


Disclosures for Jonah McManus:


I have not received and will not receive any commercial support related to this presentation or the work presented in this presentation.



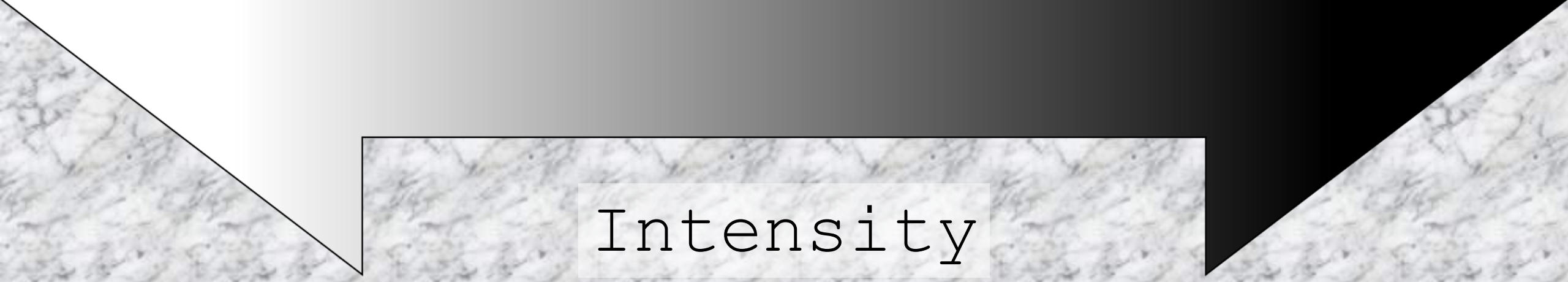
Playing with Emotions: The Effects of Video Games and Mindfulness on Acute Emotion Regulation

Jonah McManus
Patrick Rappold
Madison Gamble
Emily Sandoz, Ph.D.



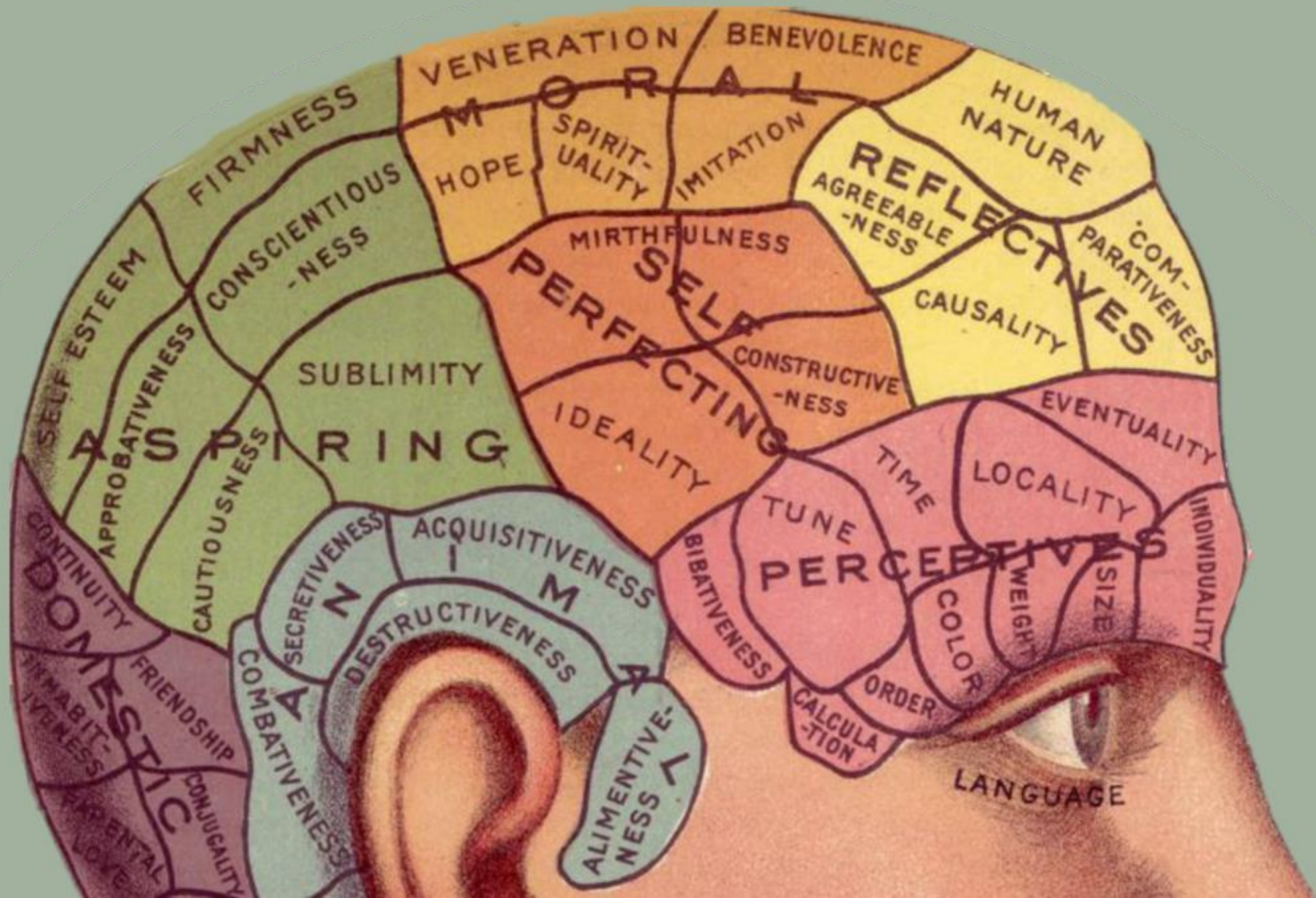


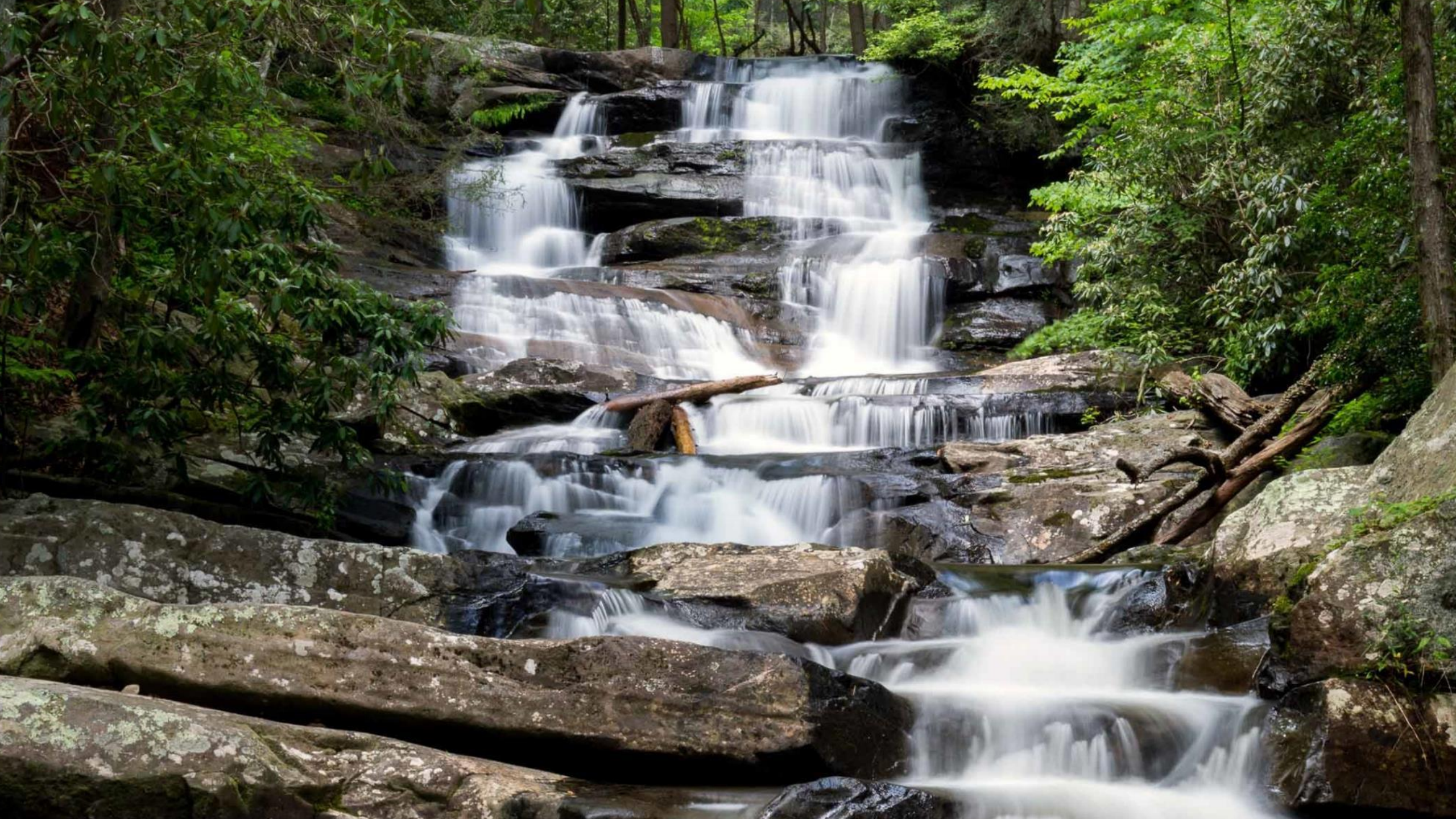
Valence

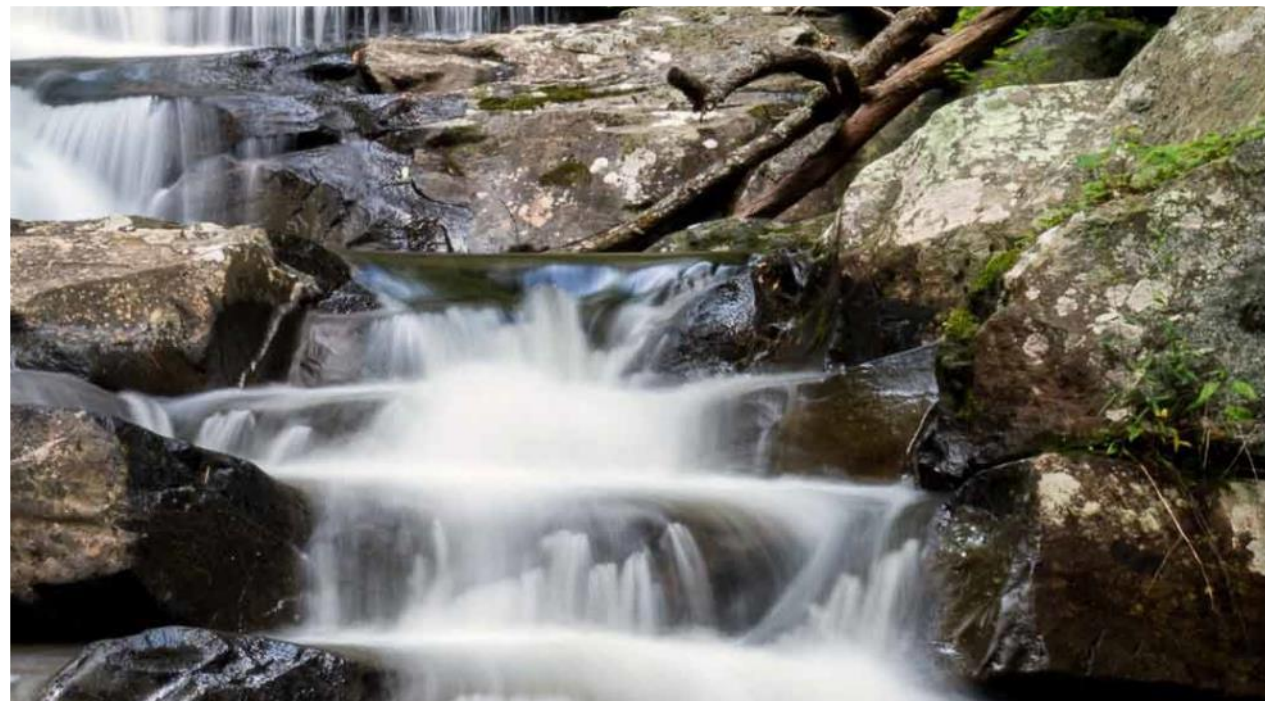
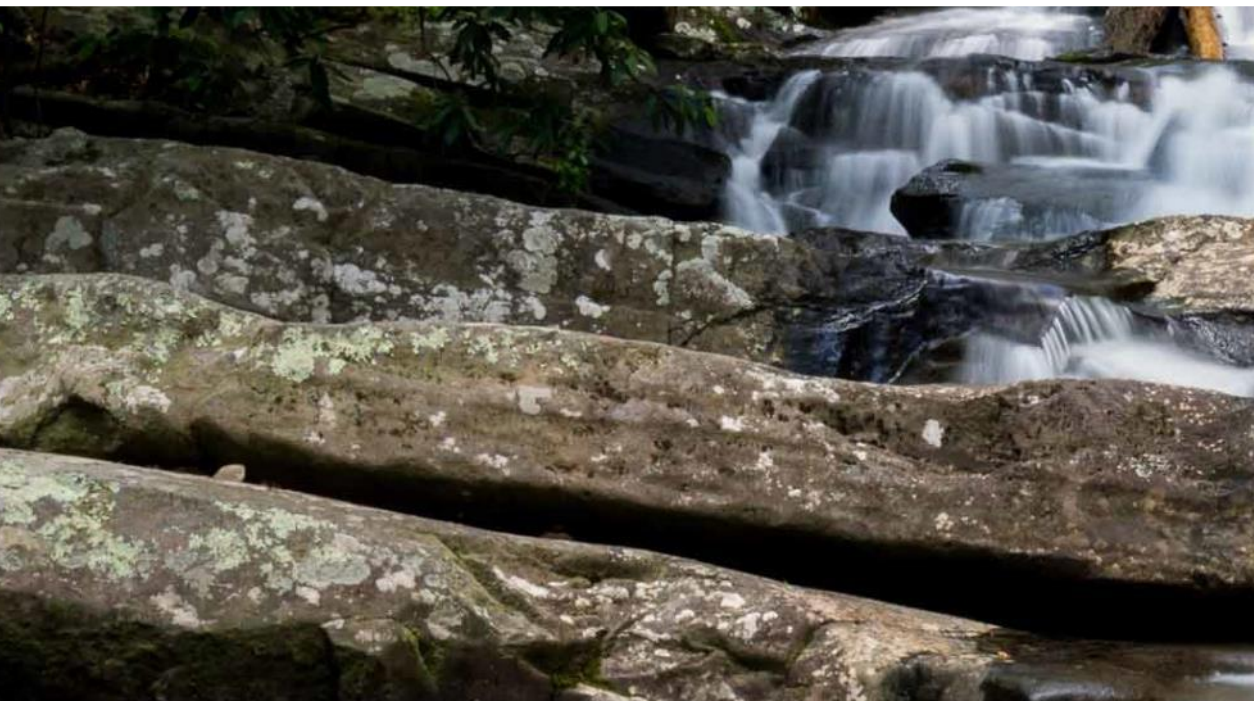


Intensity

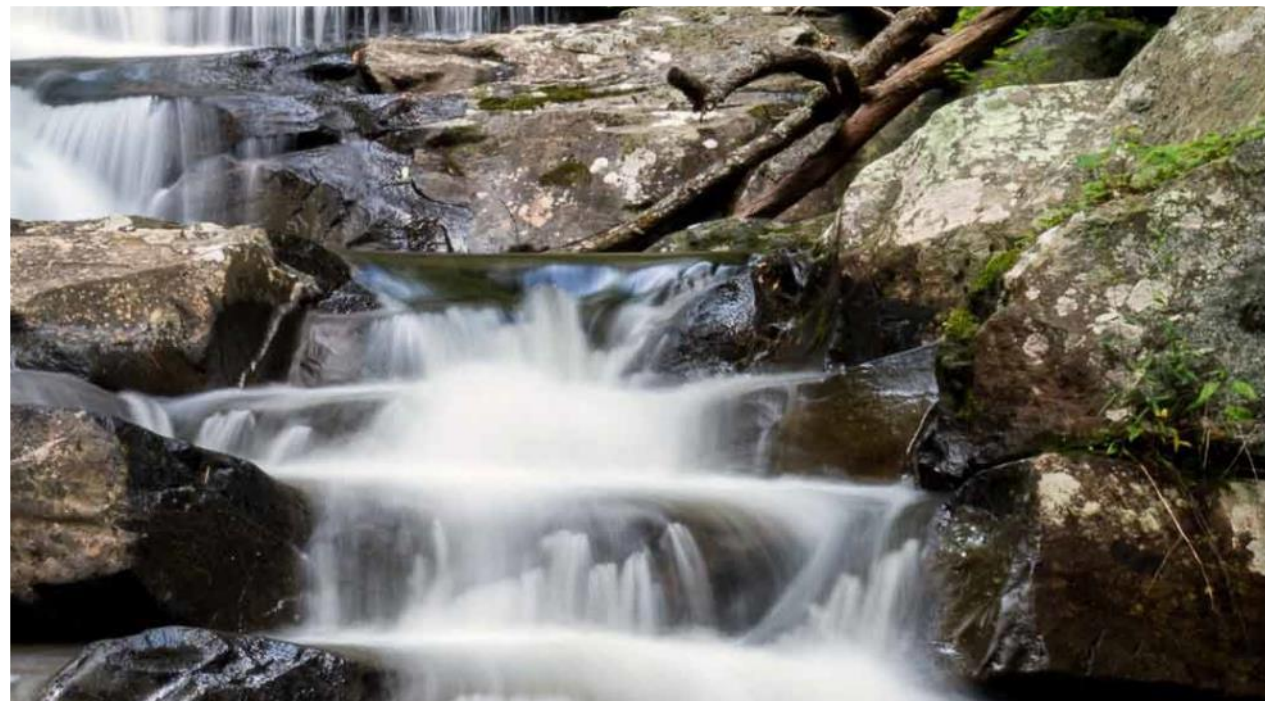
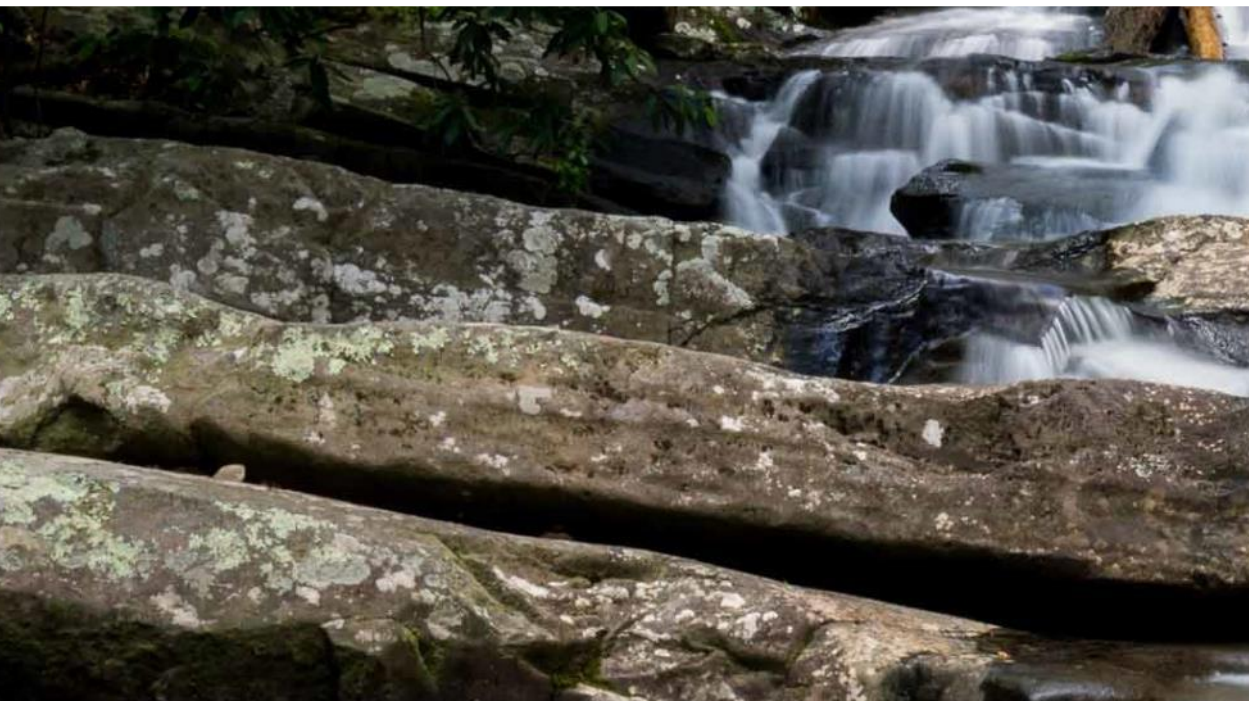


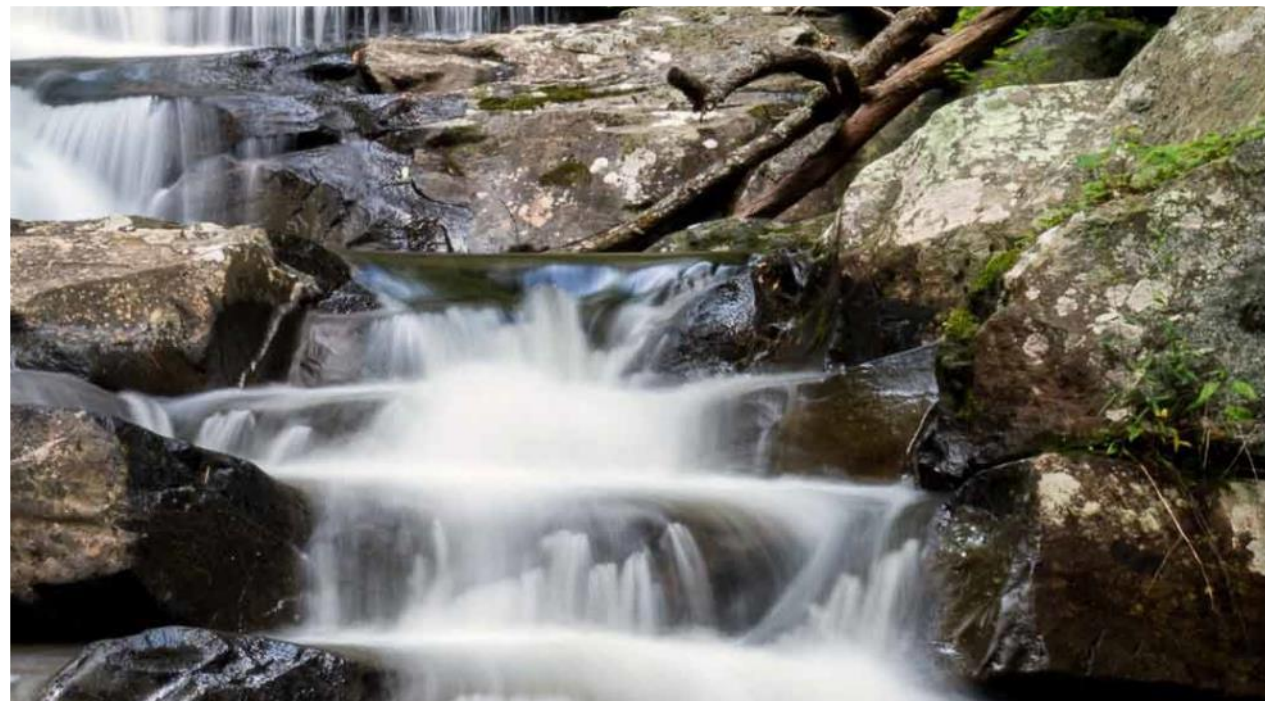
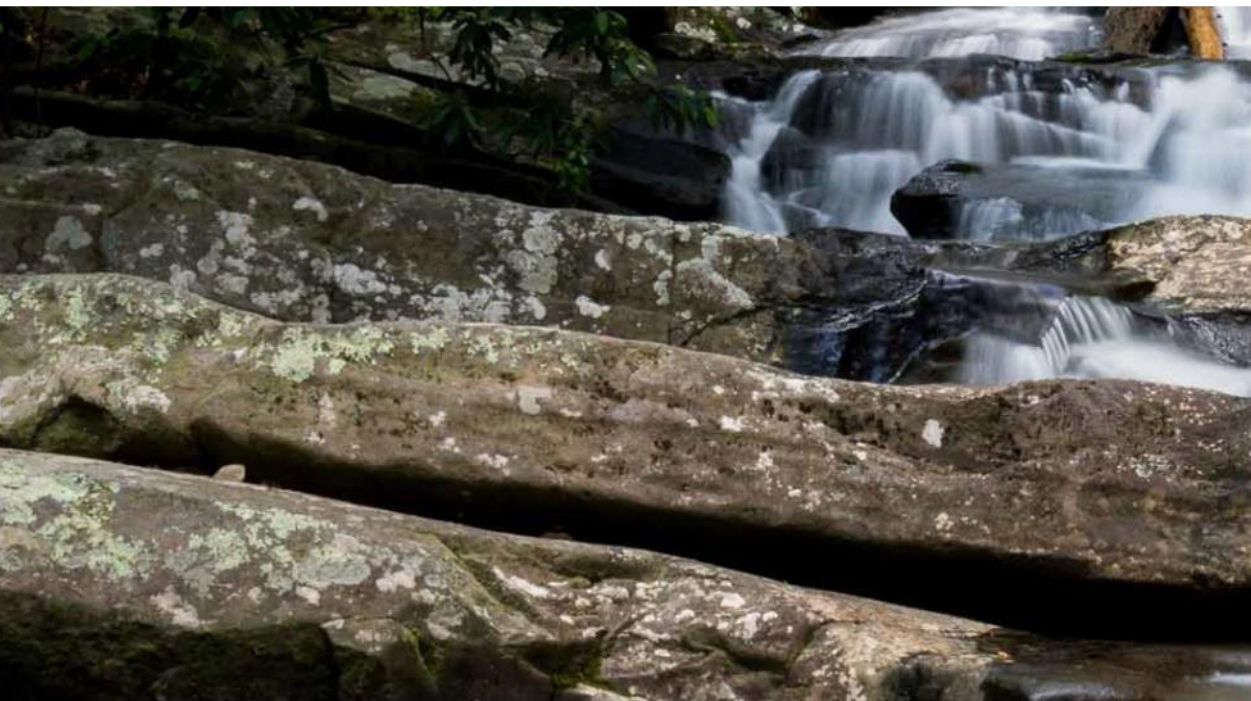






Awareness & Acceptance



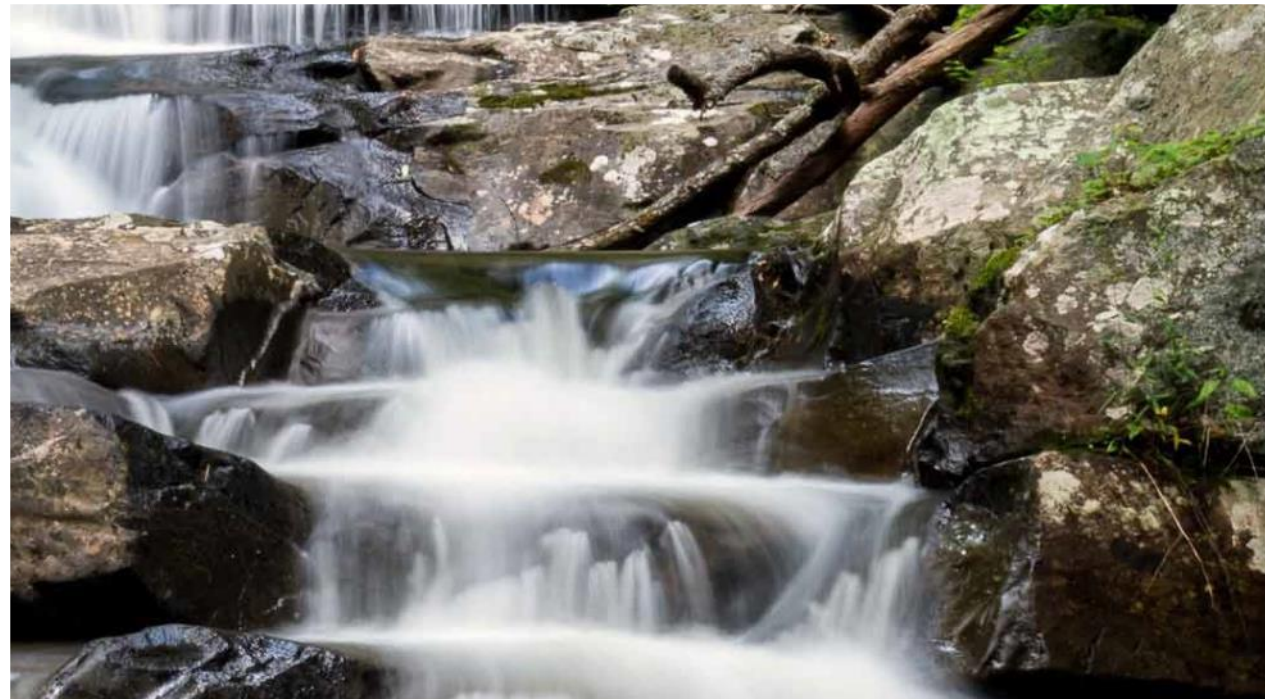
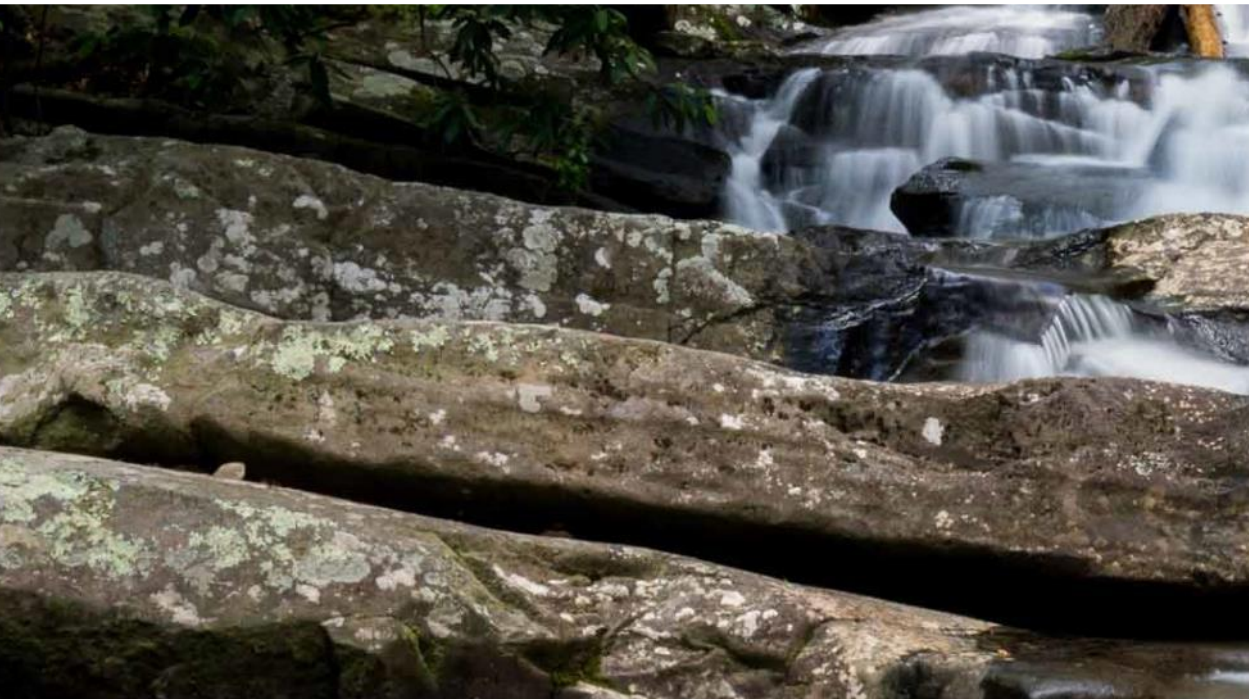




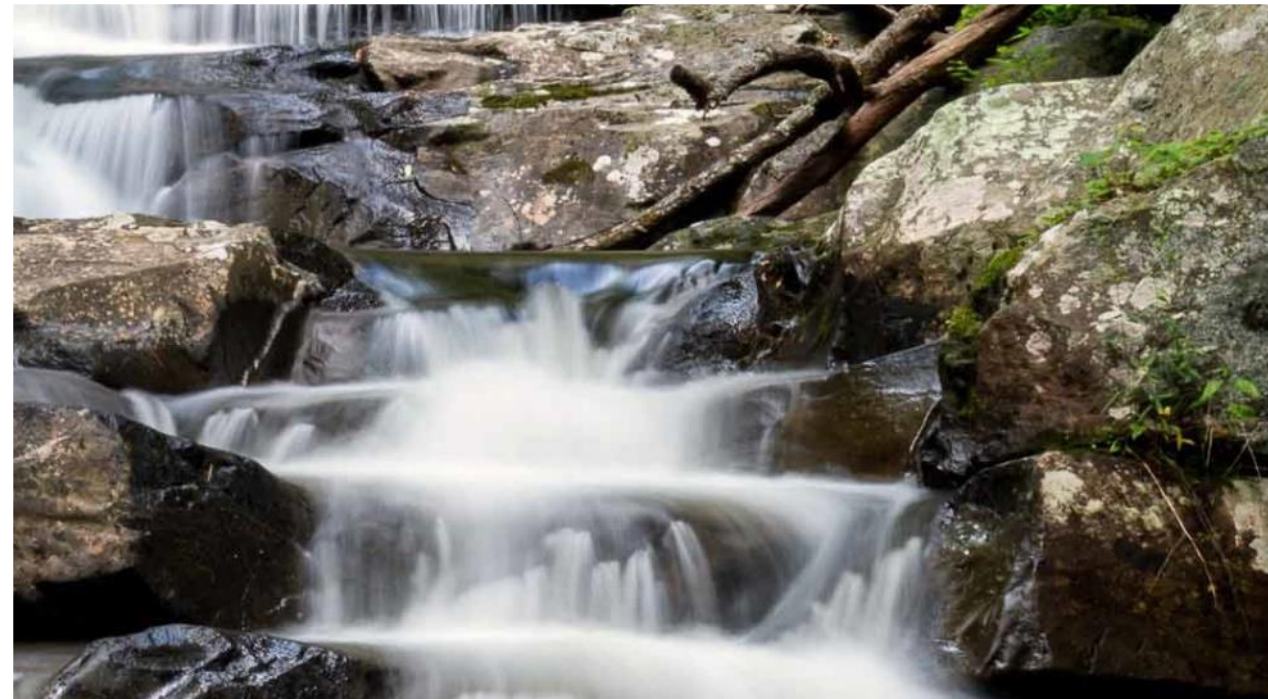
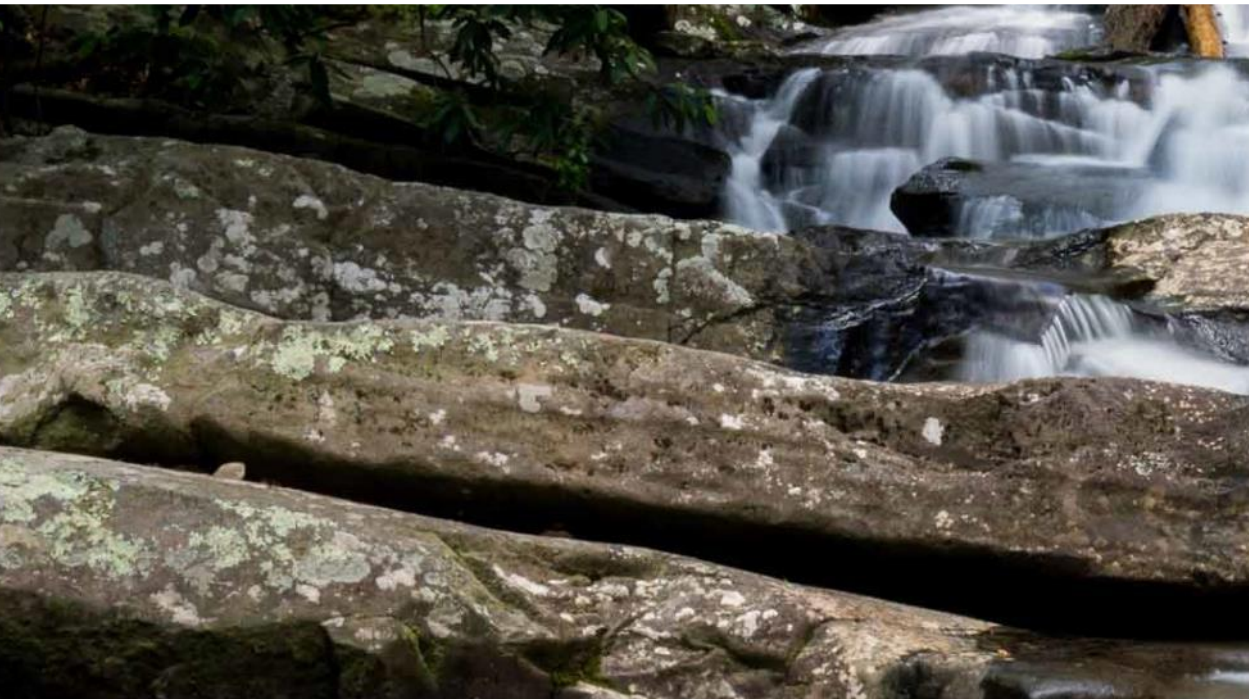
**Awareness &
Acceptance**



**Goal Directed
Behavior**



Awareness & Acceptance



A photograph of a waterfall cascading over several tiers of large, grey rocks in a lush green forest. The water is white and frothy as it falls. The background is filled with dense foliage and trees.

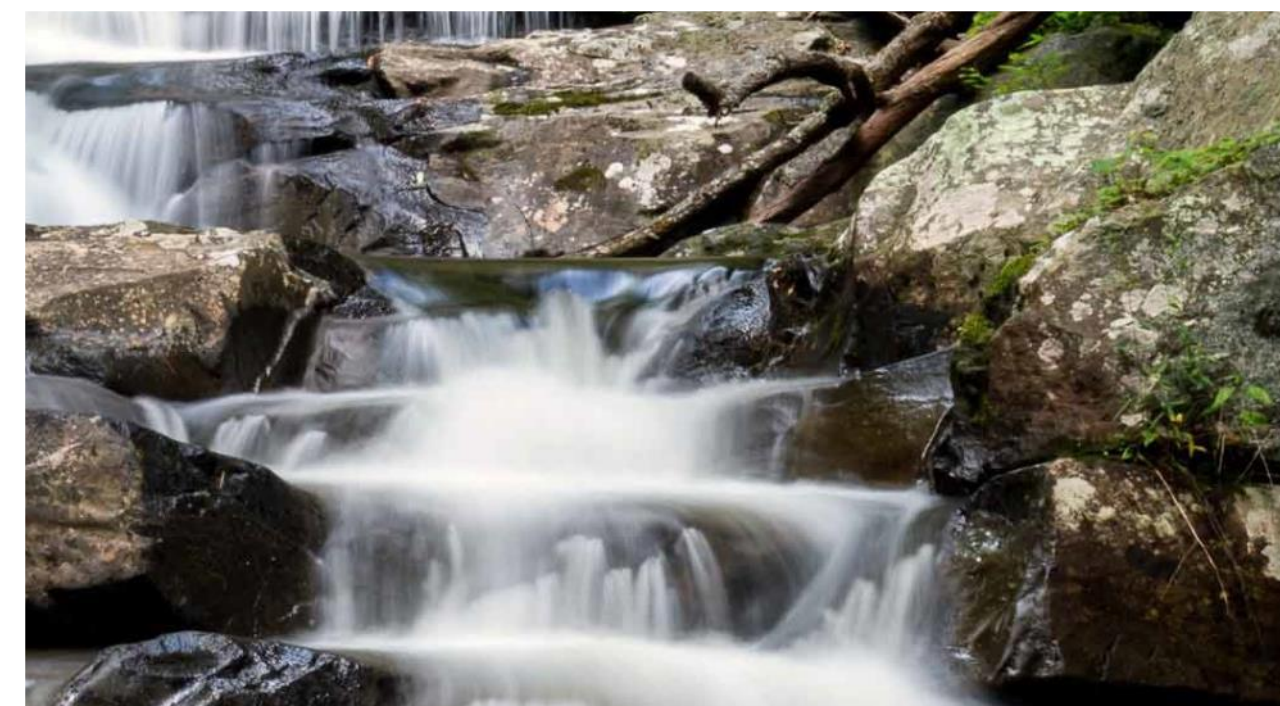
**Awareness &
Acceptance**

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**Goal Directed
Behavior**

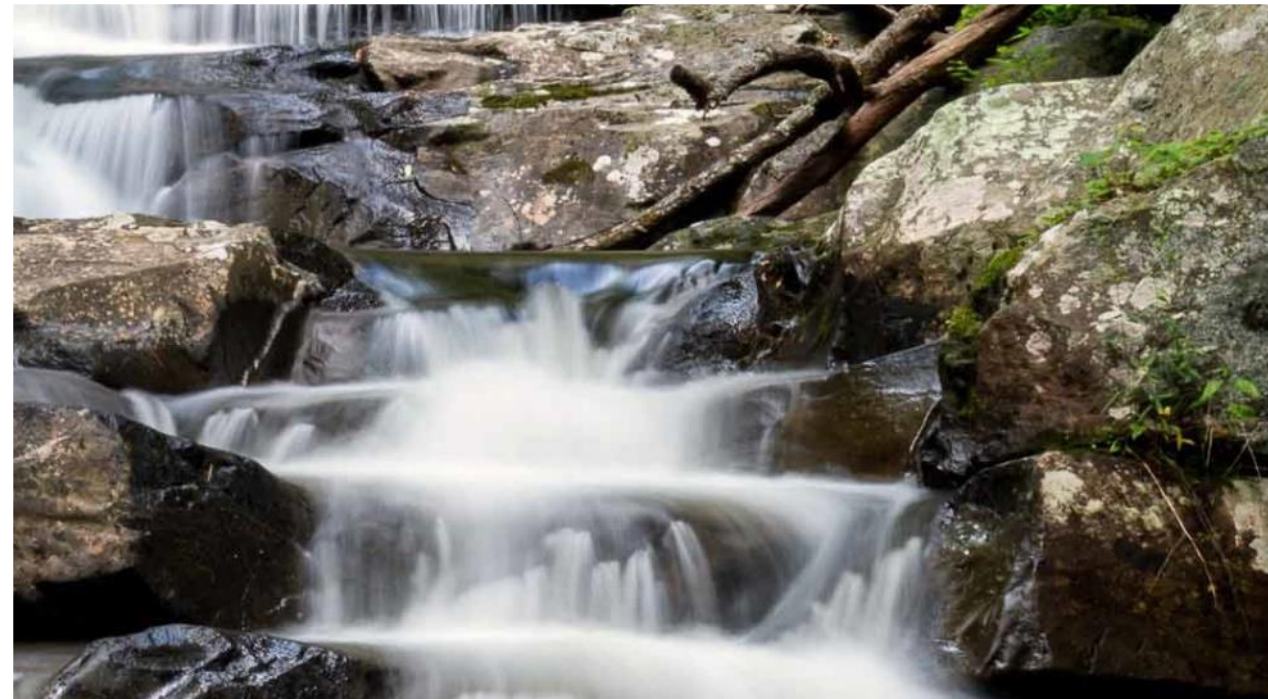
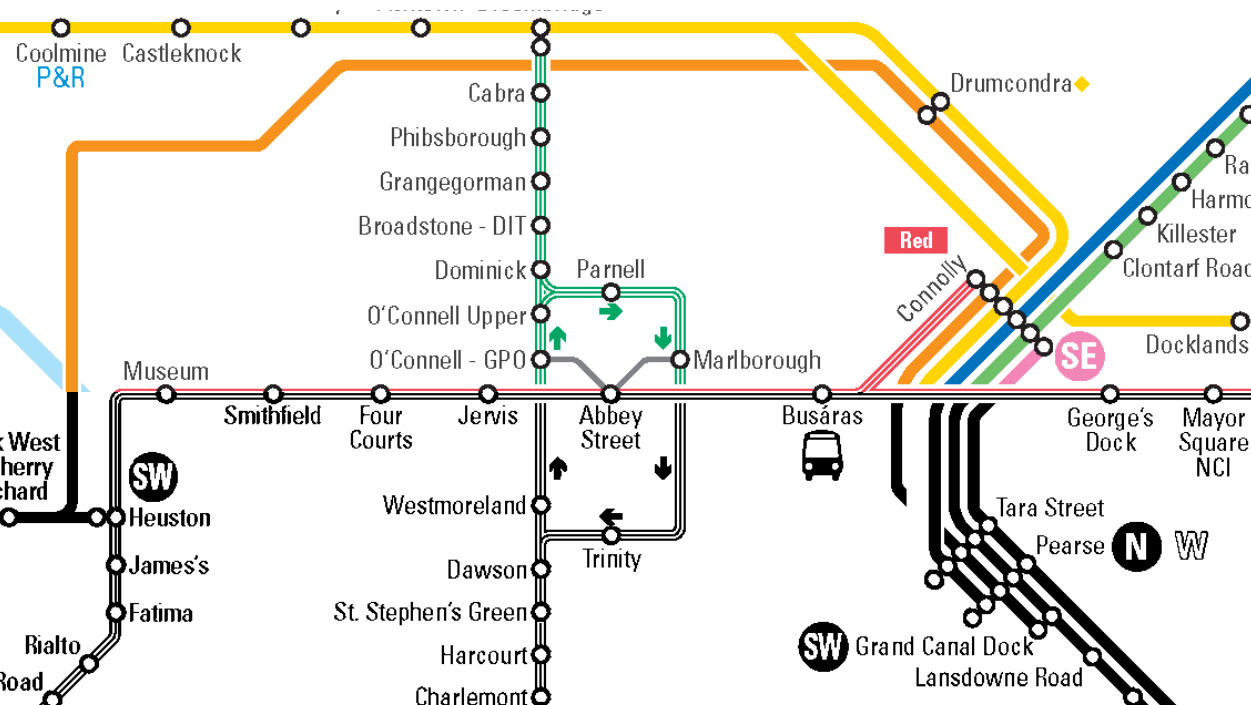
A photograph of a waterfall cascading over several tiers of large, grey rocks in a lush green forest. The water is white and frothy as it falls. The background is filled with dense foliage and trees.

**Context
Appropriate
Strategies**



Awareness & Acceptance

Goal Directed Behavior



A photograph of a multi-tiered waterfall cascading over dark, mossy rocks in a lush green forest. The water is captured with a slight motion blur, giving it a soft, ethereal appearance. The surrounding foliage is dense and vibrant.

**Awareness &
Acceptance**

A photograph of a waterfall in a forest, similar to the first image. The water flows over several levels of rocks, creating a series of small cascades. The background is filled with tall trees and dense green leaves.

**Goal Directed
Behavior**

A close-up photograph of a waterfall, focusing on the water as it tumbles over large, flat rocks. The water is white and frothy from the impact. The rocks are dark and wet, with some moss visible.

**Context
Appropriate
Strategies**

A photograph of a waterfall in a forest, showing the water flowing over a series of rocks. The water is white and frothy. The surrounding environment is a dense forest with many trees and green leaves.

**Willingness
To Experience
Emotions**

A photograph of a multi-tiered waterfall cascading over rocks in a lush, green forest. The water is white and frothy as it falls. The surrounding trees and foliage are dense and vibrant green.

**Awareness &
Acceptance**

A photograph of a multi-tiered waterfall cascading over rocks in a lush, green forest. The water is white and frothy as it falls. The surrounding trees and foliage are dense and vibrant green.

**Goal Directed
Behavior**

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Appropriate
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Appropriate
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**Willingness
To Experience
Emotions**









LITERARIA

ANNO MDCCC











ゲームセンター













Acceptance & Action Questionnaire Version II





Acceptance & Action Questionnaire Version II

Difficulties in Emotion Regulation Scale - Positive



Acceptance & Action Questionnaire Version II

Difficulties in Emotion Regulation Scale - Positive

Difficulties in Emotion Regulation Scale - State



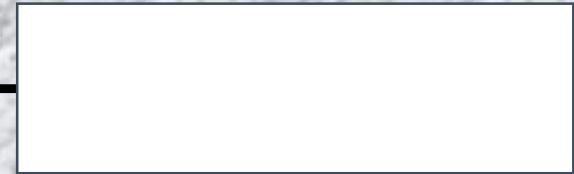
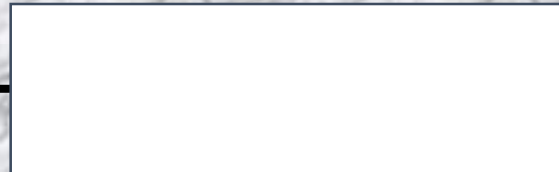
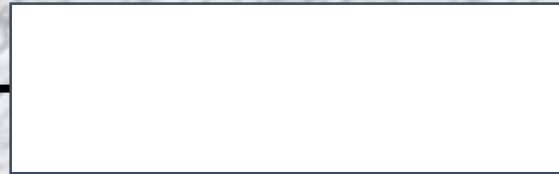
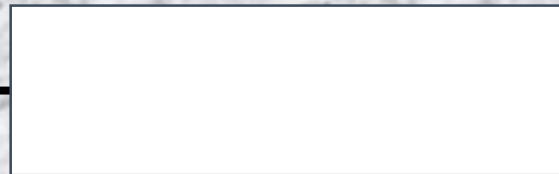
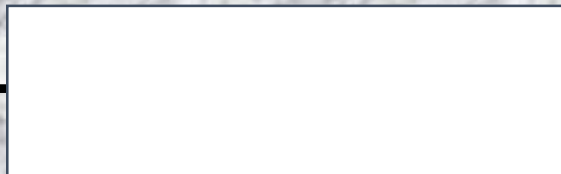








Questionnaires





Questionnaires

MTPT & S-DERS
Time 1



Questionnaires

MTPT & S-DERS
Time 1

Kingdom Hearts



Questionnaires

**MTPT & S-DERS
Time 1**

Kingdom Hearts

**Mindful
Breathing**

Questionnaires

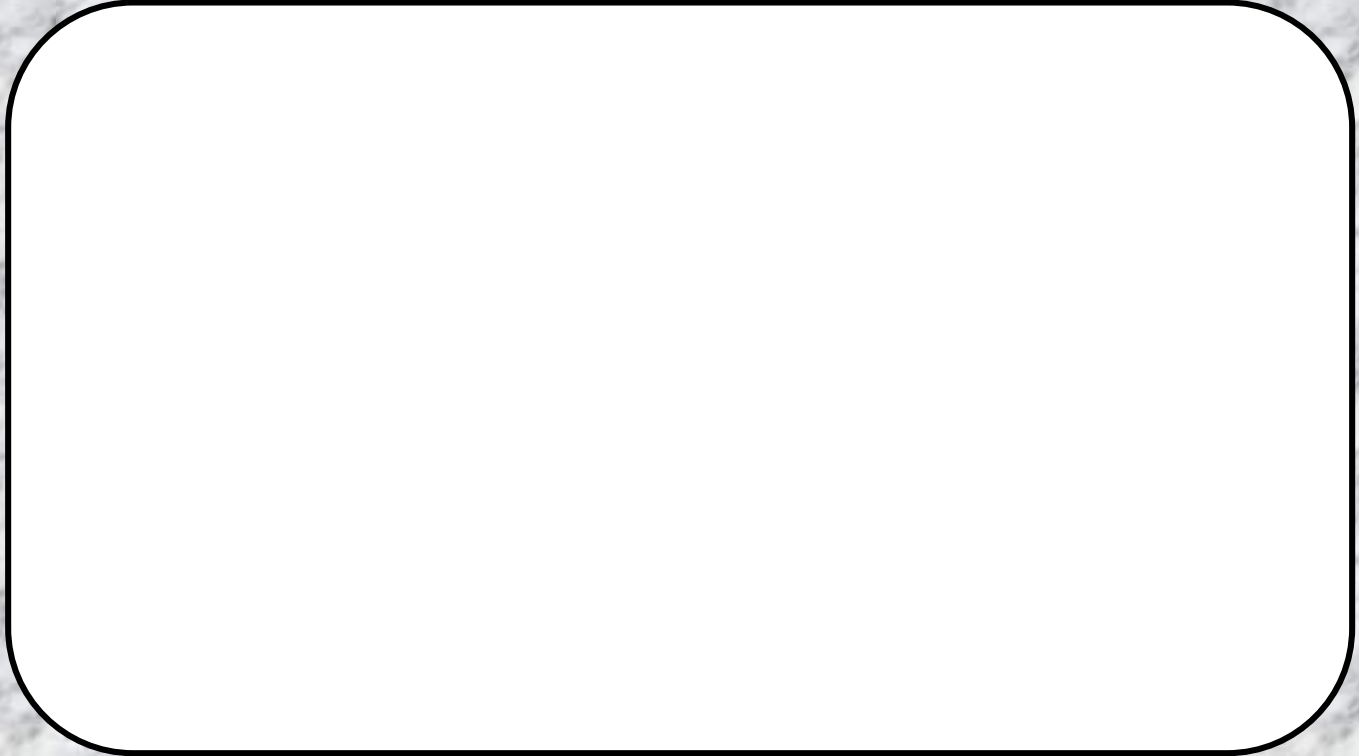
**MTPT & S-DERS
Time 1**

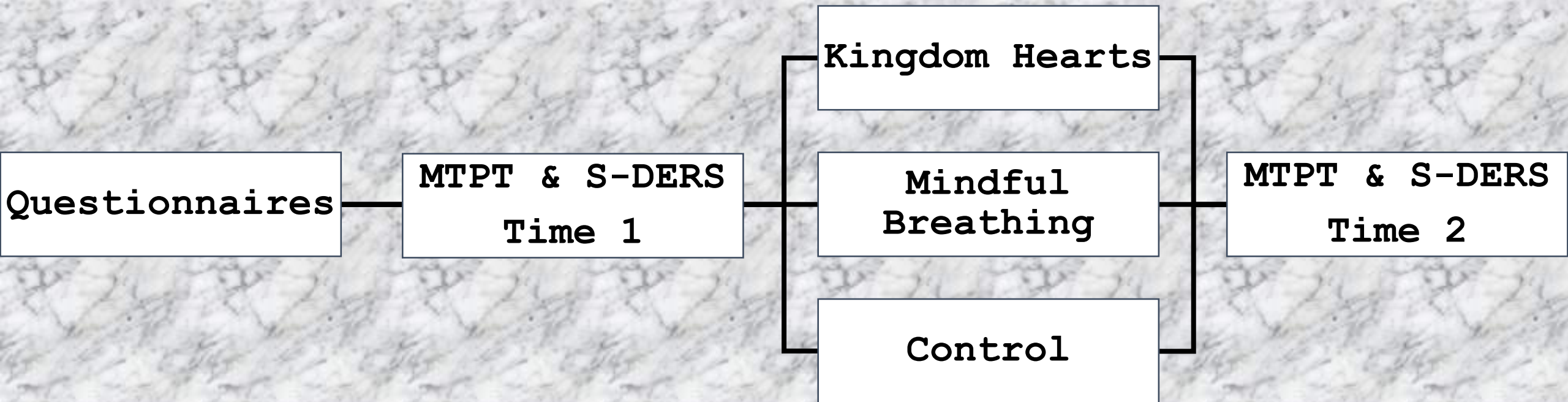
Kingdom Hearts

**Mindful
Breathing**

Control

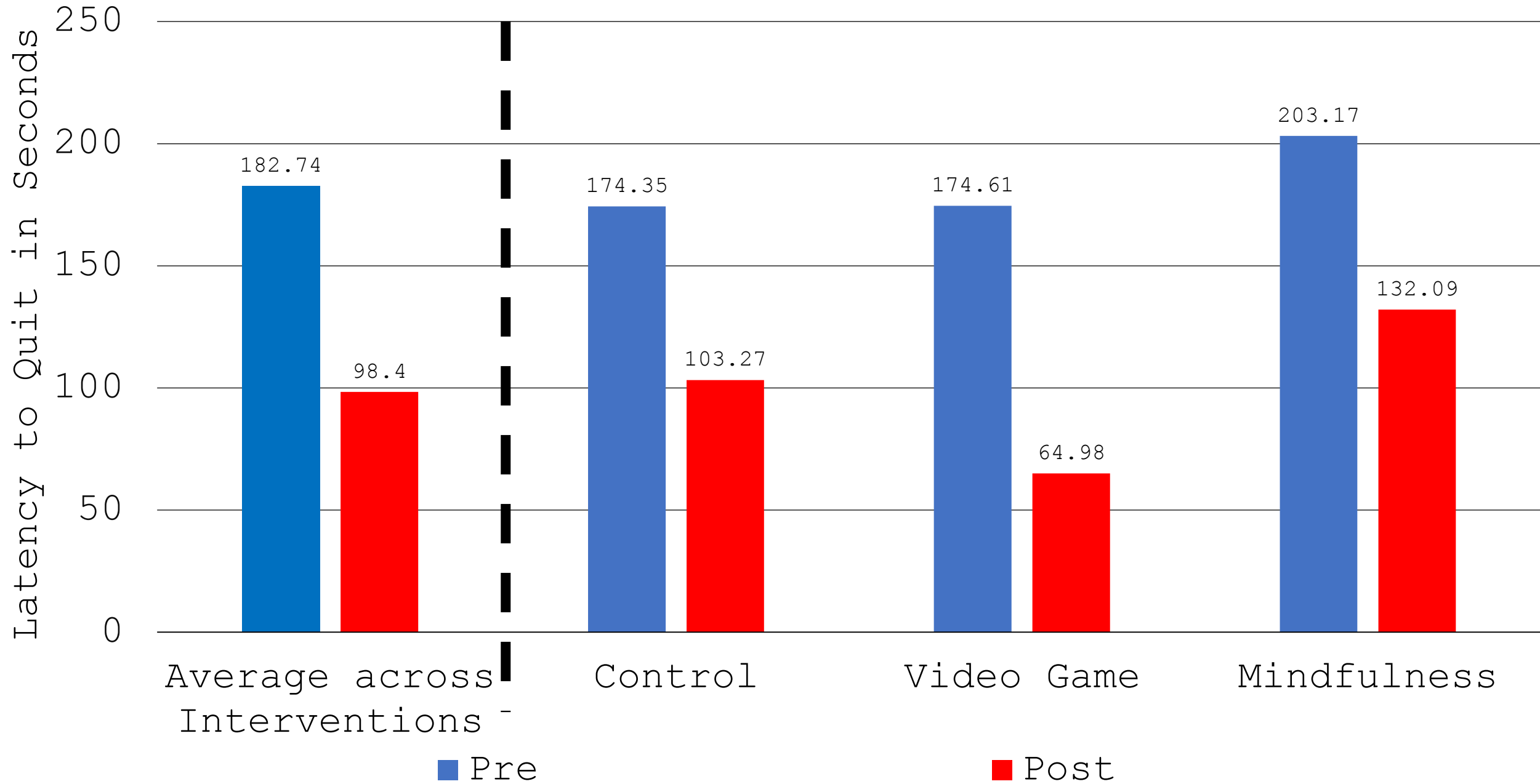
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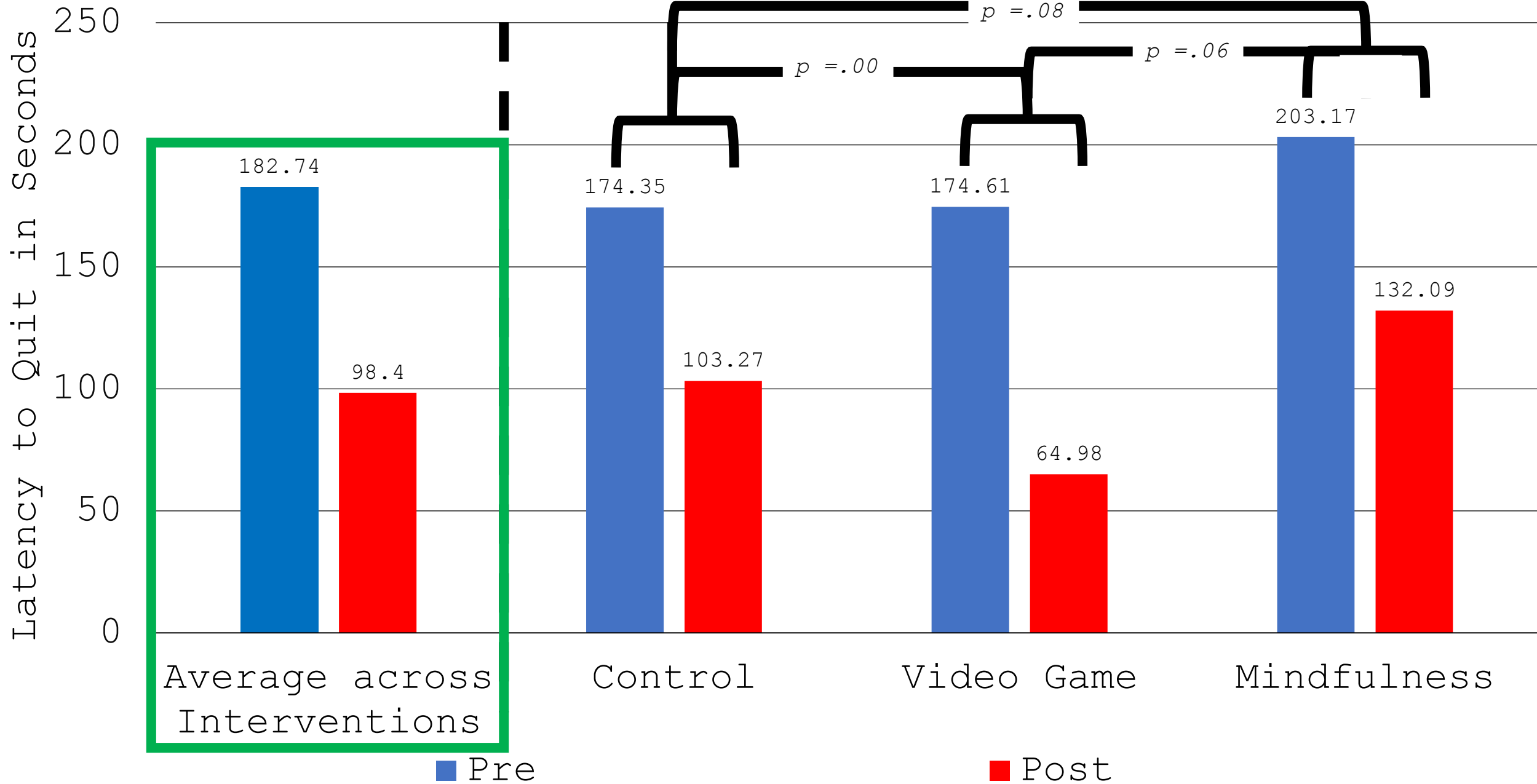




Effects of Interventions as Measured by the MTPT

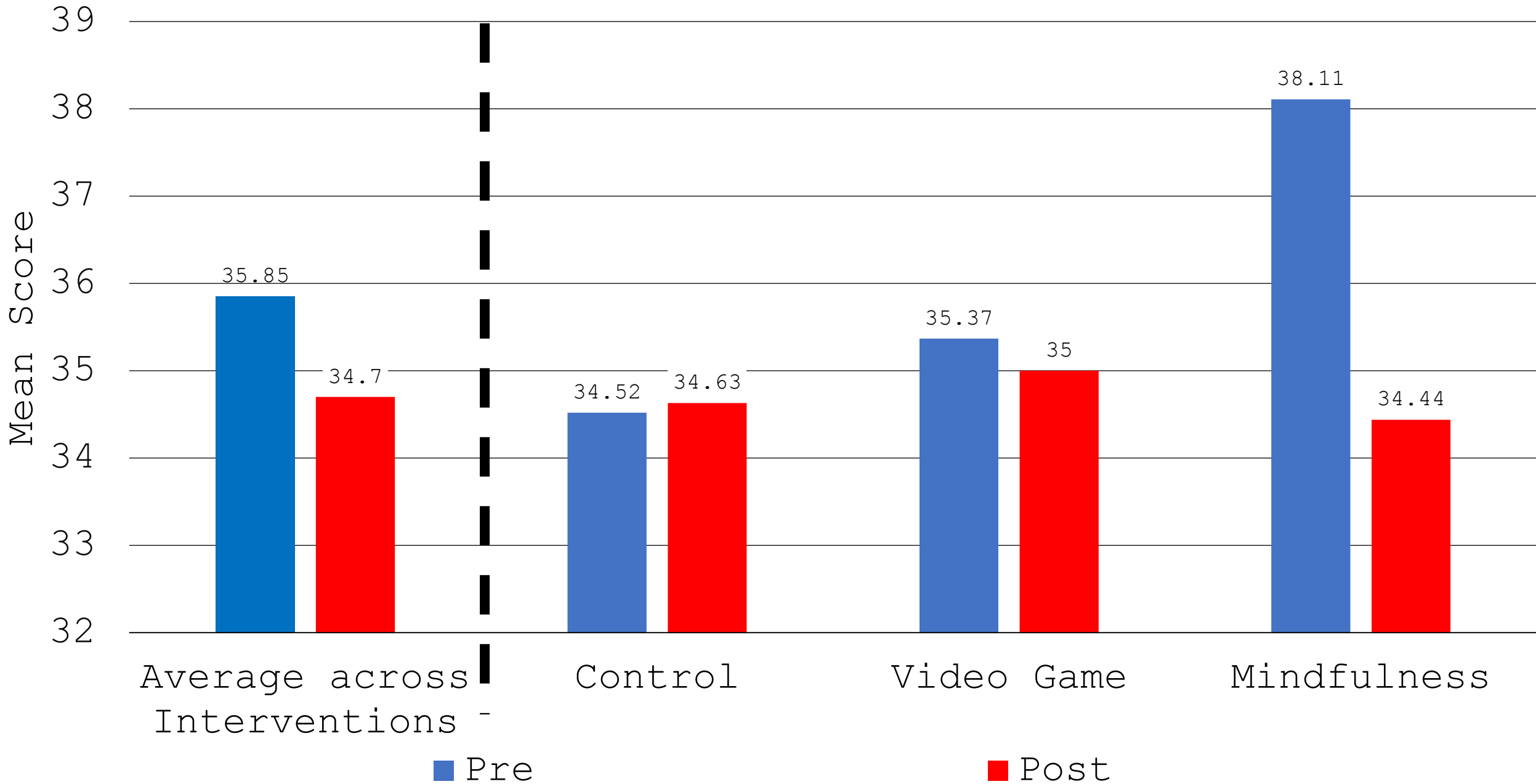


Effects of Interventions as Measured by the MTPT

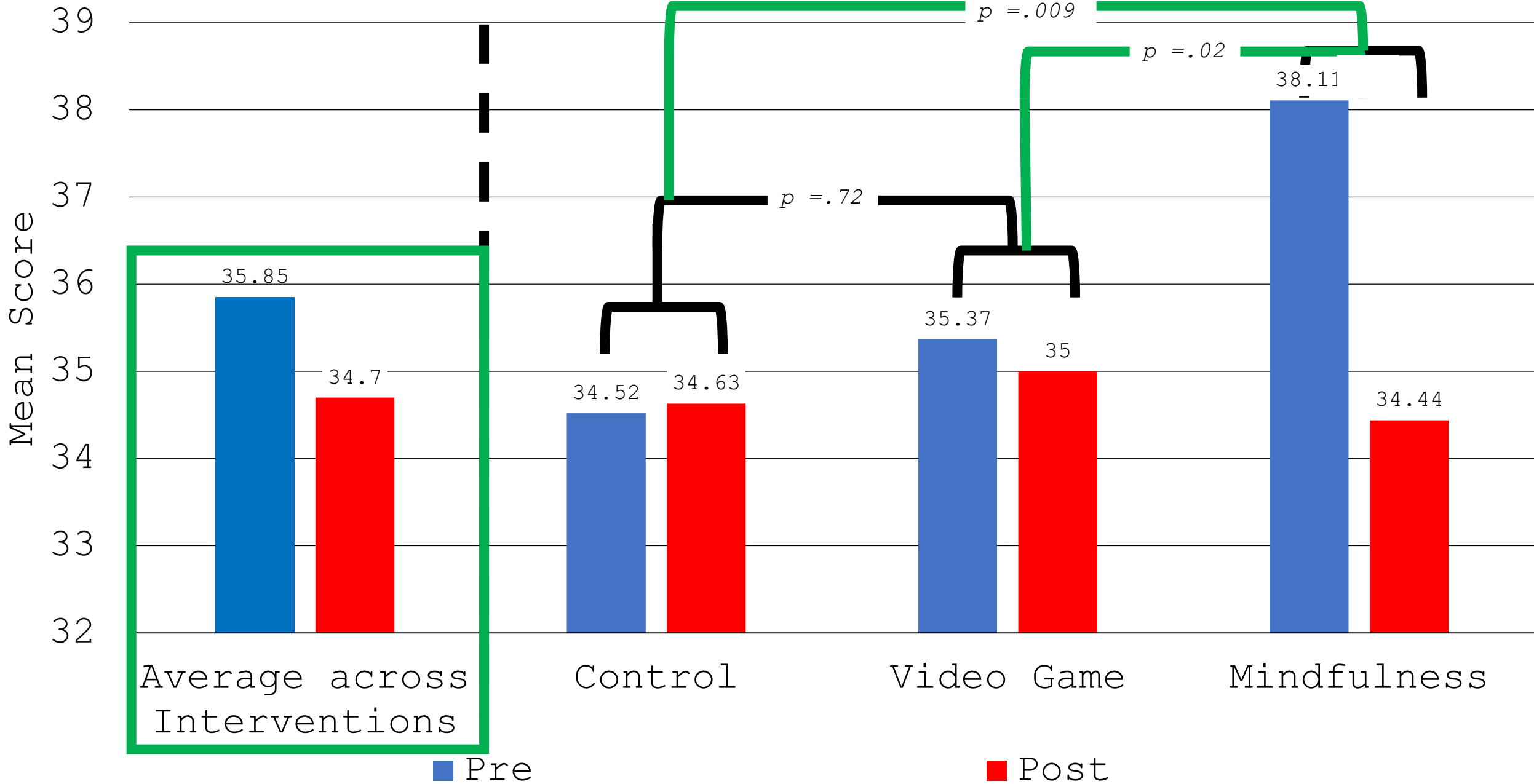




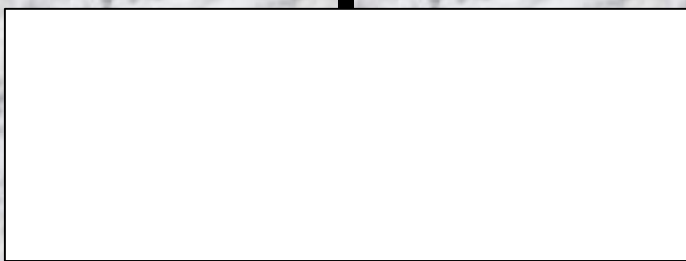
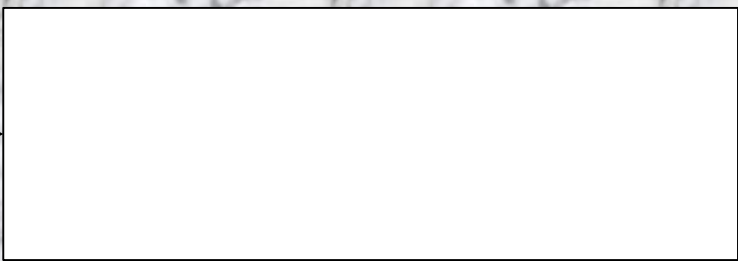
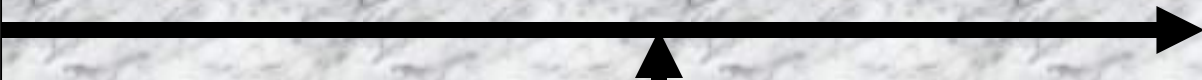
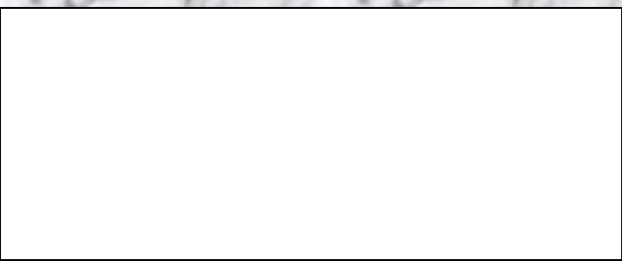
Effects of Interventions as Measured by the S-DERS



Effects of Interventions as Measured by the S-DERS









Video Game
Condition

Decreases in
MTPT Scores

+1 SD
 $b=1.28$
 $t(1)=4.19^*$

High DERS-P
Scores





Mindfulness
Condition

Decreases in
S-DERS Scores

+1 SD
 $b=1.33$
 $t(1)=4.20^*$

High AAQII
Scores











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Thank you for your
time and attention

Jonah McManus

JonahDM@gmail.com

Emily Sandoz, Ph.D.

emilysandoz@louisiana.edu

