

## Session 4

### **Benefits of assessing Game Transfer Phenomena in clinical practice**

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#### **Objective/Purpose**

Game Transfer Phenomena (GTP) comprise sensory (e.g., seeing or hearing something perceived or experienced in a videogame) and cognitive intrusions, transient changes in perception and self-agency associated with videogames. This paper examines GTP in a clinical sample and demonstrates the benefits of assessing GTP in clinical practice.

#### **Design and background**

Having a mental health disorder appears to increase the susceptibility to GTP, although most who experience GTP do not have a clinical diagnosis. While Gaming Disorder is associated with GTP, most players do not have negative consequences due to their GTP. The cases are presented within the context of GTP in order to highlight how GTP manifests.

#### **Methods**

Clinical interviews and clinical tools, including a validated scale on GTP. Three cases, both genders, 15-17 years old.

#### **Results**

The diagnoses comprised of Gaming Disorder, Generalised Anxiety, Depressive Disorder, Autism, Gender Dysphoria, and Substance Dependence. GTP manifestations included: i) assuming game abilities can be transferred to real-life, leading to frustration and angry outbursts when realising this was not possible, ii) misperceiving sounds and voices as those from a scary game character causing anxiety and embarrassing behaviour, and iii) engaging in repetitive activity to induce GTP for self-soothing effects.

#### **Conclusions**

The examination of GTP showed how games influenced client behaviours and their interpretation of everyday situations. Assessing GTP in clinical practice facilitated meaningful dialogue with these clients by contextualising their gaming behaviour into their everyday life, helping the clinician identify and understand behaviours that could be considered irrational, and was demonstrated to be useful as a psycho-pedagogic method.