Videogames: The case for

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Some people might find it very strange that having spent 20 years researching into videogame addiction and aggression that I am pro-videogames. There is little evidence of serious acute adverse effects on health from moderate play, and the evidence of serious adverse effects on health is rare. In two decades, I have only come across a handful of players who are genuinely addicted to videogames.

On the plus side. the playing of videogames helps develop hand-eye co-ordination, spatial ability skills and increases reaction times. Also, there are many positive applications of videogaming including educational and health benefits. One of the most innovative applications of videogames is their use as "distractors" in the role of pain management. For instance, there are a number of studies that have demonstrated that videogames can provide pain relief through distraction for children during cancer chemotherapy, sickle cell disease, and neurodermatitis.

Videogames have been also used as a form of physiotherapy and occupational therapy in many different groups of people including those with Erb's palsy, wheelchair users with spinal cord injuries, burns victims, and muscular dystrophy sufferers. Videogames have also been used in comprehensive programmes to help develop social and spatial ability skills in children who are severely retarded or who have severe developmental problems like autism, children with multiple handicaps, and children with impulsive and attentional difficulties.

In short, the positives of videogaming far outweigh the negatives.