

Mott Poll Questions



Video Games

The following questions were answered by parents with children age 13-18 years old.

In the next set of questions, "video games" refers to games played on computers, smartphones, tablets, and gaming consoles (Xbox, PlayStation, etc.).

Q1. In a typical week, how much does your teen play video games?

- a. Days/week:
 1. Every day
 2. 3-6 days
 3. 1-2 days
 4. 0 days
 5. Not sure

- b. Hours each day
 1. 3 or more hours
 2. 1-2 hours
 3. Less than 1 hour
 4. Not sure

- c. Who does your teen play video games with?
 1. Plays alone
 2. Plays with friends in person
 3. Plays online against others
 4. Not sure

Q2. Does your teen spend more or less time playing video games compared to other teens?

1. More time than other teens
2. Less time than other teens
3. About the same
4. Not sure

Q3. How often do you feel like your teen's gaming gets in the way of other aspects of their life such as:

	Frequently	Sometimes	Rarely	Never
a. Family activities/interactions				
b. Friendship with non-gaming peers				
c. School/homework				
d. Sleep				
e. Extracurricular activities				

Q4. Do you use any of the following strategies to limit the amount of time your teen spends gaming?

	Frequently	Sometimes	Rarely	Never
a. Set time limits				
b. Provide incentives to limit gaming (monetary or otherwise)				
c. Encourage other activities				
d. Hide gaming equipment				
e. Other				

Q5. Do you restrict the type/content of games your teen plays?

1. Yes
2. No

Q6. How often do you think gaming has a negative effect on your teen's mood?

1. Frequently
2. Sometimes
3. Rarely
4. Never

Q7. Do you do any of the following to limit the negative effect of video gaming for your teen?

1. Use rating system to make sure games are appropriate for my teen's age
2. Play the games myself to make sure they are not too violent
3. Encourage my teen to play with friends in person, not online
4. Not allow gaming in teen's bedroom
5. No restrictions
6. Other

Q8. Rate your agreement on each of the following.

	Strongly agree	Agree	Disagree	Strongly disagree
a. Teens in general spend too much time playing video games.				
b. Video games can be good for teens (such as hand-eye coordination, learning new information).				

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