, without even realising that you are doing something. Now, the other thing

283   though, is that bout 2 months after it came out they realised that people were driving whilst

284   playing, however, Niantic the creators have changes this and you cant do it whilst driving as the

285   app will recognise it if you are going faster then running or walking. So what would happen, is

286   that the app would then turn itself off.. which of course would be a distraction if you were the

287   driver and trying to play the app. So, it won't work when going too fast, which also means that

288   you cant play as a passenger in the car and you cant play on the train either as it would then stop

289   and obviously, if you did drive and play that would be cheating.. so imagine just driving the

290   10km that would not be fair would it..

291   So the game is really creative... Now in terms of a negative outcome, I guess the biggest is not

292   being able to concentrate on work really, as mentioned my phone sometimes will buzz because

293   there is the Pikachu that I would need to catch and, and that is not good. Also, it does eat a lot of

294   your battery and data playing Pokemon Go so to have the app working, you have to have data,

295   and erm, if you are playing it a lot everyday it will eat up the data and maybe then you don't have

296   your phone for an emergency because you have played so much so that's a negative. So I

297   recommend, don't use it all for gaming, do use the phone for what it was created for and that's to

298   interact with people.. but also, I have spend quite a bit of money on buying new data as it did run

299   out so quickly. Now that, isn't such a big problem now as everyone gets contracts with unlimited

GAME PRODUCERS = SUBVERSIVE
- She suggests feeling awed
by their cleverness of
encouraging fitness, without
players consent
PRECAUTIONS AGAINST DRIVING

Limitations of the game.

Telling off. 'imagine' - want
me to see her perspective
Acknowledge motivation of the
game 'need' - lack of control?

Lack of concentration
is the app intrusive, being
on a portable device.

Eating data

Negative impacts
Does the worry about
emergency occurring?
Maintain interaction
Seeing the danger of playing
too much
Spending money - expensive

300 data, however 2 years ago and more when the game came out, my god, not many people had

301 unlimited data. so yes, something to monitor, I have not really thought of any other negatives...

302 T: Thank you for sharing that experience (5 second pause), could you tell me, why do you play

303 Pokemon Go?

304 C: Well, it started with the Nostalgia element of it, because it reminded me of my childhood and

305 all those characters are just classic, stay in your mind don't they, so that's how it started, and

306 then it just became a sort of a bit of a distraction from your daily life, because you know,

307 sometimes you do need to be distracted but still feel like you are doing something productive

308 and you do kind of feel productive in that game, because of the goals that they set you and erm, I

309 guess that if you are outside and you are focused and you are achieving goals even in like a game

310 style setting, you feel better about yourself because you have kind of achieved something, even if

311 it is just in a game, so it is a nice way of distracting yourself when life is hard, and it is hard most

312 of the time, so when you cant see your life goals, and you cant really erm, get away from that,

313 that is then a good way of doing it. So, for me, I really love playing Pokemon Go and the elements

314 that it brings people together. I should also mention, that when I go back home to see my parents

315 and brothers, one thing we do all share in common as an interest, is that we all enjoy playing

316 Pokemon Go together as a family. So, when I am up north, we will go outside and play it together

317 for a few hours whilst chatting and generally catching up.

318 T: Thank you, now could you tell me about your experience whether Pokemon Go has enhanced

319 your self-esteem and social life?

320 C: Both big fat yes, absolutely.. I think, well actually I know that it enhances both because it

321 makes you go outside, even when you are feeling shy or anxious.. and also you learn about

322 popular places where you live, you are so much more sociable with people because essentially,

323 you have a character that meets other characters in the gym like at the Poky Gym so you can play

324 with them and interact. And, I have certainly met people in real life because of that, as Pokemon

325 Go certainly is a conversation starter amongst groups of people, because they might not have

326 met before, but they are at the same party and therefore, they can all share that interest

327 together. Also I should mention this now perhaps, but before Pokemon Go, I actually had very

328 low self-esteem., I never really wanted to go out, I was fat and not very happy. Since playing

329 Pokemon Go, I feel mentally and physically healthy and feel that I have some confidence and

330 know how to start a conversation.. So yes, it is a good way of going out but also finding out about

331 Liverpool or even anywhere else, but also abroad.. If you are not really worried about spending

332 money on data, Pokemon Go can help you to get around in a country where you might struggle in

333 and learn new things about Seattle or Poland for example. I actually did it when I went to

334 Bermuda, but I was so worried about the data, as it was quite far from England, however the

335 resort we stayed in had WI-FI everywhere, and the Wi-fi did extend outside the resort, so I went

336 inside and surrounding the resort to places where I could find Pokémon's and they were so rare

Enhanced social life + self-esteem

language suggests she is confident in this answer

'makes' - facing this head on

Does the game table us out of our comfort zone?
Feeling behind her character or using it as an excuse to socialise. A shield?

conversation starter
sharing interests

Mental + physical benefits

→ is PG solely responsible for this lifestyle change?
Has it 'saved' her - does she owe it to the game to play + recommend it?

Playing across continents

The polarisation between shy + awkward girl + confident girl w/ PG.
Can she not be confident without it?
Is this where the worry comes from?

a 'worried'

337 and different, so I even played on Holiday. Because, you know you would get cool Pokémon's

338 when you are in a country with different Pokémon's so you really cant help yourself, I just had to

339 play and catch them.

340 Also back to my self-esteem, before playing Pokemon Go, you would never see me go down

341 certain side streets or areas, because I would be afraid of getting mugged or something so

342 because playing Pokemon Go, I guess you don't pay too much attention to where you are walking

343 to and therefore in an indirect way it made me more confident to walk anywhere and

344 everywhere which is great. So for exploring it, you feel safe as you are there walking with your

345 phone in your hand, which therefore does create some sort of safety, and erm... you still I guess

346 have to be aware of surroundings, but yeah, it does make you more confident to walk around

347 and explore things rather than just sit at home.

348 Also, I want to mention the amount of friends I have made because of playing Pokemon Go. My

349 Goodness, so many... because we all bonded over it, also I should mention how much it enhanced

350 friendships and relationships as we got something to do and talk about and bond over... so it

351 enhanced it and made a few new friendships, it really, really does bring people together.

352 T: Okay thank you. Now could you expand on, whether Pokemon Go has encouraged you to leave

353 your house more often?

354 C: Absolutely, as there is only so many you can catch at home. Also that's the whole element of

355 the game, is not to play it at home like with 70% of games, but to be able to go outside and catch

Playing on holiday

"really can't help yourself"
"just had to"
→ no control.

Fear before PG
why was she so afraid?
Confidence after PG
suggests she feels less persecuted

Feeling safe

"and erm..." - become more of the irony of PG promoting mugging?

FRIENDSHIPS
"enhanced" - adding to what she already ha
Repetition of "really" = firm belief

GOING OUTDOORS

for her the game might on outdoor exploration, encourages her to leave the house

356 them. And don't forget, its only a few that appear inside in your flat, so you therefore have to go

357 outside, but at the same time that's a huge positive, because that's really where Pokemon Go is

358 so different and unique to other games.

359 T: Erm, okay, so could you tell me a little bit more about how you would have described yourself

360 prior to playing Pokemon Go?

361 C: Yes, so I would certainly say, I was quite introvert prior to playing the game, you know, I, its

362 very easy playing hours and hours at home on the sofa playing Tetrus or Candy crush but erm

363 yeah, and I guess you know, it would have been a lot harder to have met my boyfriend if we

364 didn't have something like Pokemon Go bringing us together, so I guess even before Pokemon

365 Go, I was not much sociable, and also I guess for exercise, I would have been stuck in a smelly

366 gym indoors and not socialising, however, this makes you be active in the real world... T: And,

367 how would you describe yourself now that you have played it?

368 C: I walk a lot more, I feel more confident, I erm.. (short pause) I feel like I have a conversation

369 starter with other people as it was so popular... you know, it means that you have things to talk

370 about, and I feel better about myself, also, sub consciously or even consciously I have noticed

371 changes in my being well more my well-being over all, you know, I like I said before, my job is

372 quite stressful, but playing Pokemon Go on my Lunch hour, it alleviates some of that stress so its

373 quite nice for me then, because I feel more productive like that at work, because I function better

374 as I had that break... so these are big changes aren't they? I feel so much less stress and anxious

---

Handwritten annotations:

'don't forget' - teaching me?
'have to' - forces her to?

UNIQUE
Appreciating the thing that
makes PG different. Does
meaning PG different? Does she feel different?
"you know I" - describing her
life before   PG = difficult

- POSITIVE CHANGES

- LESS INTROVERT

- BROUGHT HER TOG. w/
  boyfriend

- ACTIVE OUTDOORS   ideal control
                      between
          vs   these
  SMELLY INDOORS   ideal self
                      vs
Pause - looking   actual self
for example(s) of   but?
confidence?
POINT OF CONVERSATION
  WELL - BEING

ALLEVIATING STRESS   MORE PRODUCTIVE
                      vs
              link to she needs stress
              relieves between
              actual self & experiment

Why does she need something
to talk about?
Does she feel a lack of
confidence what it? Is she
having to seek my agreement
as an affirmation?

375 as I have had the chance to go and take myself on a walk. So it really has helped me with

376 alleviating stress but also I am so much calmer and happier.. Pokemon Go has an impact of how

377 the rest of your day will be as it makes you catch fresh air...

378 T: Thank you, now we are coming towards the end of the interview, just a few questions left,

379 could you imagine a world without Pokemon Go?

380 C: No way, look at where Pokemon Go got me to, you know in terms of my life... it really changed

381 the way in which people interact with their surroundings, so you cant go back from that, now I

382 think people will expect to find this in games moving forward you know that interaction and

383 immersive-ness, more virtual reality until you can make your life as exciting as it is in real life.

384 T: So actually, is my understanding right that your real life is now much more exciting?

385 C: Totally yes, because it adds that adventure and you know, because the routine of life can be

386 quite boring sometimes, so you know, anyone wants an adventure.

387 T: Could you tell me, if there is anything I haven't asked that might be relevant for me to know?

388 C: Erm, I think I would say as well is how Pokemon Go appeals to such a large audience. Well, for

389 example, my brothers play it you know, and immediately I am closer to them as well, so its them

390 playing it and not just my age group or my friends and same for my parents, so anyone from a

391 young age who has a phone to any maximum age of 70 or 80 could even play it, and actually, I

392 can imagine it helping elderly people to engage them with technology more, so its so good and

393 fantastic in that aspect. the hand and eye coordination and swiping technology, I think it can

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Handwritten margin notes:

LINGERING POSITIVE BENEFITS

PG gives her opportunities in a way nothing else does, she was perhaps become one - reliant on it on a motivating too!?

Can she need be altered by PG?

LIFE CHANGING for ALL

irreversible changes, she feels it 'revolutionised' her + the industry..?

EXCITEMENT contrast to the 'routine' of life

ADVENTURE

WIDE - APPEAL + OLDER PLAYERS

Too far for OLDER PEOPLE?

Does she feel such to old for it?

525

394 help people to become used to technology and at the same time, it will enhance value to our life

395 (10 second pause)

396 T: Thank you for sharing this with me. With that, something just occurred to me, did you ever

397 experience any negative judgment from others as you played Pokemon Go?

398 C: Erm.. I don't think people judge you, you know, its easy to judge a gamer that just sits on his

399 backside all day on the sofa for 12 hours a day and plays video games, you can see why people

400 might judge him, but what is there to judge about people you know enjoying the outside again

401 and socialising, and showing off what technology can do these days so you know what's wrong

402 with that.

403 T: Okay thank you. We have now completed todays interview. Is there anything you would like

404 to ask me?

405 C: Nope

406 T: Okay, and I have provided you with the debriefing information so please do not hesitate to

407 contact me if you do have any questions..

408 C: Thank you for having me, I look forward to seeing this study being published. It will certainly

409 be life changing for individuals.

410

"our" - including myself more in the conversation

Pause = Significant.

NO JUDGEMENT for playing

"him a his" - is he typical gamer now?

Is she judgemental of other types of gamers? Was she one of them.

A BETTER FORM of GAMING

"you know" - trying to get me to understand be

LIFE CHANGING
Is she to confident in the positive outcomes of this research?

Assuming their will have good exposure?

Interview with 6 – 20/04/2018

1

2

3   T: Hi there, How are you today?

4   C: I am good thanks Sandra how are you?

5   T: I'm good thanks. Thank you for coming in today

6   C: Oh its my pleasure (smiles)

7   T: Where shall I start? Maybe I could tell you a little bit about myself, for example what I am currently

8   doing and the purpose of the interview

9   C: Yes

10   T: So as you know, my name is Sandra, and I am 28 years old and I am in my final year of doing a

11   Professional Doctorate in Counselling Psychology at The University of East London. And with reference to

12   the project and the reason why you are here today is because erm, the research that I am currently doing is

13   that I would like to investigate into Virtual Gaming, however in particular to Pokemon Go and perhaps

14   what the common themes are relating to Pokemon Go.. So yes,

15   Just to let you know that by agreeing to participate in this study you are agreeing to be interviewed today

16   for approximately 60 minutes. And, the decision to participate in this research project is completely

17   voluntary. So erm, the information that you are providing me with today is kept and is strictly confidential

18   and you can withdraw at any point without giving me any reasons to do so. So that means you can just ask

19   at any point to end the interview. You also have the right to ask me any questions regarding the study and

20 have the questions answered by me. Erm, also if there is something that you don't want me to include

21 please also let me know. The interview is being recorded just voice, and erm, I will be asking you a few

22 questions regarding our experiences playing games but in particular Pokemon Go and erm, before you

23 start, are you comfortable?

24 C: Yes I am, thank you

25 T: Fab. Okay so lets start.. Now could you tell me what age you are, what gender you are and your ethnicity

26 and occupation?

27 C: Okay so my age is 29, my gender is male, my ethnicity is white and erm, my job is back office support at a

28 company

29 T: Thank you and where are you usually based?

30 C: Kent

31 T: And are you working full time?

32 C: I work full time

33 T: Thank you. Now, could you tell me, who do you live with?

34 C: I live with my lovely partner and our lovely cat Bumble

35 T: Thanks, now could you tell me about your daily routine please?

36 C: Sure, so I wake up at 7:18am in the morning. I try and turn my alarm off just before it goes off or wake

37 up before so I don't wake up my lovely partner and then I have a shower and go down and make breakfast.

38 I eat two pitta breads with camembert cheese.. I eat actually I make a cup of tea by 8 o clock in time for my

DAILY ROUTINE
Routine seems precise

39   partner to come down and then I get dressed about 8:30am and I

40   arrive at work by 9am, do work until around 6 and take an hours break for lunch, and then I message my

41   partner to see what time she finishes work and if she is nearly is finished. Then, I go and pick her up from

42   work and we will go back home together, eat some kind of dinner and spend some time together either by

43   watching a movie on Netflix or playing Pokemon Go or catch up with friends. Weekends, erm, I tend to get

44   up quite a bit later, tend to have a leisurely breakfast erm.. decide what we do for the day, so this often is

45   socialising with others, meeting up with friends or family, do home shopping.. but usually we wake up on a

46   Saturday and decide that the house is in a state and then we end up cleaning it together, you know the

47   usual home chores. Erm, and.. it varies off course about what is going on, some weekends we are more

48   sociable then others but yes....

49   T: Thank you, now could you tell me, how would you describe yourself in social situations?

50   C: Erm (10 second pause) to be honest, my natural inclination and certainly in the past I have not been very

51   confident is social situations. I am more someone who is just quiet.. (5 second pause) yeah.. I mean, but

52   overtime I have become more comfortable especially since Pokemon Go I have realised that I don't always

53   just take that back seat anymore as I get on quite well with people and enjoy being around people,

54   especially if we share common interests like food or games however there are situations where I can really

55   struggle like loud situations like pubs, clubs, bars, concerts and things where there is a lot of background

56   noise but in general 1:1 I am now okay (Smiles)

Handwritten margin annotations:

He seems devoted to his partner/doing lots of things' for her

work vs. leisure — in evening

"erm" suggests lack of routine?

CHORES

SOCIALISING
trailing off ... suggest anxiety of phone?

QUIET

lengthy pause - struggles to describe himself in social situations

PG HELPED CONFIDENCE

STRUGGLING IN CROWDS

Smiles

How much was this a struggle in the past?
Does he smile because he proud of himself to overcome it?
How much has he had to work to overcome/ get out of "comfort zone"?

57 T: Thank you for providing me with a good overall picture of who you are and what you do. So perhaps, we

58 can now move on to the gaming questions?

59 C: Yes

60 T: So, could you tell me what type of games you play please?

61 C: In general, erm, I play PlayStation.. I have a PlayStation 2, 3 and 4 (laughs) erm.. so all PlayStation and in

62 general I play sports simulation games. Now in terms of Phone games, I play Pokémon Go of course.

63 T: What are sports simulation games?

64 C: So like FIFA.. Football games, I play a lot of Football games, I play a lot of Basketball games, erm.. there is

65 other sports, rugby and then I play some driving games, but generally they are simulations. And then, I play

66 some football management games, which basically are an excel spread sheet but with football (laughs) no

67 its basically strategies so basically you are in charge about buying the players and then tatics and training

68 and its depressingly like my job.. (laughs) no I really enjoy it

69 T: And are these games interactive?

70 C: So I play these games offline, but the most popular way of playing these games is online, but I tend to

71 play certainly but the main ones I play are the basketball games so I erm.. kind of simulation mode, but

72 kind of simulation off like long term including the management side of it.. SO the way I play them is offline,

73 so I very rarely play them online and that's partly because I prefer to pkay video games to create my own

74 world and my own universe, kind of like my own reality... So I think this comes down to when I started

75 playing video games as a child, I always created an alternate kind of reality thing, and I kind of always been

Handwritten margin annotations:

- Games played
- He plays 3 various game – what do they mean to him? SPORTS GAMES
- Laughter – does this work as a defence mechanism?
- Not telling the most popular option – why? Tailing off
- PLAYING OFFLINE Does he want to retain control?
- ALTERNATE REALITY
- "always" suggests a 'routine' way of doing things Does this derive from nostalgia, or habit?

76   very fussy about it creating reality.. and erm, even as a kid, even before I had game consoles, I used to be

77   into motor racing, I used to be into car racing to like have a pretend grand prix inside my head? So with the

78   video games, I tend to be creating realities and I tend to have it be realistic.. So that it represents the real

79   world in a way.. Playing against other people online, the difficulty usually is what they tend to be doing is

80   they are kind of playing the video game rather then playing the underlying game, so a lot of people, for

81   instance, I used to play a football game online, and you would find that everyone online would be playing

82   Real Madrid or Barcelona and with the big players, my tatic would be playing Stoke City or someone really

83   depressingly badly but very good at headers and defence, because I loved winding up these kids playing

84   Real Madrid or Barcelona who wanted to score with Messi and I would tackle them and faul them annoy

85   them and then I would sneak a goal on the counter act and it would always be very satisfying to me that I

86   was irritating them (laughs for 15 seconds) but I do have always enjoyed playing offline as I have complete

87   control over it as sometimes you cant control others.. So, I also wanted to say, that I have played Grand

88   Theft Auto the car and shooting game, but I have never been particularly good at shooting games as I have

89   relatively poor eye sight and I cant see targets or identify specific shots and things, but I have never had

90   much interest in role playing games, and I spose in a way the sports games I do play are like role playing

91   games but I don't play them like a role playing game if that makes sense but stereotypically the classic role

92   playing games I don't play no it has never appealed to me. Erm, and yeah in terms of mobile gaming, in

93   terms of mobile gaming besides Pokemon Go, I generally play puzzle games, like (gets out phone and

94   shows me 5 app names) erm.. so right now I have 'lines' which is a puzzle game to do with basically

---

Handwritten margin annotations:

'Used to be' repetition

→ his current gaming preference = derived from the past

"I tend to" → to show awareness of his preference - does he want to recreate? ('real')

(Does he enjoy winning?) → does he enjoy/want to develop smart tactics then?

TACTICS → the urge to annoy other gamers

laughter - clearly enjoys the gaming he plays

CONTROL → what happens when he cant control others? anxiety?

DISLIKE OF ROLEPLAY

PUZZLE & GAMES

'in first now' - do they change? → Does he get bored easily?

get out phone to show me

'erm' repetition

95 interacting with shapes and things and lines and figuring out how to achieve erm goals but these are all

96 offline, now there is another called 'mini-metro' where you have to design tube maps and lines and erm,

97 one called 'bad banker' and 'ninety eight cards' so they tend to be puzzles and erm, what tends to happen is

98 that I play them for a bit so I either complete them or I give up and delete the app.

99 T: Okay, thank you. Now tell me about your experience playing Pokemon Gp?

Does we like to feel he is 'good' at something + not feel like he can't do something? Remove app to remove the annoyance

100 C: So I first started playing Pokemon Go in July 2016 and erm the reason I started essentially was because I,

101 I met a girl and we.. she had told me that she was going to the Park to go somewhere to hunt Pokemons.. so,

ROMANCE = PG INPETUS

102 erm... so I saw the opportunity to turn this kind of into something that we could do together so kind of like

is he shy! Coy about this?

103 the cover story for us having a date but without the formality of saying lets have a date.. so yes, I would say

COVER STORY ?

104 it worked out reasonable well, because we have been together now for nearly 2 years.. But its important to

105 say that I didn't previously know about Pokemon Go and didn't have the app ofcourse, so what I then did is

WANTING TO IMPRESS

106 I downloaded the app and erm.. figured out how it actually worked, so by our date, I went round my local

107 aerea to see how it worked and I figured that if I turned up to this date and she looked at my screen and

Seems to be acutely aware of what others may think of him

108 said Level 1, I knew that I would look incredibly weird so, so.. you play and level up, but for me, I looked at

109 it and thought I would need to get to Level 3 or 4 so I can be like, ohh yeah I do play this game and I can be

'lies' - emphasis on how things appear

110 likes yes I do play the game look.. so yes that's why I went out there and played the game.. Erm, so

111 obviously the entire relationship I have with my partner is built on lies (laughs) out loud.. but yes having

'lies' + laughter

112 done this, I felt like was an opportunity for us to have had a shared experience.

113 T: Could you tell me, what level you did get to before you met up and what level you are currently on?

↳ Interesting split between he 'ideal self' + actual self so who he really is + who he wanted to present

SHARED
EXPERIENCE

- PG reduced anxiety by giving a common token point

114   C: Erm, well, it ended up being Level 7 before meeting but now I am Level 31 which is extremely high, So

115   what I was doing before we arranged to meet for the date on the Saturday is on my commute to work I

116   was playing between Kentish Town and Camden Town and along the way, I would with minimal detour

117   catch Pokemons and then I was doing it there and back and then I went out every evening for 3-4 hours

118   round Kent and Parks to catch more Pokemons. However, once I realised I still didn't have enough, I also

119   went out on my lunch break and even tried to go out between lunch breaks and sneakily for breaks.. so yeah

120   I think I got to about Level 7..

121   T: Thanks for sharing that experience for sharing this with me.. Could you tell me about your experience of

122   what then happened we you met?

123   C: So we then met on the Saturday, near Camden Town tube and we walked to the Park with our phones in

124   our hand sort of talking but more playing and catching Pokemons and then we kind of played it a lot, but at

125   the same time we really then started talking about other things outside of Pokemon Go. We then wondered

126   towards Kilburn and erm had a meal and erm then, then we walked down to green park and to meet a

127   bunch of this girls friends and I think we may have all played Pokemon go when we got there as other

128   people were already there playing it. So then, immediately that was an ice-breaker as we immediately all

129   bonded over bloody Pokemons. So I would definitely say, Pokemon Go has certainly helped me feeling

130   comfortable in those situations ha. And at the time ofcourse, it was such a big thing, so it was so easy to get

131   into chats with people about it and generally everyone had a view on it. It was one of those cultural shared

132   experiences or you would kind of setting out a stool against it which was kind of a shared reaction..

POPULAR

SHARED EXPERIENCE

COMFORTABLE, BONDING

133	T: Could you tell me a little bit about your experience of how you felt before going on the date, during and
134	after?
135	C: Ah yes I remember now I was going to tell you about this, so.. before going on the game, I cant even begin
136	to tell you how anxiety provoking it was, I was so nervous, but the good thing was that we arranged to
137	meet to play Pokemon go, so its kind of a safe fail date in the event that we didn't click together, we could
138	be like, ohh but we just met up to play the game as opposed to saying that the date was shitttt, so yes it
139	worked.. but in terms of how I was feeling, it was helpful as it was kind of a safety blanket to the
140	interaction.. and erm.. yeah, it definitely took away some of the negative feelings on the day, because we
141	were both kind of had an excuse incase it went wrong.. (laughs) So, during the date, I was much more
142	relaxed and after the date, well we are together and have been so for nearly 2 years (smiles) so I have to
143	say happy days..
144	T: Could you tell me, how much time and hours do you spend playing Pokemon Go?
145	C: Gosh, I really got into it clearly, and I think the reason was, there was something that really appealed to
146	me about it, there was this compulsiveness about the collection element of the game.. Erm, so I walk a lot in
147	terms of getting from A to B.. and introducing that extra element to help you with the mundane walk is
148	fantastic, you know you can be walking along and have an eye on your phone and you could be picking up
149	something new or something that you already had, usually you pick something up that you already had five
150	off however, if you get enough of something, Pokemon Go allows you to swopp it into something that you
151	didn't have.. so, I did yeah, I did kind of get into it for a bit, I really, I really got into it, to the extent where I

152 played it all the time. Like 4-5 hours a day I guess and even now I play it 3-4 hours a day roughly.. I would

153 always be on my phone playing it on my commute or going to the shops or wherever, so what I even do is

154 tailor my path to where I am walking so if I am heading home or even to work I might even take a de-tour

155 to catch one or two more Pokémon's (laughs).. Sandra if only you knew, this game is incredibly addictive.. I

156 guess you don't play it? Or do play it? Or whatever, anyways..

157 T: Could you tell me, how do you feel when you play Pokemon Go?

158 C: There is kind off, there is a level off interest in terms off.. you are going along and you are thinking what's

159 around me what's in my aerea and then you are looking at things and think, I wonder if I go over there I

160 could pick up one of those things.. but generally, after a while there are certain things that you look at and

161 you think, I am not going to bother picking up that one because I already got seven, but erm.. I don't fancy

162 picking up the same one multiple times, although you can exchange them after a while, but that's a little

163 boring.. and obviously there is no real reward for picking up the same one, so what I mean by that is, it

164 doesn't actually reward me or encourage me to then go for the same.. so its unsatisfying! However, I did get

165 an overall satisfaction by being more selective and start to think.. ohh okay, I kind of picked up everything I

166 am likely to pick up on my everyday routes, but after a while, I would think I am on a different route and

167 level then usual so.. For instance, when I am walking by the river, there is different categories of Pokémon's

168 and one of the early dates I had with my partner following on, erm.. from the first date, we met up and

169 went Wapping and also the other side of London Bridge, and we knew that because we were near the

170 water, we would be able to get water Pokémon's. And because neither of us live near the river, erm, we saw

---

Handwritten margin annotations:

TAKING DETOURS TO PLAY

'even' - suggests he knows this isn't usual, it's addictional + excessive?

ADDICTIVE

suggests interesting involvement at excessive way of playing ('if only you knew')

he doesn't like to feel bored of a chore that makes knowledge of PG?

ENCOURAGES PLAY

he doesn't like to be bored - it encourages him to keep striving

motivating himself + his thoughts / raising ability to think of examples / style of speaking about his first date?

DIFFERENT POKEMONS

171   this opportunity as picking up something new, so that's was exciting.. Sorry, I have been rambling on.. what

172   was the question again?

173   T: It was, could you tell me, how do you feel when you play Pokémon Go?

174   C: Ah yes, so besides as sometimes loosing motivation because of the same, apart from that I really enjoy

175   playing Pokémon Go. I think it is very fun and entertaining and definitely has really helped me with so

176   many aspects of my life. For example, meeting my partner and also erm, socialising with others. So when I

177   play, I feel really good..

178   T: Perhaps, could you tell me, what do you actually enjoy about the game?

179   C: Well, there is the satisfaction to the collection element and then there is kind of building your collection

180   as well, because you are sort of wondering about picking things up and then you kind of look at your

181   inventory and say, I have got this, I have got that.. and erm, the game itself sort of rewards you actually for

182   going into different areas as well.. so then, you kind of have that satisfaction anyways, of breaking out your

183   usual routine and going to a new aerea, but then the game kind of heightens it because you have the

184   opportunity to pick up different Pokemon and erm.. and to kind of expand your experience with the game

185   over all so yeah..

186   T: Thank you

187   C (Interrupts): Also, just to add the design of the game is obviously what it is that we all enjoy about

188   playing Pokemon Go..

189   T: Thank you, that's interesting to hear about the design of the game, because from my preliminary

190   analysis people have made comments about their experience with the design of the game.. Have you got

191   any further comments on this?

192   C: Yes, actually, what is fun about the game is how competitive it is.. however, for me it was never the

193   competition that I looked at or liked.. actually in hindsight maybe.. However, I should also say that as a

194   child, I was never into Pokémon's or anything, I never got into it in terms of battling Pokémon cards in the

195   playground so.. with Pokémon Go, it wasn't about battling others, for me it wasn't satisfying, for me it

196   was about the opportunities that Pokémon Go has led me to, for example, being able to go on a date,

197   meeting the love of my life, being interactive with people I have never met, so definitely the social aspect of

198   the game is what interested me.. Because in terms of competitiveness, there was no one to compete

199   against,.. I mean don't get me wrong, a few times, whilst I was having a conversation with someone about

200   Pokémon Go, you know, there were questions about, ohh what level are you on? Where did you manage to

201   catch the rare Pokémon's, so I guess sometimes there was the competitiveness from others but for me

202   there certainly wasn't.. (laughs) apart from obviously I had to reach a certain level before I met and went

203   on that first date with my partner, but that's pretty much all.. I play Pokémon Go for myself and not for

204   others... although it did lead me to fit in more I guess, as it did open the conversation up with strangers and

205   made me feel much more comfortable..

206   T: Thank you, now could you tell me, do you ever find yourself on Pokémon Go instead of doing chores or

207   activities?

Taking off — contemplative

UNCOMPETITIVE

Desire to be seen (get) achieving in life.

SOCIAL OPPORTUNITIES

How much has it opened his world, indeed his horizon? Does he owe it?

ENJOYING ENVY OF OTHERS?

PLAYING FOR ONESELF

FITTING IN

Does he compete against himself?

PG helps him fit in but how does he feel without it? uncomfortable, awkward? How it boosts his self-esteem?

208 C: Haha, that's a funny question because for me it is like a roller coaster, sometimes I do and sometimes I

209 don't.. I mean, it depends on the tasks for example, as I was previously saying, I would play it on my

210 commute to work, so ordinarily, how I would commute to work was by listening to music and get from A to

211 B, so for example, I would get on the tube, get off the tube and walk to work, however, erm, when I started

212 really playing Pokemon Go, I would really keep an eye open, I would detour and change ways, so I guess I

213 could say that it was distracting me and keeping me busy from chores and getting to work as in did attend

214 work late and got into trouble for it (laughs) but erm, tasks that I was certainly not desperate to do, I was

215 quite happy to then just continue playing the game, for example, if I was going somewhere where I wasn't

216 desperate to be on time, then I would be quite happy to play.. but sometimes that could be an hour or two..

217 but it never got to a stage where I wouldn't turn up.. however, if I was attending a big event and I knew I

218 would had to get there for lets say 7pm, then I wouldn't be fluffing about playing pokemon go so its very

219 context dependent for me..

220 T: So now, this question is.. could you tell me that whether playing Pokémon go for you there is a positive

221 outcome or a negative outcome?

222 C: Erm, well certainly there has been a positive outcome.. the biggest positive outcome for me as previously

223 discussed has been for me that I found the love of my life because of having that bond over or more like the

224 passion for Pokemon Go. I mean even now, we still go out and play Pokemon Go together. And this is

225 clearly a positive (laughs) also it means we get to share the rent so less costs for me (laughs) but no I mean,

226 there has been huge benefits for me of being in this relationship, but because of the game.. so.. (pause) its

---

Handwritten margin notes:

SOMETIMES AVOIDING CHORES

"for example" – enjoys discussing? brings himself up.

PLAYING ON COMMUTE

EYE ON SURROUNDING

TROUBLE AT WORK

DISTRACTING

(laughs) – was he trouble serious or not serious? @ – in the past

NEVER LATE FOR IMPORTANT EVENTS
→ does this indicate precision & not wanting to let ppl down?

"fluffing about" – is it petty?

POSITIVE OUTCOME

laughter & humour – using humour to understate things himself?

He seems to link his relationship with the game, it rooted within it, one & the same?

227   so nice having someone to do all the things with.. I suppose, I was in that situation where I was in my mid

228   20's and kind of not really going anywhere so I know that actually mine and my partner's future is assured?

its back-tracking -

229   So, yeah.. maybe not assured but certainly in lace, so you can certainly build other things around it.. but yes,

"important to mention" → does he need to justify that other than experience positive out- come

230   also its important to mention that other people who I know that play Pokemon Go, have all mentioned

231   about the positive outcome of the game.. I mean it really knows how to interact and socialise and bring

SOCIALISING

232   people together.. we live in a world where its so hard now a days to meet someone, so its so hard to really

"so hard" repeated

233   meet someone... so now, I feel like my future really is really assured.. I really did meet the love of my life..

Has instagged lead to find love before?

234   Also, I would say that it did help me aswell in getting to know the local and different aereas, and certainly

OUTDOORS "really" = passionate?

235   got me into the fresh air which I know cannot harm anyone.. so that certainly is a positive outcome as well..

236   I remember, I lost weight actually and became much fitter and more active.. but yes, I was living down in

FITNESS

237   Croydon and that wasn't an aerea I knew particularly well, but I chosen to live there because erm... (Short

238   pause) because its basically the cheapest place you can live in zone 3 and erm, it was a good commute to

He considers the practi- calities

239   work, and I really did meet friends there, so it wasn't that bad, but I didn't really know it particularly well..

240   but Pokemon Go really helped with getting to know them areas so it helped in terms of, it kind of helped to

241   explore the side roads and then you started thinking, I would take a slightly different route to work

EXPLORING UNKNOWN AREAS

242   because I can then go and pick up different Pokemons and sometimes that would lead to stumbling across

243   a landmark or a place that I would have never ever seen before unless I was playing Pokemon Go and so

244   now 2, I would say, I have really good understanding of the aereas round sort of Croydon and Woolich,

He's a natural shy introvert that wouldn't have explored certain areas w/out a push

245   which wouldn't have been possible without Pokemon Go.

Has he felt scared
before, has this
prevented him doing
something?

LACK of FEAR?
'even' → believes surple
at this

FOCUSING ON
PHONE

DEAD BATTERY?

cough etc - does he
feel comfortable?
really

SELECTIVE PLAYING
- suggests he's still
fearful / lacking in
confidence to go
just acknowledging
it's common sense

EXTRA EXPENSE
↳ he's paying his goal
despite setbacks.

TECHNOLOGICAL
ISSUES

SELECTIVE PLAYING
is he a confidence person?
↳ Any reason to
justify the lack
of togetherness?

MORE POSITIVE
THAN NEGATIVE

246 Also, it did did increase I guess my condfidence, actually my self-esteem around them aereas, because lets be

247 honest, it's a dump down there, so I should mention this and the way it does this is because you are being

248 distracted by Playing Pokémon Go, that at the same time you don't get scared. You wouldn't even feel

249 anxious either because your whole focus is on your phone.. (pauses)

250 Now, in terms of negatives, my battery did run out a lot so when I wasn't able to have my phone, I reverted

251 back to taking the tube and the routes I know.. Other negatives is, that erm.. (clears his throat) now this is

252 probably a testament to south kent, but I was actually able to walk around an aerea with my phone out

253 without then being mugged (coughs again). To be fair, I was selective with how I was playing the game, you

254 wouldn't see me round east kent or in dodgy areas late at night playing the game, I did mainly play it from

255 morning to early evening you know as a lot of the time would be after and before work, so yeah, I as always

256 aware of my surroundings. Now again, with the phone battery and the design with the game and the app,

257 when I first started playing the game, I wasn't aware to the extent of how much it was draining my phone

258 battery? And luckily I had a power bank, but that really did influence with how I played the game, because I

259 knew I could then play even more when I did have my power bank, but in fact I had to buy the power bank

260 because of the game. My phone never used to drain so much battery. Also, when the game first came out, I

261 did sometimes have problems with the app crashing so that was incredibly frustrating and did make me

262 angry and I guess that is an issue with Niantic the creators of Pokémon Go, yes I guess I was extremely

263 selective overall with how I play the game, so I guess mostly why there hasn't been any negative

264 experiences for me and more positives.

265   T: Thank you for sharing this is experience; could you tell me, did you have a Pokémon Go character?

266   C: So, how it works is that you have certain characters already when you sign up to the app and open it,

267   there are about 100 odd different types of Pokémon, and they all had different/unusual names, and you see

268   on your map there is, there is sort of something over there, there is a squaretail, I don't know why I just

269   said that... so the way I chose the character was by just picking one and then, when you go out and collect

270   different Pokémon's, then, yeah, I guess your character will start to change... Also, we did label our

271   characters, so you needed to add in a name however, I just use my real name for it.. But I do feel that the

272   character selection side is perhaps only important when it comes to the battling of the game, which I

273   wasn't very into, I only battled a few times, maybe around once or twice, but essentially, in that scenario,

274   different Pokémon's had different attributes and therefore I guess there is a strategic element and you can

275   build up each Pokémon's attribute, so erm, in that scenario you might go well.. I got a squaretail and he has

276   a Dave, so you would tweak the power of the Pokémon... but the battling really wasn't for me, because the

277   battling involved your Pokémon against another erm, players Pokémon, and you can develop your

278   Pokémon skills, and in the battle mode you can take theirs, so I believe that you can win their character and

279   their Pokémon, so its very competitive, but the issues of course, I think, I think that this might be some

280   apprehension on my part reason why I stopped playing it, but, basically, you if you play that part of the

281   game, you can then only win or be a new character of a worse Pokémon, so that's why there is that battle,

282   as you would never want to end up being a worse Pokémon. But then of course, you can combine them and

283   upgrade them... Now I forgot to mention but you can actually purchase Pokémon's and characters but they

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Handwritten margin annotations:

- just suggest these won... little meaningful is it - characters? doesn't different... difficult to scale?
- catching himself using RG lingo, that (unusual?) understood?
- USING REAL NAME → he doesn't like his real + virtual identities
- POKEMON ATTRIBUTES
- 'erm' + tailing off
- STRATEGIC PLAY
- "I think, I think" = exploring
- power, hesitation — is he questioning how much detail to go into?
- The risk of losing is too great? would this adult... we don't engage too much?

IN-GAME PURCHASES

284 cost a fortune, and also, that means you are technically cheating and not really playing the game properly,

285 but it really never appealed to me as the reason why I play certain games, is to simulate things and re-

286 create things, so for example, when I play football and basketball assimilation games, I don't play as say

287 Arsenal vs Manchester United, I play as mentioned earlier I would rather like, switch between the two

288 teams, to play both sides, I mean if I could play both sides in the 90 minutes and split myself into two, I

289 would really do that, but you cant, but erm... I'm basically saying that for me its not about the competition...

290 but another thing that I get from like driving games, like Grand Tourism, you drive and you can earn credits

291 whilst driving so and you can have different cars, so you get a different experience, and you are working

292 towards collecting things, and then collecting different things can give you a different experience, so yeah..

293 which with Pokémon Go, the collection thing didn't really do that, what it was for me, is as said earlier it

294 was about the opportunities that the game gave me..

295 T: Thank you for sharing.. erm (pause) have you made any relationships or friendships I guess playing

296 Pokémon Go whilst playing it?

297 C: So besides meeting my partner, absolutely... or certainly playing the game was one of the pre-sets for

298 meeting my partner, but I have already spoken about this however, it certainly was an ice-breaker between

299 meeting her friends and her meeting my friends because it didn't leave much opportunity for an awkward

300 conversation.. but erm, then also, I did play with friends that I already had so I that's not a new friendship,

301 however, in terms of those who were strangers first, the funny thing is, you, you recognise people playing

302 the game from miles away so if you are all heading towards the same gym or battle ground then yes I met a

303 lot of really cool people that I guess I would call my friends.. I mean Pokemon Go, was one of the biggest

304 things I mean apps and games to happen in history, so guaranteed others would also be building new

305 friendships. So Pokemon Go was one of those things and I think you know, as you become more socially

306 aware, you begin to suss that there are more certain things which you can kind of use as shared

307 experiences, shared cultural touch points, which actually helps you to relate to people and this at that time

308 was one of those things.. so yeah..

309 T: Can you tell me more about how Pokemon Go has helped you to relate to people?

310 C: Yes, it was one of those, for example, when I was a kid, when I was very young, I didn't particularly like

311 football, and my parents were both basically too middle class for everything, kind of like snobbish, so when

312 I was at school, I realised how a lot of the other kids, liked football, like the other boys liked football, and

313 this was something they all chatted about, and I kind of felt excluded from that chat, so then, at that point, I

314 was like right, I should really look into football, in order to fit in, and it was actually through video games, I

315 played football video games and really got into it and then when I got into it, I felt like I had to know

316 everything about that so then I learned about it and then from the age of until 8, I knew nothing about it

317 but until the age of 13, I literally knew everything about it and I could talk to anyone about football, and I

318 definitely knew more then them so then as a consequence, as a bloke, when you meet another bloke, you

319 always have that as a "go-to" as you could be anywhere in the world, for example, you could be in south

320 Africa, you could be in Bogotá, and you can be like oh so who do you support and they would be like oh

321 Barcelona and then you can kind of connect to them as its such a shared knowledge and then you can kind

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Handwritten margin annotations:

- How close is he really to the people he's met?
- "I guess"
- A sense that game to him is [conic, revolutionary] ground - building/breaking
- BUILDING FRIENDSHIPS
- SHARED EXPS...
- deep sense of connection! toning off. Indicates has finished
- Does he blame his parents?
- DIFFERENT AS A CHILD Belief, entitlement or judgement against peers
- EXCLUDED AS A CHILD (other kids continued into adult head?)
- WANTING TO FIT IN.
- Why does he need to know everything - everything related to the heart?
- ANCHOR POINT reading a support system
- ABILITY TO CONNECT to MUTUAL INTEREST
- Does this reduce Social anxiety?

322 of as well suss from how someone what their views are about football and you can kind of suss out other

323 things, because in many ways, and I think its probably the same with films and music and other things like

324 cultural touch points if you like, where you can tell like for example, this guy likes the clash so he is.. and

325 you know, he likes Manchester united so he likes José mourinho kind of football or Pep Guardiolas, so yes,

326 you can kind of begin to know someone I suppose, because it gives you a window into their taste and

327 opinion.. So I suppose, you can come to judgments based on, but obviously, I would say that there is a

328 difference for people who play the game for collection elements or for competitive element, so if I was

329 chatting to someone and said oh you play Pokémon Go and you ask or what do you have and they say this,

330 this, this.. what do you do on it? And then they say, ohh I do a lot of battling, so that shows that the person

331 would be way more competitive on there, and probably only on there because of the competitive element

332 of the game. So in a way, you can suss out people very well, as you can tell how they interact with things

333 and then you can come to judgment about it based on that, so yeah you can tell how people are and their

334 personalities from how they interact with the game. So for instance, those you ask how many they got of

335 the same character and those who only hunt for the rare ones you can certainly tell what kind of a person

336 they are..

337 Also, you have people who would literally collect anything and everything and then you have those who

338 are a little more selective, so I mean there is different approaches to playing it and then in terms of

339 interacting with people you can see how they play the game and you can kind off come to judgments of

340 them and form pre-judgments and form a vague idea..

Handwritten annotations:

"suss" used repeatedly

He is the kind of guy who need to know where he stands with someone, who is he nervous, distrustful of others, uncomfortable with unpredictability? needing to [control] or know things? others?

"cultural touch points" – wants shared anchor points to establish connection – so he is...?

showing drawing conclusions based on evidence? motivated to [?] to what then | vice versa? judgements

COLLECTION vs COMPETITIVE
He sees himself an different - superior? than a collector?

JUDGING PEOPLE
He draws large concls about their personality depending on game interaction

DIFFERENT COLLECTORS

He puts people who 'collects' - people 'like him' + people 'not like him' who is secure, who is a friend + who is a potential threat? = maybe this helps him feel more

341　T: Thank you for sharing this, and I wonder since you discussed judgment, if you had any experiences of it?

342　C: So, I can actually remember and this is funny as when I started playing the game, I consciously was

343　thinking, if I meet this girl and I was on level 1 it would immediately look like oh he is just pretending to be

344　interested in this as a pre-text, and erm I cant really trust this guy as he is pretending and erm, but then I

345　thought I need to play the game a bit in order to level up and look like this is, so you can have that innocent

346　explanation that if it didn't go well, erm hmm, I already play the game, but on the other hand I thought, if I

347　do go for and am on a crazy level, and.. get to a much higher level then she is, she might think that omg

348　this guy is really into this, and this guy is a bit of a nerd, so it was quite a difficult balancing act in that

349　respect, so I spose that what it is and frankly its more the case for most things, is that being more affected

350　by other people judgment about how I play the game, I was more concerned about how others would judge

351　me about how I play the game.. So its more about my perception about what they thought.. so what I mean

352　by that is, the judgment actually wasn't directly from others, the thing that didn't worry me is for example

353　others saying oh you play the game a lot, what it was, was me thinking, if I do play this a lot, then other

354　people will end up judging me and say oh you play this too much, oh you are a bit of a nerd or oh you

355　shouldn't be playing it, so its entirely an internal thing, so I guess that's more to do with my low self-esteem

356　and anxiety, but as said, the other persons judgment never came into it at the end and I wasn't affected by

357　other peoples judgment but I was affected by other peoples judgment might be..

358　T: Thank you, could you tell me a little bit more about how you describe yourself now since Playing

359　Pokemon Go?

Margin notes (handwritten):
- Relationship confidence
- consider with playing PG
- again there = trust n his head — safety
- fear of rejection + prove
- to important acknowledge self
- CHANGES
- contract by + affects him
- WORKING TOWARDS GOALS
- IMPROVED Q.O.L
- list of 'better' things
- PG linked to the data
- HAPPIER
- LESS ANXIOUS
- SMILES — feels more comfortable
- WALKING

360 C: Erm, well there clearly has been shift since how I am since Pokemon Go has come out.. I would say that I

361 am a lot more confident and I think that's kind of the confidence that being in a relationship gives you, and

362 kind of where you had that assurance and where someone is there for you, and you know you can be there

363 for someone that needs your emotional support and you can commit to someone without having that fear

364 of rejection or anything, so.. erm.. I have now got a confidence where I know what I am now working

365 towards whereas before, I was in a job, earning money, but not a lot, just to pay rent and spend on beer but

366 now, its all completely changed.. I am earning well and have an idea of long term goals and what I am

367 working towards.. So, yes, I am in a better place, my living standards and overall quality of living have

368 changed and I am in a better mind-set, better health and certainly have better knowledge because of

369 playing the game..

370 T: Thank you, so how has Pokemon Go then made those changes within you, so the quality of living that

371 you mentioned made?

372 C: So I would say that Pokemon Go has assisted with improving the quality actually of my life as it was a

373 key part of that first date which got me together from that first date with my current partner and that got

374 hugely beneficial affects of my current life.. also bear in mind, I am a lot happier now and certainly less

375 anxious then I was before, so the quality of life has changed (smiles)

376 T: And have you therefore noticed any changes within your well-being?

377 C: Erm, I mean, physically and emotionally absolutely, as I am now much happier as mentioned and

378 certainly all this walking has made me feel more fit and good which Pokemon Go has assisted with. I am

379 also definitely a lot more assured in who I am and in what my purpose is and erm, yeah, I definitely feel

380 that my interactions with people aren't coloured by the whole fear about what happened if the women I am

381 ment to be with for the rest of my life is in the room and I fall over on my face, and that makes me one of

382 those old men in weather spoons where I am 62 years old and dont have anyone to pick me up.. anyways..

383 T: Thank you and my final question is, could you imagine a world without Pokemon Go?

384 C: Hahahahaha (laughs) well that's a yes and no... yes I can because look where Pokemon Go got me to

385 now, I have a girlfriend and soon to be fiancé, and imagine, we would of never have met if it wasn't for

386 Pokemon Go, so I cant but.. at the same time, I spose, looking at it I wouldn't want to imagine a world

387 without it.. but now I also am in a relationship so therefore don't need to play the game.. also, I would

388 certainly recommend the game to others as I find that you can really connect to people if you have the.

389 cultural touching point and common and shared interests with others.. For me, this game was such a

390 positive thing and certainly experience, that I really have enjoyed my time with the game and I certainly

391 still play now, but perhaps not as much as before..

392 T: Thank you for taking part in todays interview..

393 C: Thank you for having me, I have certainly enjoyed taking part

394 T: here is the debriefing information and any questions or concerns?

395 C: Nope

396 T: Thank you

340   T: If you have any questions, please feel free to contact me, my details are on the debriefing

341   information that I have sent you..

342   C: You are welcome

343   T: Thank you, Bye

1   T: So, How are you today?

2

3   C: Hmm, doing so so today.. but kind of good..

4

5   T: Erm, Thank you for volunteering to take part in todays Interview.. So perhaps, I could tell you a little bit about myself..

6

7   C: Yes

8   T: Erm, so my name is Sandra, and I am 28 years old and I am in my last year of doing a Professional Doctorate in Counselling

9   Psychology at The University of East London. So with reference to the project, erm, the reason why you are here today is because the

10 research that I am currently doing is that I would like to investigate into Virtual Gaming, however in particular to Pokemon Go and

11 perhaps what the common themes are relating to Pokemon Go..

12 C: Uhm

13 T: By agreeing to participate in this study you are agreeing to be interviewed today for approximately 60 minutes. And the decision to

14 participate in this research project is completely voluntary. So erm, the information that you are providing me with today is kept and is

15 strictly confidential and you can withdraw at any point without giving me any reasons to do so. This means you can just ask at any point

16 to end the interview. You also have the right to ask me any questions regarding the study and have the questions answered by me. Erm,

17 also if there is something that you don't want me to include please also let me know. The interview is being recorded just voice, and erm,

18 I will be asking you a few questions regarding our experiences playing games but in particular Pokémon Go and erm, before you start,

19 are you comfortable?

20   C: Erm yeah yeah...

21   T: Okay so lets start.. Now perhaps you could tell me what age you are, what gender you are and your ethnicity and occupation?

22   C: Erm, I am a male, 27 soon, and I am Swedish Caucausian..

23   T: And what is your occupation?

24   C: I am working as a technology

25   T: Okay, so could you tell me, who do you live with?

26   C: I live on my own

27   T: Thank you, could you tell me about your social network and friends?

28   C: So I would say, I don't have a huge social network, however I do have a reasonable amount of friends you know, like about 5-6 very   *FRIENDSHIP*

29   close friends and I also have a few people that are erm, acquaintances you know like work people that I sometimes hang around with,

30   but I have one very close friend.. that I hang around with quite a bit. I also have family, who count as my social network, and we hang   *ONLINE*

31   out, sometimes we play Pokemon Go together or go to a party, like a birthday, but that's it.. but I want to say that all these friends and   *Burning bandage*

32   family are people that I met face to face, however, I do have some friends from online that I talk to over the net and we started to hang   *FRIENDS IN REAL WORLD*

33   out in the real world aswell.. and I think I have known them now for 6-7 years

34   T: Thank you, now could you describe yourself to me in these social situations?

35   C: Erm, people, erm, well at least my friends, they have told me that I am very social and that I have a positive vibe and energy around   *SOCIABLE*

36   me and always smiling and being happy.. so I am quite sociable, I like to go to the bar or somewhere and have beer, I like going out with

37   them to events and I enjoy being outside in nature too.. so yes, I would say quite social.. also, I am kind of person who gets extremely   *DISLIKING MATERIAL INTEREST*

38   tired about those people who just think about money and Instagram and who care only about handbags... so I don't like them, but I do

39 like helping people a lot, I am a very friendly and approachable person and I am quite easy.. so.. yeah.. people tend to like me because I

40 am so helpful, and I guess that's why I was interested in participating in todays interview.. But Sandra, I want to also tell you that before I

41 I started playing virtual games and also Pokemon Go, I was not like this, I was more staying at home more, playing normal computer

42 games, watching TV, but since it is all more of a virtual word and I mean by playing Multi Media Online Role Playing Games where you

43 can communicate with others I have changed quite a lot, as it really does encourage you to interact and erm, speak with strangers, so it

44 helps you to get to know people and become friends and you speak to them online via headset all the time, and what is so interesting is

45 that you can also if you want to see that person, its quite cool and fun..

46 T: Thank you, now could you tell me about your daily routine?

47 C: So basically, I work Monday to Friday and erm, I always wake up around 7:55am and I work till around 5pm and then sometimes, I

48 finish earlier, and then I try and be as sociable as possible, and try and do things with friends or family but erm.. but also, there is one

49 issue, I do live outside of the central part of Norway, so I am not very close to a lot of things.. erm (5 second pause) so I have to travel to

50 be social or my friends have to travel to me which can be a bit challenging but its still good.. But often, I have to travel into the city

51 anyways to go to a bar or do some shopping or something I have to do.. but again, the great thing about having everything online, I can

52 still communicate and see them whilst playing the games and we can talk there and things.. Also we have this app called Discort which is

53 like Skype, and as its for free, I do also talk to my friends in other countries and with my friends here on it.. its used a lot with people

54 who game online actually, so unless you game, you probably wouldn't have herd of it.. But back to my routine, at home, I usually watch

55 movies or play games and then about 10pm I try to relax a little more, maybe light candles, play some calming music and then I can still

56 play, but I try to make it more cosy.. and then I try to sleep around erm, 10:30pm and the latest is 11:00pm, as I try to sleep around 7

57 hours a day.. now on a weekend, erm, I try to do stuff as soon as I wake up like house chores or cook something, but also, every weekend

[handwritten margin note: mixing of the typical weekend indicates power]

58 can be completely different to other weekends...but erm, yeah.. sometimes I go and meet my friends or family, but if not, I do travel a lot

59 too so yeah..

60 T: Thank you for providing me with the information, now I am going to ask you questions about games, could you tell me, what type of

61 games do you play?

62 C: Yes, I play games that I like so where I have a character and then I progress with that character, so levelling up and where there is fun

63 but also that entertainment those are the games I play, so for example, I obviously play Pokemon Go, a game called Mylo but recently I

64 have also been playing Person Shooter, erm so anything quick.. they are Multi Media Online Role Playing Games all off them..

65 T: That's interesting, could you tell me more about them?

66 C: Yes so, Guild Wars 2 and Call of Duty are MMORPG's that I also play and what I like about them is that they are very interactive and

67 there is always a reason to go and play, especially when I'm stuck at home cause the weather isn't great here a lot of the time.. however,

68 that's why I like Pokemon Go, it does still encourage you to leave the house, even if I don't really want to leave my home but you have to

69 play it outside so therefore you have to go in the rain.. but back to the MMORPG's those you can play at home.. I also play Nintendo

70 Switch which is the newest Nintendo that has come out which I can take everywhere with me, and unlike Pokemon Go you can play it on

71 moving transport as well like inside the car or train..

72 T: Thank you, now to Pokemon Go, could you tell me when and why did you start playing it?

73 C: Yes, when it came out in Australia which was 2 weeks before the official launch in July 2016, and I remember it was July 8th and hmm,

74 it was leaked? I think, so yeah I downloaded it and installed it and surprisingly it worked, I mean it did lag a lot, but I could still play it

75 and erm the reason why I started to play it (giggles) it was being promoted everywhere, also so therefore I had to play it, all of my

[handwritten margin annotations, right side top to bottom:]
CHARACTER
enjoys / progression
quick / research?
MMORPGS
INTERACTIVE
Alternate / boredom
ENCOURAGE
ACTIVITY

[handwritten annotations, bottom:]
movements? / endorsements meant?
lack of choice
precision (dates)
He has games for different occasions so has / has to go without
is the memory faulty represented? / was it a significant / time for them?

76 friends in the real world and online were talking about it, so to be honest, I didn't have much of an option and just had to go and play it.

77 And I thought it was so much fun!

78 T: Thank you, now could you tell me about your experience playing Pokemon Go?

79 C: It has been a positive experience.. when Pokemon Go first came out, I did somehow think it was an Aprils Fool like a joke because I

80 couldn't imagine how this game would work you know, but then, oh my god, I loved it straight away.. I was laying on my bed

81 downloading it and a few only appeared indoors, I guess to get you started on the game, but then, I quickly got dressed and started

82 playing hours and hours, but then my battery crashed so I had to come home as I didn't have my Power bank.. so my first impression

83 was this game is actually crazy good, so then I started to go out more and more, and then, I went an met a lot of people, because on the

84 application and website that you can sign up to if you like.. and also at work, we used to play so much with other co-workers as we

85 would ask each other what Pokémon's have you got, where did you find them, etc.. and before even those work colleagues that you

86 never spoke to before, then it gave you a reason to talk to them and start a conversation with them.. so sometimes, we would be like be

87 right back in a second and run to the town and catch the Pokemon and run back from work, and then you would tell your co-worker

88 what Pokemon you got and then they would go, its actually a competitive game, but it really is fun.. I can only speak positively off it.. and

89 my friend Yunnes, he and I work together, and that was fun but so competitive, when it was released then game Pokemon Go, we were

90 constantly speaking with eachother and things about the game, that we even forgot to talk about other things sometimes, but at the

91 same time, it made us all happy and fun (giggles)

92 T: Thank you, how many hours did you spend playing Pokemon Go then?

93 C: Well, I am guessing, but maybe 100 hours when it first came out and then now a lot less like maybe 5-6 hours a week, but when it

94 came out it must be around 100 hours, but I certainly don't play it as much now as I do think that it has died down a little, but I do still

95 play the game occasionally especially when I am bored getting to work or to places or when I go for a walk in the park then I really do

96 like to play it.

97 T: And could you tell me, how do you feel playing Pokemon Go?

98 C: Really good, because you play it outside, in the streets in nature, and I love being outside, but also it was such a good feeling coming to

99 the park, walking or laying in the sunshine playing Pokemon Go, talking to people you met because of the game, its crazy how since the

100 game, people just feel that they can come up to you and anyone and you all have something in common there and it really brought us

101 together with people from all ages and paths of life, so that's why I made friends and even recognised people, so with the app, you also

102 travel together which makes me feel quite like people want to hang around me even more, it's a really good feeling, and you meet

103 outside, it was a great experience and really fun.. I remember also when it was launched, I was constantly outside for 2 weeks without

104 even realising it, it was so much fun.. and being outside was great...

105 T: And what do you enjoy about Pokemon Go then?

106 C: Apart from playing the game, it has to do with the social interaction, that it open up that lack in the market from other games before

107 where you couldn't leave your house, also, how it fits in with the real world as you are walking in this game and see the real roads, real

108 people, real scenes you know, and you get fresh air and you are not slouched at home on the sofa. Also, I love how my family and friends

109 play it and its something that we can do all together, despite what age we are.. and of course, it costs no money to play Pokemon Go,

110 which with all other virtual games and MMORPG's they are actually very expensive...

111 But I forgot to tell you something, that before Pokemon Go came out there was a similar game kind of, hmm.. I am not sure what the

112 name is anymore, but basically you had, almost like Google maps and there was specific zones and you had to go to the zone and stand in

113 it within a minute and the zone would be yours, so it was kind of.. erm.. yeah you can take some districts of the town and make it yours

114 for some period of the time, and then someone else can come along and take it and as long as you had it, you got points for it, and then I

115 guess what happened with Pokemon Go is instead of having the Zones you just had Pokémon's, so its super similar! So I understood

116 Pokemon Go very quickly because of it.. and I guess that's why I was so good at playing Pokemon Go.. also if you consider 40 being the

117 highest level I was around a 36 so yes, actually thinking about it now, I really played it a lot.

118 T: Thank you, so could you tell me, how often did you find yourself playing Pokemon Go instead of focusing on daily chores and other

119 activities?

120 C: Erm.. well, at work.. (laughs) a lot of the time, because as part of my job, I have to be outside walking around in the streets inspecting

121 restaurants and places, sop very often, I took longer ways and routes to get to the place because there would be a Pokemon and then I

122 would go there and then I would go to the Restaurant, so I have to say I was late and distracted majority of the time, I guess that's why I

123 played so much, because it was something to do with the travelling that I was able to play, so I did take the longest routes across town to

124 plat Pokemon Go.. so often, I found myself playing it. Now, in terms of doing home chores, I would do them early in the morning as said

125 like on the weekends, first thing in the morning, so therefore, it didn't interfere with that, but with friends, because we all played a lot of

126 the time together, it didn't interfere there either.. now also, I have a power bank, but before I didn't so when my battery died I had to

127 come home anyways to wait until it is charged again before going out, and in that time, I did do home chores and dinner and laundry and

128 then 4 hours later, I would go out again, so my time would be split.. and if I was with friends, one of them did have a power bank so we

129 could swop.. my friends all love Pokemon Go and are gamers, now if I compare myself to them in terms of how many hours I play its

130 actually very low.. they probably play double that.. and they are in full time jobs too.. and also, there phone would be on all the time..

131 Also, I played extremely intensive for the first 2-3 months then I took a break, then I started again, as a new release came, so there was

132 always something to keep you interested and going, it was never the same thing for a long time, it did change quite a lot, new Pokémon's,

133 then they added gyms to it and things like that so I guess yes it kept you going.. also what's interesting, is playing it in different countries,

134 you can catch Pokémon's that in other countries would have not existed so that made me want to go and venture out and travel... but

135 also, the reason why I stopped and started, because I did get tired a lot of the time from all the walking (laughs)

136 T: Thank you, so could you tell me your experience about Pokemon Go and wether there is a positive or a negative impact?

137 C: Definatelly a positive, there is something I need to tell you with that, I actually attended a few Pokemon Go Live events, so these are

138 events where you can go so I went with a few friend of mine that enjoy Pokémon Go, and you all meet up at a time and place.. I mean it

139 was so exciting however, it was hard, because we didn't really see any fascinating Pokémon's, however, the main point for me again was

140 the social aspect, it was thousands of people all there to play the same game at the same time, and you have to create groups and then in

141 those groups you battle other Pokémon's that have also created a group, so it really is fun.. so yes thought I would mention this, now in

142 terms of your question, there has been a very positive impact for example with my sisters sons so family, they were playing as well at

143 the time, and it gave us to have something in common more than other games and it was more intense but I think we really bonded and

144 had a better connection since Pokemon Go, so that's positive. Also with my friends from before, we did meet up more to go and play

145 together and then once we were tired, we made a stop and had a beer (laughs), now you might not like this, but there is also some

146 negatives to playing Pokemon Go, so for example, some kids, were so obsessed with me to find better Pokemons that they followed me

147 home to my house, actually chased me, and I didn't like that as they kept trying to ask me questions and annoyed me.. another negative

148 is that the creators of Pokemon Go Niantic is how they send out messages to gamers for example, I have contacted them several times

149 cause I had some glitches with the game, and they answered back very rude to me so that's quite a negative... I do wish some other

150 company would buy Pokemon Go.. Niantic are quite big though, they have previously created similar games to Pokemon Go, so they

151 knew how to do the game, but it seems, that one of the issues with Pokemon Go is that it isn't as fluent as it could have been, but then

ISSUES WITH
NIANTIC

Does he feel he has enough
gaming knowledge to
make judgement on
company management styles?

TOO MUCH
WALKING

POSITIVE
BENEFITS
wanting stimulation?

SOCIAL
ASPECTS
signs of going
out of way

FAMILY
BONDING

NEGATIVE
IMPACT

creates
frustration

Does he feel he is
meeting more people?

Does he feel he should
"protect himself"

How specify is
he? achieve?

DESIGN
ISSUES

152 again, that could happen to anyone and everyone, so when the community so us gamers, wrote to Niantic about the issues, they were

153 rude and ignorant.. other issues I had with the game but more when the game first came out was the 'lagging' with the game, so

154 sometimes you couldn't even play Pokemon Go because of the issues but that's expected when a game launches and the reason it

155 happens is because there is too many players at the same time, so the server crashers, some people have data problems, etc.. and battery

156 yes of course but that's not do with the game, that's to do with the device (laughs)

157 T: Thank you, is there anything else you would like to do add to your experience about Pokemon Go?

158 C: (7 second pause) maybe my most excitement moment.. me and a friend we were in Norway, and we was on a erm.. on a Tram and

159 suddenly, I see on my Pokemon Go Radar that there is a very rare Pokemon near us, but we had to try and find out, so we jumped of the

160 Tram which you cant do its extremely dangerous and could of died, but we both did it to go and catch this rare Pokemon, and we found it

161 but it took a while but we caught it but then we got to our meeting so late and got into trouble for it.. so what was exciting about it, was

162 us two going shall we just go and jump off this Tram or shall we go? And both of us just jumped off.. it was, yeah I think that was a very

163 funny moment I had..

164 Also, I did enjoy going to that event I told you about, but also went on other events with my friends and it ended up being also a great

165 evening, so yeah that was good.. Pokemon Go really brings this aspect of doing things together you know.. (Laughs loud) you know

166 something else happened, I almost got into an accident, what happened on the side walk, I was on my long board, and it was narrow and

167 people were playing the game whilst on their bicycle and once someone didn't notice me until the very last moment and one guy

168 bumped into the side of me but nothing happened to me but he fell of his bicycle and hurt his arm badly, but it was his fault as he

169 shouldn't of been playing Pokemon Go whilst riding the bicycle.. I also witnessed several times around the park bicycles crashing into

170 bicycles and people being taken to hospital by ambulance, so it isn't the safest, however, Niantic do give warnings before you start the

171 game about this that you should not be playing unless you are walking but people always find ways to break the rules..

172 T: Thank you, now could you tell me about you experience about meeting people because of Pokemon Go?

173 C: Referring to the people that I met whilst playing Pokemon Go and them playing it too, it didn't really feel as if they were a stranger

174 actually, because we had something in common so automatically its natural and nice, and then you speak to them about Pokemon Go

175 and Pokémon's and other things and than you become friends.. so its great, I also want to mention that with other games so not

176 Pokemon Go, I have had online relationships with women so 2 years ago, when I played Call of Duty or COD, I got speaking to this girl,

177 first it was harmless and all via headset so I could only hear her voice whilst playing and nothing else, but then, we swopped numbers

178 and we texted all day and night when we weren't playing together, however, I never saw a picture of her and we never did any via video

179 call either, so I don't actually know what she looks like but I do know what she sounds like, and that mystery I really like.. she of course

180 didn't know what I looked like either but we fell in love and we dated for over 1 year.. now there was the temptation of meeting up and

181 things, but we both decided that the suspense of not knowing is more interesting (laughs) it must sound quite crazy to you but in the

182 online world this is fairly normal.. but we broke up as I started playing Pokemon Go and I was less available for her online and text so we

183 broke up...

184 T: So I wonder, why in your experience, do you think that in Pokemon Go, this did not happen for you?

185 C: Well I guess that was because I was actually dating another girl (laughs) that I met whilst playing Pokemon Go but we never got

186 together because of it, however I am sure that it could of also happened if I was single, because twice now, girls have showed interest

187 whilst I was walking down the street and things, so to be honest, Pokemon Go does have that aspect as well.. its like a dating app but its

188 not it's a game you just have the easy step into meeting new people.. I have also witnessed a lot of boys chasing girls, where they would

189 speak about the girl or girls in front and then use Pokemon Go to chat to them, so once I herd someone say maybe we could ask her

190 where she caught the best Pokemon, so you see how the game opens windows? (short pause) I also have to say, sometimes I have seen

191 some cute girls whilst I was dating but I am a good boy (laughs) but right now I am single, so maybe, I should play more and properly

192 again.. but I have noticed that this tends to happen more across the younger generation..

193 T: Thank you, could you tell me, have you experienced any judgment and negativity because of Pokemon Go?

194 C: I was waiting for this question, I actually have from people who are a lot older like my parents and things, and they thought I was

195 being childish for playing the game and immature, and especially even friends who have never played it there was judgment so then its

196 my job to get them to try it and then they stop the judgment and enjoy it too..

197 T: Could you tell me, did you have to create your own character in Pokemon Go?

198 C: Yes, every time you create an account you do have to come up with a character name, mine was 'K********' and I came up with it as it

199 means something in Japanese and I liked that so I used that name

200 T: Could you tell me, has Pokemon Go enhanced your life and if so how?

201 C: Yes, it has as it was a great experience, as I was outside a lot instead of being inside at home doing nothing, so the positive thing that

202 being outside is that I exercised more and therefore became fitter and felt better.. so I was less tired, even more happy and yeah, it

203 enhanced my life, I mean not drastic changes but a few. I also got a lot of sun so some Vitamin D, and in the long term, I have made some

204 awesome memories with friends and family.. but with one of my friends, he was always at home before, he I think had anxiety problems

205 with other people around, but I introduced him to Pokemon Go and he was feeling a lot better because of it, he went outside and even

206 met people and spoke to them, he didn't swop numbers like I did, I think (sighs) but his life has certainly enhanced more then mine.. For

207 me also, before playing Pokemon Go, I would go from my house, to work, then maybe the shop, but with Pokemon Go, I really had to go

208 anywhere and everywhere, and I saw some pretty cool places that I never saw before, and honestly, I become more intelligent and

209 knowledgeable because I found some cool places to hang around and some streets to walk in that's new, so it also enhanced that in my

210 life.. and I felt part of a community actually, because I was part of a huge online Facebook community, where we all spoke and interacted

211 with each other and telling each other where the best Pokémon's were, and also, it was like a live feed but again, because so many people

212 were part of the website, sometimes there were issues too where it crashed and things, and some days it worked and some didn't, but

213 those groups on Facebook, were then very active when the website or forum didn't work so you always had something to rely on.. and at

214 the same time, that's what was so good about Pokemon Go that it had such a huge community behind it, but this would also be classed as

215 cheating because you are relying on others to tell you where they are, but I enjoy that aspect because I think that this is what led me to

216 interact and really start to speak to people, because we could travel together if a rare Pokemon was like 2 or 3 km away and then you

217 chat to them and get to know them, and if you didn't have that cheat thing then it probably wouldn't of been that big for me to interact

218 apart from passing comments.. also I forgot to mention, that when I am not with others, I am playing Pokemon Go on my side board, so

219 when I am usually people don't talk to me, but when I am not, then yes very social...

220 T: Thank you, so could you tell me about your experience of how Pokemon Go has shaped you in terms of socialising?

221 C: Erm, Hmm...it was impacting because when playing Pokemon Go, it did make you socialise even more so it did impact it and maybe

222 not even that positive because I was constantly chatting to people and not really focusing on my work and things, so it has had an impact

223 there.. but erm, if I consider how it changed now, it has not changed anything because I do play much less now.. but I am still sociable as I

224 do meet up with people...but it did have an impact back then, I played so much and was constantly trying to speak to people but that

225 peak that happened before did die down..

COOL

EXPLORATION

worth bragging about;
he judges them to
be positive.

Enjoying the 'newness' +
simulation of different
places.

reputation

Enjoying the
feeling of a
support

COMMUNITY

INTERACTION

part of some-
thing

sense of journey to some

"BUTS" — does he loop
changing his mind?
swinging back + forth between
being positive, negative +
impactful + not impactful?

not on fun
alone?

his sense of self?

not involved to
seriously?
the game
doesn't take
over his
involved to

perhaps he
doesn't take

CHEATING

IMPACT neg. other x +

NEGATIVE
IMPACT

PLAYING LESS NOW

NOT MUCH CHANGE

NEGATIVE
IMPACT

FORCING

SOCIALIZING

226 T: Thank you now could you describe yourself to me, how were you before playing Pokemon Go? I know you touched on it earlier but

227 could you tell me a little bit more about that?

228 C: I was very quiet, calmer, maybe not even as adventurous and that confident I had a lower self-esteem then, but since Pokemon Go, I

229 would say I changed quite a lot, because even people pointed it out to me that I am a lot different and a lot 'cooler' (laughs) honestly its

230 crazy how much you can change because of the game...

231 T: And have you seen from your experience any changes in your well-being?

232 C: (Laughs) Definitely a lot fitter now then I was before.. although I did a lot by foot still I clearly did more playing Pokemon Go, and I feel

233 a lot better within myself since having played the game too, so there has been changes, although as mentioned the other game that came

234 out before Pokemon Go, was also really active called 'wukkamon'.. also by the way, the creators Niantic also made a very similar game

235 called 'ingress' which is also similar to Pokemon Go.. but why Pokemon Go was such a big phenomenon I don't know... actually I do

236 know.. maybe because people knew about Pokémon's from childhood.. But back to well-being, a few changes just happier, fitter,

237 T: Now could you tell me, can you imagine a world without Pokemon Go?

238 C: Yes of course, we all managed without them before.. but I mean, Pokemon Go I would recommend it though and I am not sure what

239 people now would do if Pokemon Go was not around, but I am sure the creators Niantic would have come up with something else..

240 T: Thank you, one of the common themes that came up from my preliminary analysis is that those that played Pokemon Go, started to

241 play it because it brought up for them some nostalgic state, and I wonder, was it the same for you?

242 C: No because I never played Pokemon as a child, I guess if I did then I would of course be playing it as an adult, but as a child, I played

243 more Nintendo and Super Mario, so when I see a new Nintendo game coming out, I do get that same excitement and nostalgic state that

244 someone would get with Pokemon Go..

245   I also have a recommendation for you though, after you have done your research, have a look at Pokemon Go on Youtube and the

246   research out there, because that might be interesting for you.. there is a Youtube channel about Maths that even Pokemon Go speaks

247   about..

248   T: Thank you for letting me know about these things, and thank you for taking part today, is there anything else that I haven't asked that

249   you think might be important for me to know?

250   C: Erm, no..

251   T: Thank you so much for taking part and for giving up your time for my research. If you would like any further information, please don't

252   hesitate to get in contact with me. My details are on the Debriefing form.

253   C: You are welcome, this was fun.

254

255

He clearly wants no to see things from his point of view; it appreciate the game + not judge him for it..

instructing me. Is this a challenge?

levelling up you? net to be influenced"

eyes: P4 is even unked to maths (math based arrangin) it is?