

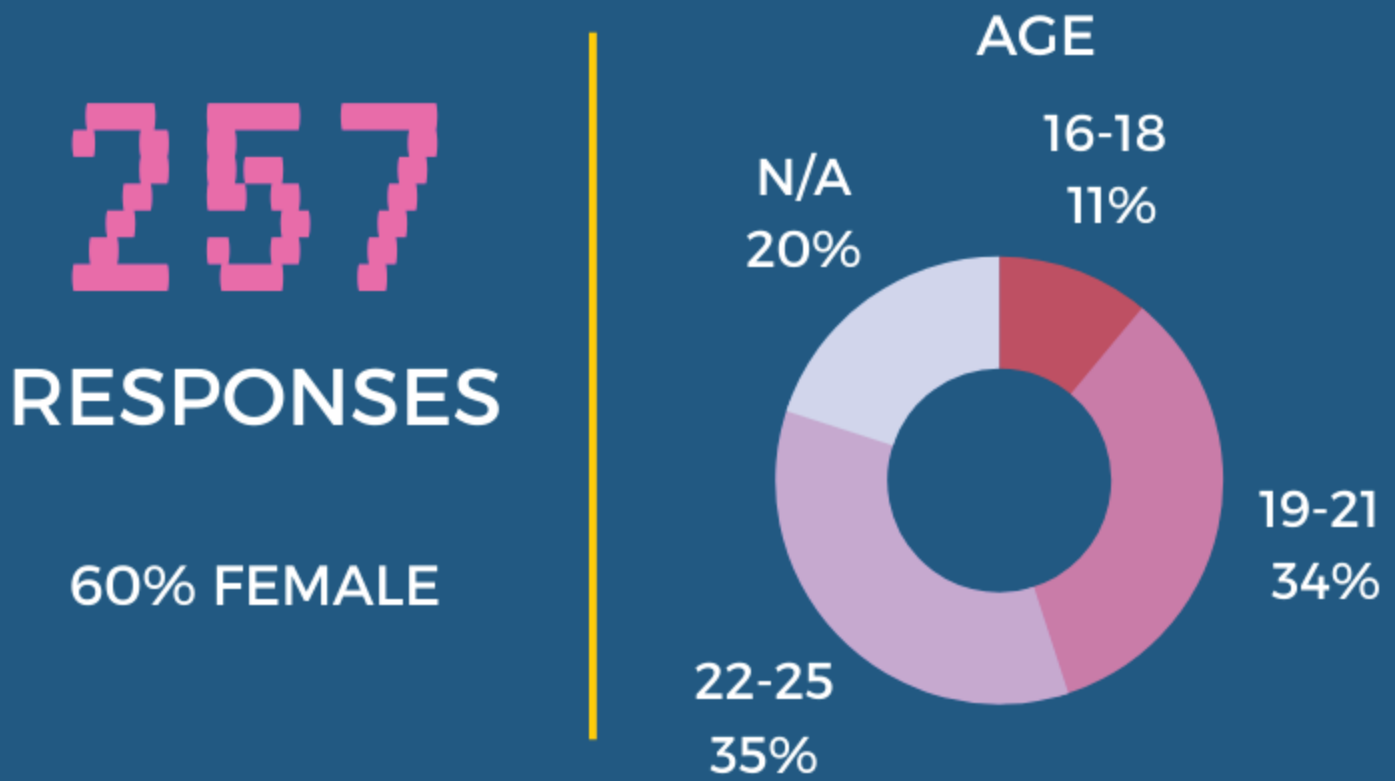


GAME OFF

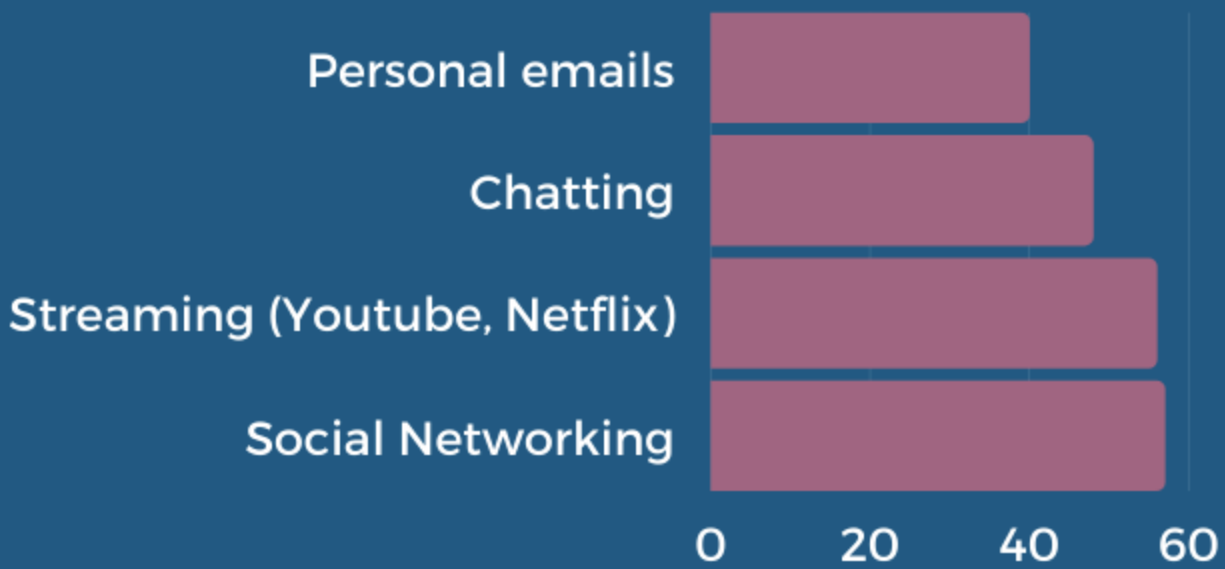
Game-based approach towards
moderating screen time

Results of the report to validate user profiles

- Target groups: young people (16-25) and youth trainers.
- The questions were about the use of specific groups of applications, the time spend online, the mood of the participants when navigating, the impact that Internet has on their everyday habits and finally a self-delclaration on their personality traits according the NEO-FFI.



APPLICATIONS PREFERRED BY THE TARGET GROUP



80% of respondents use the Internet everyday

65% of respondents spend between 1 and 6 hours a day on the Internet

37% of respondents think about the Internet considerably during a day

30% of respondents recognize having to be online more often to feel good or relaxed



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