

# The Effectiveness of Video Game Therapy in Helping Adolescent Clients Build Connection with Their Families

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## ABSTRACT

This study explores the role of video game therapy in enhancing family connections among adolescents. Using a mixed-methods approach, we use surveys and interviews to assess changes in family relationships for adolescents undergoing video game therapy. Preliminary findings indicate that video game therapy could be a great tool for improving familial bonds. This research adds to the understanding of non-traditional therapeutic interventions and their potential impact on family dynamics and adolescent mental health.

## INTRODUCTION

- ❑ As the technology develop, video game has become a popular way for children and adolescent to connect with each other. Therefore, video game therapy has emerged as a promising method.
- ❑ This research focuses on the potential of video game therapy to enhance familial relationships among adolescent clients, an area that has been relatively unexplored.
- ❑ Adolescence is a critical developmental stage often marked by increasing independence and potential strain in family relationships. Addressing these relational issues is crucial as they significantly impact adolescent mental health and future development.
- ❑ Given the popularity and engagement of video games among adolescents, video game therapy may offer a unique pathway to foster improved family connections.
- ❑ The findings could provide some insights for therapist, educators and parents who is seeking a way to connect with an adolescent.

## PRIMARY AIM AND HYPOTHESES

- ❑ The primary aim of this study is to investigate the effectiveness of video game therapy in enhancing familial relationships among adolescent clients.
- ❑ H1: Video game therapy will significantly improve the quality of family relationships among adolescents.

## METHODS

### Participants

- ❑ adolescents' participants, age 13-18
- ❑ 50 selected participants currently undergoing therapy for various psychological and emotional challenges

### Procedures

- ❑ Quantitative data was collected through validated questionnaires, completed by both the adolescents and their family members at three points: pre-intervention, mid-intervention, and post-intervention. The questionnaires assessed the quality of family relationships and the adolescents' perceptions of these relationships.
- ❑ Responses to all surveys completed by participants were collected online. The data were collected at baseline (T1) and at follow-up 7 weeks later (T2).

## MEASURES

### Name of Construct Being Measured

- ❑ The quality of family relationships is measured by two variables parent child connection(P) and emotion understanding(E)
- ❑ Both scale is measured at scale of 1-10. The data is collected pre-intervention(P1,E1), mid intervention(P2,E2), and post-intervention(P3,E3).

## RESULTS

- ❑ Here you will provide a detailed description of how you plan on analyzing the data
- ❑ The average of the difference between each collecting time shows the change of the P and E during the experiment.
- ❑ For example,  $P2-P1=x1$ ,  $P3-P2=y1$   $(x1+y1)/2=\mu1$ .  $E2-E1=x2$ ,  $E3-E2=y2$   $(x2+y2)/2= \mu2$

## Discussion

- ❑ The finding of this study hold significant social implication considering the generation gap in today's adolescent culture. As video game therapy demonstrates a positive impact on the family connection of adolescents, it could be a potential strategy for therapists, educators, and parents to engage with teenagers more effectively.
- ❑ Limitation for the research: In video game therapy, the client's interest in video games is a critical consideration. Consequently, video game therapy is most effectively applied to clients with a pre-existing interest in video gaming. For this reason, the participants selected for this research did not include clients who lacked this particular interest.
- ❑ If video game therapy is to be incorporated into practice, clinicians must be adequately trained to understand and utilize the therapeutic benefits of video games effectively. This could involve gaining a deep understanding of different types of video games, their narratives, character dynamics, and potential therapeutic use.