

1. Record Nr.	UNISA996703469503316
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Titolo	Video Games and Mental Health : Perspectives of Psychology and Game Design
Pubbl/distr/stampa	Bielefeld : , : transcript Verlag, , 2025 ©2026
ISBN	3-8394-6856-6
Edizione	[1st ed.]
Descrizione fisica	1 online resource (229 pages)
Disciplina	794.8019
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	How do video games and mental health intersect from the perspectives of psychology and game design?In recent years, the topic of mental health has gained tremendous importance for the games industry, affecting both the applied and entertainment games sectors.