



THE IMPACT OF GAMING ON MENTAL HEALTH

Emperical Evidence from University of Professional Studies & Accra Technical University

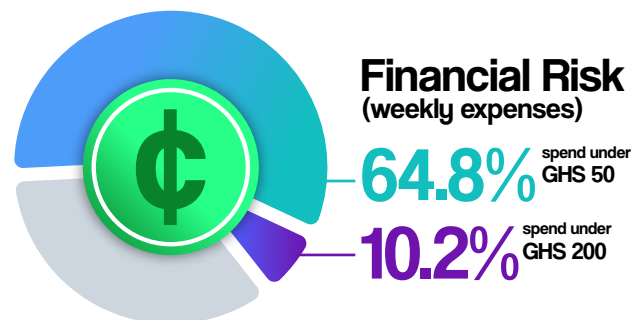
400 **Participants**
A total of 400 respondents participated in the study.

80% Male

79%
18-25 age group

2.8%
Under age

27.3% **Gaming Frequency**
(daily or weekly)



Sports Betting
57.5%

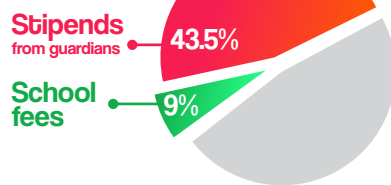


The **18-25 age** group showed the highest involvement across all gaming types. Disturbingly, minors had disproportionately high involvement in **online betting** (54.5%) and **slot machines** (22.2%).

Remote Games
13.5%

Slot Machines
7.2%

Sources of Funding for Gaming



Salary-based gaming was significantly associated with **higher gaming frequency**.

50% Reported gaming affects their **Sleep, appetite, or concentration**

42.3% were hiding gaming behavior from **family or friends**.

39.8%

reported **strong urges** to gamble.

32.5%

experienced **relationship problems** due to gaming.

76.8% sought help from family & friends

30.3% are aware of **Formal Services** for gaming-related problems

The study found significant associations between **gaming frequency** and **anxiety, depression, guilt and shame**.