



Participant Information for the Study: „Exploration of the Use of Gaming For Post-Work and Post-Study Recovery for Neurodivergent University Students“

Dear Study Participants,

This study examines how neurodivergent students use digital games as a means of recovery after studying or working and identifies beneficial and detrimental game design elements.

The goal of the study is to develop a scientific basis for future research into design strategies for digital games to support the well-being of neurodivergent students.

The results will be used to formulate design recommendations for follow-up studies aimed at developing technologies to support affected individuals.

Participation in the study will be compensated with a **remuneration of €10**.

The following information is intended to help you decide whether you would like to participate in this study. Please read the document carefully before making a decision. The study lead will discuss this document with you. It is important that you ask questions if anything is unclear.

Study Lead

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Study Content

After filling out a short online **pre-survey** about your socio-demographic information, the study combines a **diary study** with a subsequent online **exit survey**. The topics covered include your daily gaming experiences in the context of work and study workload, emotional states before and after playing, and specific game features that contributed to or hindered your recovery.

Methods

Pre-Survey: Before the diary phase, you fill out an online survey about yourself.

Diary: You will keep an online or paper-based diary of your gaming activities over a period of 14 days. You can choose whether online or paper-based suits you better.

Exit Survey: Following the completion of the diary phase, an in-depth online questionnaire will be conducted.

Tasks and Schedule

The procedure of the study is as follows:

- 1. Pre-Survey:** You fill out a short online questionnaire about yourself, e.g., age, gender, form of neurodivergence and gaming behavior.
- 2. Diary Phase:** In this two-week phase, you will keep a daily (if possible) online or paper-based (according to your preference) diary of your gaming behavior. Data will be collected on daily playing times, game titles, your perceived mental load from your studies or work, and your emotional and sensory experiences before and after playing. The goal is to gather at least 7 diary entries over the course of the two-week phase. The study lead will ask you beforehand if you prefer (semi-)frequent reminders or want to fill out the diary autonomously, and support you in the process according to your needs.
- 3. Exit Questionnaire:** You fill out a final online questionnaire. In this questionnaire, you will be asked in particular about the connections between your neurodivergence, your gaming preferences and your psychological recovery.

Eligibility Criteria

Eligible participants are

- at least 18 years old
- enrolled at university
- reside in Germany
- are neurodivergent (diagnosed or self-identified)
- play games regularly (at least 1 hour/week in the last 3 months)

Individuals in sabbatical semesters are excluded.

Risk Assessment

There are no immediate risks to participants arising from the study. However, we wish to point out that reflecting on your own psychological strain, academic stress, or sensory overload during the study may be perceived as demanding.

Further Information

If you have further questions about the study procedure or if anything remains unclear, please contact the study lead. Should you have questions after the study appointment, you can contact the study lead at any time.