

# Can Playing “Dungeons and Dragons” Be Good for You?

## A Registered Exploratory Pilot Program Using Offline Tabletop Role-Playing Games reduce Social Anxiety and Problematic use of Video Games

Slides: <https://osf.io/e9nqv>

Caux, Switzerland  
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Centre du Jeu Excessif, Hôpitaux Universitaires de Lausanne

**Expert and Consultant in Addictive Disorders**  
World Health Organization (WHO)



# **COI Statement**

- **Member of the WHO task force on public health implications of behavioural addictions associated with excessive use of Internet, computers, smartphones and similar electronic devices.**
- **Contributor of ICD-11 CDDR (Clinical descriptions and diagnostic requirements for ICD-11 mental, behavioural and neurodevelopmental disorders) section on “substance use disorder and addictive behaviors”**
- **No other COI to declare**

# GAMING DISORDER in ICD-11



## ■ 2019 – Gaming Disorder Included in ICD-11

- Functional impairment
- Increasing treatment-seeking demand
- Public health perspective

## ■ 2024 – Publication of ICD-11 CDDR

- Clinical description and diagnostic requirement

## ■ Controversies

- **Lack of data about efficient treatment**
- Overpathologization and false positive diagnoses
- **Etiological debate (e.g., addictive disorder VS maladaptive coping)**

Billieux, J., Stein, D.J., Castro-Calvo, J., Higuchi, S., & King, D.L. (2021). Rationale for and usefulness of the inclusion of gaming disorder in the ICD-11. *World Psychiatry*, 20(2), 198-199. <https://doi.org/10.1002/wps.20848>

# A LOT OF PROBLEMATIC GAMERS ARE ANXIOUS IN OFFLINE SOCIAL SITUATIONS



- ☐ 30 studies included in the systematic review
- ☐ Medium - Strong correlation between social anxiety and problematic video game use
- ☐ Socially anxious people may perceive online video games as safer social environments than face-to-face interactions
- ☐ Support for the **dysfunctional coping hypothesis**



# Can Playing “Dungeons and Dragons” Be Good for You?

## A Registered Exploratory Pilot Program Using Offline Tabletop Role-Playing Games reduce Social Anxiety and Problematic use of Video Games

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**Iliyana Georgieva, MSc (UNIL)**  
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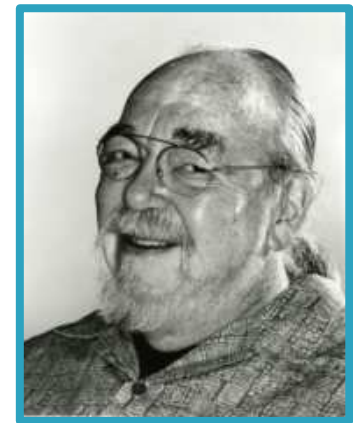
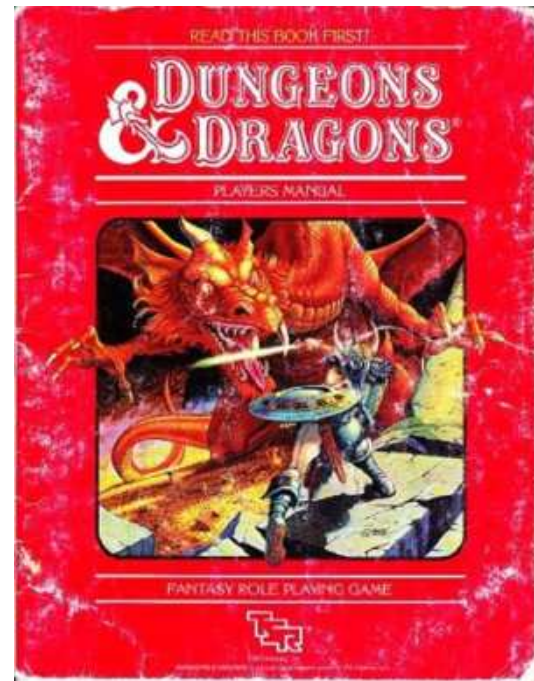
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Gary Gygax  
Co-creator of  
DnD  
(1938-2008)





**DUNGEONS & DRAGONS®**

CHARACTER NAME \_\_\_\_\_

CLASS & LEVEL \_\_\_\_\_ BACKGROUND \_\_\_\_\_ PLAYER NAME \_\_\_\_\_

RACE \_\_\_\_\_ ALIGNMENT \_\_\_\_\_ EXPERIENCE POINTS \_\_\_\_\_

**STRENGTH**  **INSPIRATION**

**DEXTERITY**  **PROFICIENCY BONUS**

**CONSTITUTION**

**INTELLIGENCE**

**WISDOM**

**CHARISMA**

**SAVING THROWS**

- ☐ Strength
- ☐ Dexterity
- ☐ Constitution
- ☐ Intelligence
- ☐ Wisdom
- ☐ Charisma

**SKILLS**

- ☐ Acrobatics (Dex)
- ☐ Animal Handling (Wis)
- ☐ Arcana (Int)
- ☐ Athletics (Str)
- ☐ Deception (Cha)
- ☐ History (Int)
- ☐ Insight (Wis)
- ☐ Intimidation (Cha)
- ☐ Investigation (Int)
- ☐ Medicine (Wis)
- ☐ Nature (Wis)
- ☐ Perception (Wis)
- ☐ Performance (Cha)
- ☐ Persuasion (Cha)
- ☐ Religion (Int)
- ☐ Sleight of Hand (Dex)
- ☐ Stealth (Dex)
- ☐ Survival (Wis)

**ARMOR CLASS**  **INITIATIVE**  **SPEED**

**Hit Point Maximum**

**CURRENT HIT POINTS**

**TEMPORARY HIT POINTS**

**HIT DICE**  **SUCCESSSES**  **FAILURES**  **DEATH SAVED**

**PERSONALITY TRAITS**

**IDEALS**

**BONDS**

**FLAWS**

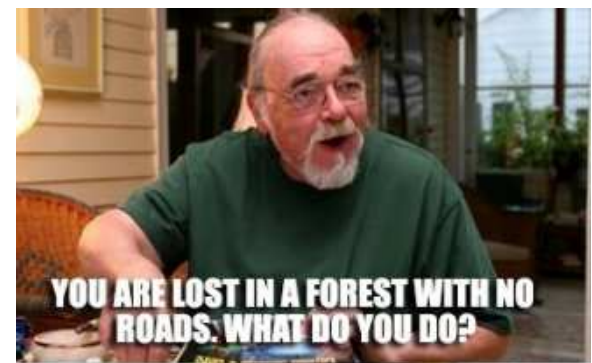
**NAME**  **AT & WEAPON**  **SPRINGS/NOTE**

**ATTACKS & SPELLCASTING**

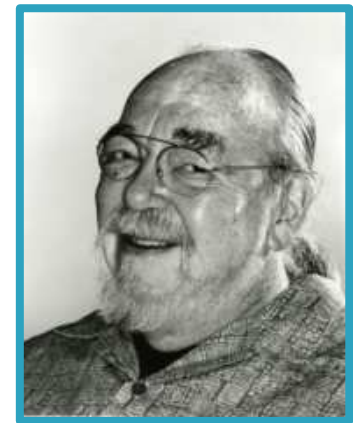
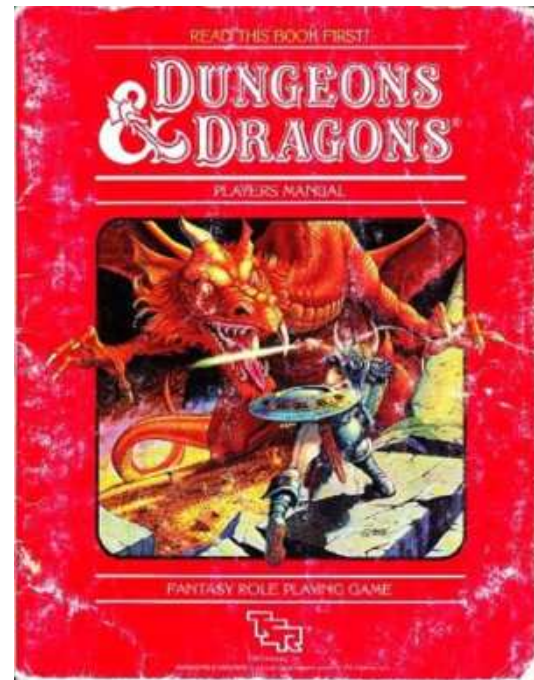
**EQUIPMENT**

**OTHER PROFICIENCIES & LANGUAGES**

**FEATURES & TRAITS**







Gary Gygax  
Co-creator of  
DnD  
(1938-2008)

LEVEL 1



LEVEL 50



MART VIRKUS @ARCADERAGE



# Therapeutic Use of Role-Playing Game (RPG) in Mental Health: A Scoping Review

Simulation & Gaming  
2022, Vol. 53(3) 285–311  
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DOI: 10.1177/10468781211073720  
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SAGE

Daniel Lucas Arenas<sup>1,2</sup>, Anna Viduani<sup>1</sup>, and Renata Brasil Araujo<sup>2</sup>

- **Results suggest potential use of TTRPGs as a complementary tool in psychotherapy**
- **Only 16% of included studies were experimental**
- **Great heterogeneity in definitions, outcomes and interventions using TTRPGs**
- **More robust, well-designed studies on the application of JDRs in mental health are needed [lack of open science]**

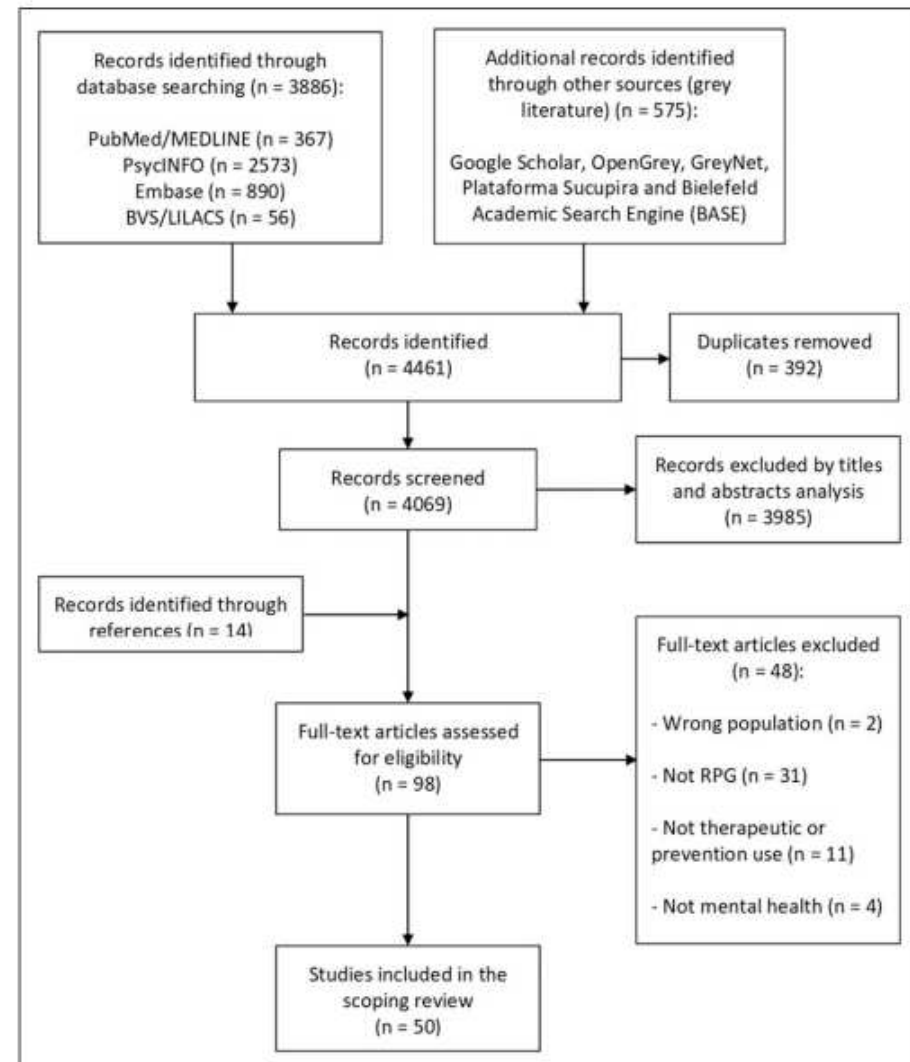


Figure 1. Flow chart of scoping review process.

<https://journals.sagepub.com/doi/abs/10.1177/10468781211073720>

# Improving treatment with role-playing games

Using games like Dungeons and Dragons in group therapy shows promise for treating anxiety, depression, trauma, ADHD, and more

Practice Anxiety Depression ADHD



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

## Key points

- Tabletop role-playing games as a form of group therapy have shown promise for treating anxiety, depression, attention-deficit/hyperactivity disorder, and more.
- Role-playing games require cooperation, which builds real-life coping skills.
- Group game therapy allows therapists to address symptoms in real time and encourages life skills such as collaboration, communication, and conflict management.

<https://www.apa.org/monitor/2025/04-05/role-playing-games-therapy>



# Online role-playing games (RPG)



- ❖ Persistent virtual worlds
- ❖ Character creation
- ❖ Background
- ❖ Progression system
- ❖ Quests, missions, campaign
- ❖ Exploration, role-play
- ❖ Teamwork, competition
- ❖ **Online** social interactions (e.g., guilds, group of players)



*Baldur's Gate 3*  
(released August 3, 2023)

# Our Pilot Study

Testing the *feasibility* and *initial effectiveness* of an original intervention for people with **excessive involvement in online role-playing games** and **social anxiety**

**Our intervention:** a structured and standardized protocol of 10 group sessions involving **tabletop role-playing game**

## Main ingredients

- ❖ Exposure to situations of (**face to face**) group social interactions
  - ❖ Self-affirmation (progressive difficulty)
  - ❖ Group problem solving
  - ❖ Fun



**This is NOT about  
designing a serious  
game, this is about  
actually playing  
Dungeons & Dragons**



# Dungeons & Dragons Pilot Program

- ❑ Groups of 5 players and 1 game master (professional)
- ❑ Non-clinical participants  
(with sub-clinical social anxiety + problematic gaming)
- ❑ 10 sessions (2h) organized into **3 progressive** modules

**Module 1** : Wanderer (sessions 1-3)

**Module 2** : Adventurer (sessions 4-7)

**Module 3** : Hero (sessions 8-10)

For details of modules and sessions: <https://osf.io/hzyva>

- ❑ The modules are based on professional scenarios and a commercially available game system:
  - ❖ Lost Mine of Phandelver (<https://www.dndbeyond.com/sources/lmop>)
  - ❖ Game system used = *Chronique Oubliées* Fantasy [simplified version of DnD] (<https://black-book-editions.fr/catalogue.php?id=13>)



**Jonathan Bloch**  
Venerable  
Game Master

# Exemple : Module 1 – Session 1

Week	Session title and synopsis	Description of the session and TTRPG aspects	Objectives	Outcomes assessed by the GM†
1	Let's get started [Introductory session]	<ul style="list-style-type: none"> <li>Welcome of the participants and summary of the project and its objectives</li> <li>Participants are invited to quickly present themselves</li> <li>Introduction about TTRPGs in general</li> <li>Presentation of the "X card"</li> <li>Presentation of the Medieval-Fantasy ("medfan") universe</li> <li>Basic presentation of the rule system and character progression</li> <li>Character creation with the participants guiding them through the choice of a race, class, characteristics, and talents</li> </ul>	<ul style="list-style-type: none"> <li><u>Objective 1</u>: Being able to present oneself briefly to a group of unknown persons</li> <li><u>Objective 2</u>: Being able to describe the character they have created in a role-playing perspective (e.g., "<i>I am Barko Alto the gnome illusionist ...</i>"). The participants are invited to describe how they look, their personality, ambition, skills, etc. The description should not be limited to 1-2 sentences but be as comprehensive as possible</li> </ul>	<ul style="list-style-type: none"> <li><u>Objective 1</u>: <ul style="list-style-type: none"> <li>reached [enough details provided]</li> <li>partially reached [only very basic details like their name]</li> <li>not reached [not able to speak up]</li> </ul> </li> <li><u>Objective 2</u>: <ul style="list-style-type: none"> <li>reached [the participant can impersonate its character and describe it in a comprehensive and vivid way]</li> <li>partially reached [the participant only provides a basic and superficial description of their character]</li> <li>not reached [the participant is not able to present their character]</li> </ul> </li> </ul>



# CHRONIQUES OUBLIÉES • FEUILLE DE PERSONNAGE

Personnage ordnassel Joueur NICOLAS DODD

Profil Rôdeur Niveau 4 Race Demi-Gef Sexe M Age 99 Taille 1,80 Poids 77

CARAC.	Valeur	Mod.	Test	COMBAT	Total	VITALITE
<div>FOR</div> <div>Force</div>	13	+1		<div>INITIATIVE</div>	12	<div>DV</div> <div>Des de vie</div> d8 <div>PV</div> <div>Potential de vie</div> 5
<div>DEX</div> <div>Endurance</div>	12	+1		<div>AU CONTACT</div> <div>Proche</div>	+2 +4 +4	<div>SAINT DE VIE RESTANTS</div> 0/5 <div>DAM</div> <div>POUVOIR DE VIE</div> 0/5
<div>CON</div> <div>Constitution</div>	11	0		<div>A DISTANCE</div> <div>Proche</div>	+2 +4 +4	<div>BOULONNAGE</div> 0/5
<div>INT</div> <div>Intelligence</div>	13	+2		<div>MAGIQUE</div> <div>Proche</div>	+2 +4 +4	<div>RD</div>
<div>SAG</div> <div>Sagesse</div>	14	+2				
<div>CHA</div> <div>Charisme</div>	12	+1				
				DEFENSE		Total
				<div>DEF</div> <div>Defensive</div>	10 +	<div>BOULONNAGE</div> +3 <div>DAM</div> +1

CAPACITE RACIALE  
WISTAM DE SURVIE  
NON NUD-A-O

DEFENSE	Total	ATTAQUE	DM	SPECIAL
DEF	10 +			
	+3			

## CAPACITES

	Voie 1	Voie 2	Voie 3
R	Voie de l'archer	Voie du compagnon animal	Voie de l'escarmouche
1	<b>Sens affûtés (L)</b> : Pour chaque Rang dans cette Voie, le rôdeur gagne un bonus de +2 à tous ses tests de SAG destinés à simuler la perception (vue, ouïe, vigilance, etc.). De plus, il ajoute son Mod. de SAG aux dégâts qu'il inflige à l'ennemi. SAG (perception)	<b>Odorat</b> : Le rôdeur obtient un loup comme compagnon animal. Celui-ci détecte les odeurs des animaux et des créatures là où ils sont passés. Le rôdeur obtient un bonus de +5 aux tests de SAG pour pister et suivre des traces. SAG (pister et suivre des traces)	<b>Chasseur émérite</b> : Le rôdeur obtient un bonus de +2 en attaque et aux DM lorsqu'il combat des animaux et un bonus de +2 par Rang dans cette Voie pour pister ou retrouver leurs traces. Pister les animaux
2	<b>Tir aveugle (L)</b> : Le rôdeur peut attaquer à distance un ennemi qu'il ne voit pas (par exemple un ennemi invisible ou plongé dans le noir total) comme s'il le voyait et donc sans malus.	<b>Surveillance</b> : Grâce à son loup quand on tente de l'attaquer par surprise, le rôdeur obtient +5 en Initiative et aux tests de SAG (surprise). Lorsqu'il est surpris, il peut faire une attaque à distance AVANT le premier tour de combat. Initiative (surprise), SAG (surprise)	<b>Traquenard (L)</b> : Le rôdeur gagne un bonus de +2 en attaque et +2d6 aux DM sur sa première attaque contre une créature s'il possède un meilleur score d'Initiative.
3	<b>Tir rapide (L)</b> : Le rôdeur peut faire 2 attaques à distance pendant ce tour.	<b>Combat</b> : Le loup du rôdeur peut désormais se battre comme un véritable personnage. Il attaque en même temps que le rôdeur. Loup : Init 13, DEF 14, PV (niveau x 4), Attaque au contact = (niveau), DM 1d6+1, FOR +1, DEX +1, CON +1, INT -3, SAG +2, CHA -2	<b>Attaque éclair (L)</b> : Le rôdeur peut effectuer une attaque au contact très percutante. Il ajoute son Mod. de DEX en attaque et aux DM pour cette offensive.
4	<b>Flèche de mort (L)</b> : Le rôdeur lance deux d20 pour son attaque et conserve le meilleur résultat. Les dégâts des flèches sont doublés.	<b>Empathie animale</b> : Le rôdeur peut parler aux animaux. Il peut également communiquer avec son loup par télépathie et le guérir à distance en dépensant ses propres PV (1 PV du rôdeur pour 1 PV octroyé au loup).	<b>Repis (L)</b> : Le rôdeur se déplace de 40 m en forcé en s'éloignant de ses ennemis. Le joueur fait un test de DEX difficile 10. En cas de succès, il disparaît de la vue de ses poursuivants. Il peut s'élancer ou rester caché sans risque d'être retrouvé.
5	<b>Dans le mille</b> : Pour une attaque à distance, le rôdeur peut choisir d'utiliser 1d12 en attaque au lieu du d20 habituel (et il ajoute normalement son score d'attaque à distance). Si l'attaque est réussie, il ajoute 2d6 aux DM.	<b>Animal fabuleux</b> : Le loup devient un spécimen particulièrement puissant. Mille alpha : Init 13, DEF 16, PV (niveau x 4), Attaque au contact = (niveau + 2), DM 1d6+3, FOR +3, DEX +1, CON +3, INT -3, SAG +2, CHA -2	<b>Dextérité héroïque</b> : Le rôdeur augmente sa valeur de DEX de +2 et il peut désormais lancer deux d20 à chaque fois qu'un test de DEX lui est demandé et conserver le meilleur résultat.

Ordnassel le  
rôdeur demi-  
elfe



## Example from Module 2, Session 4-5

A new element brought in this module is interaction with NPC (i.e., characters played by the DM). In the ruins of Thundertree, the participants encounter three NPCs: (1) Reidoth the druid (nice and collaborative); (2) Favric the cultist (neutral and non-collaborative); and (3) Venomfang the young green dragon (hostile and non-collaborative)



*Reidoth the druid*





## ***Reidoth the Druide***

# Nice  
# Collaborative  
# Friendly  
# Helpful  
# Shy

*He is the good  
guy ...*



## Example from Module 2, Session 4-5

Objective 3: Interacting with a collaborative NPC (Reidoth the druid). The GM ensures that all participants have an occasion to interact with the druid

- reached [direct, proactive and efficient interaction with the druid]
- partially reached [undirect, basic or DM-solicited interaction with the druid]
- not reached [no interaction with the druid]



*Ordnassel the ranger interacts with Reidoth the druid ...*



*Our GM plays Reidoth, the NPC, and assesses whether the objectives have been met.*



## ***Venomfang the young green dragon***

- # Hostile
- # Narcissistic
- # Selfish
- # Deceiving
- # Powerful

*Fighting is not really  
an option ...*

# Participants

## Inclusion criteria (online screening)

- ☐ 18+ gamers and fluent French speakers
- ☐ Currently playing or having played MMORPGs / online RPGs
- ☐ No or minimal experience of tabletop role-playing games (TTRPGs)
- ☐ At least 1 criterion met but less than 5 (DSM-5 threshold score) on the Internet Gaming Disorder Test (Kiraly et al., 2019)
- ☐ Score  $\geq 30$  but  $\leq 95$  on the French Liebowitz Social Anxiety Scale (Heeren et al., 2012)
- ☐ No current treatment for a psychological disorder

These criteria were verified in an individual interview before starting the program, in which participants received more information about the study and signed the consent form



**Iliyana Georgieva**  
Apprentice  
Mentalist



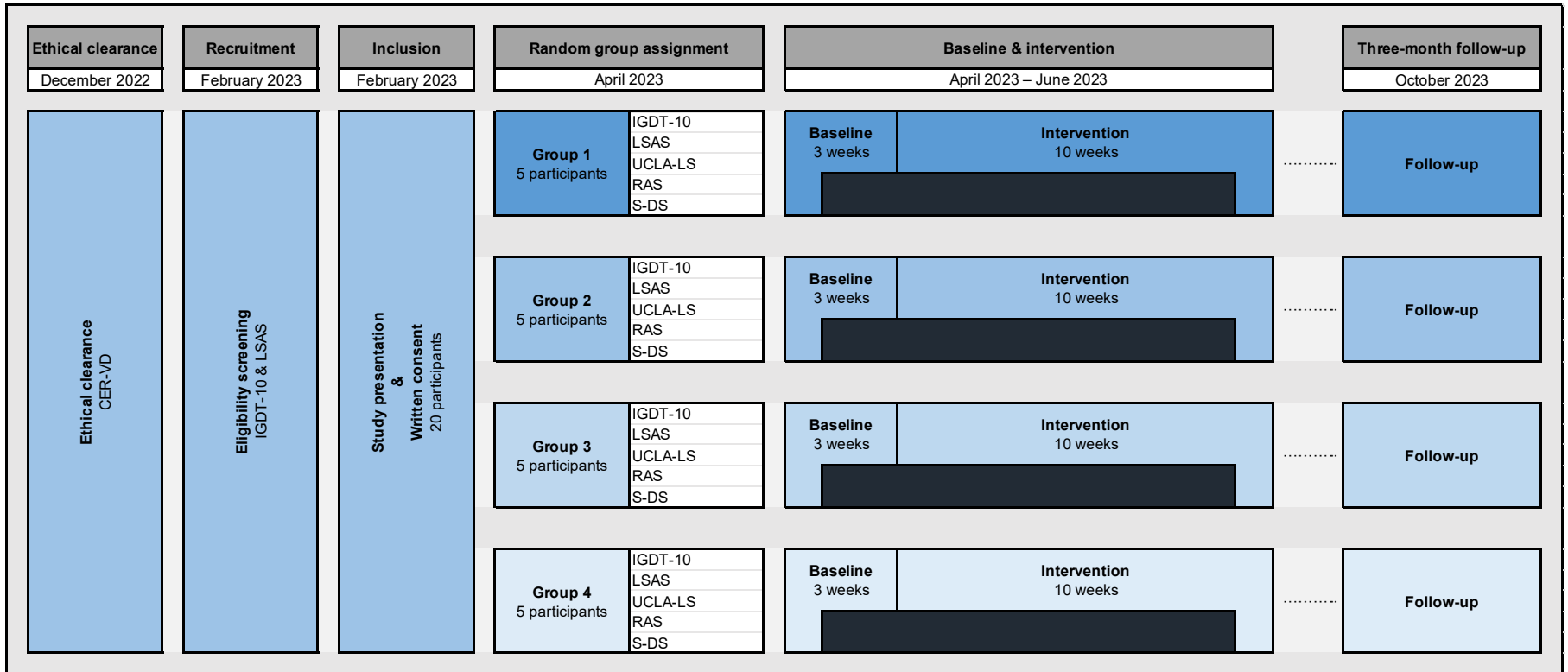
# Methodology – Single Case

- Methodology recognized as scientifically valid by influential international evidence-based groups (Oxford Centre for Evidence-Based Medicine)
- Statistics on the rise in recent years
- Suitable for testing new interventions with a limited number of people
- Advantages of single-case (VS RCT) to evaluate treatment efficacy (Tate et al., 2015)
  - ❖ longitudinal (typically between 10 and 20 measurement points)
  - ❖ focus on intra-subject variability
  - ❖ close to clinical reality (taking heterogeneity into account)
  - ❖ examine the efficacy of different treatment components



**Lucien Rochat**  
Herald of the Single Case

# Design of the Study



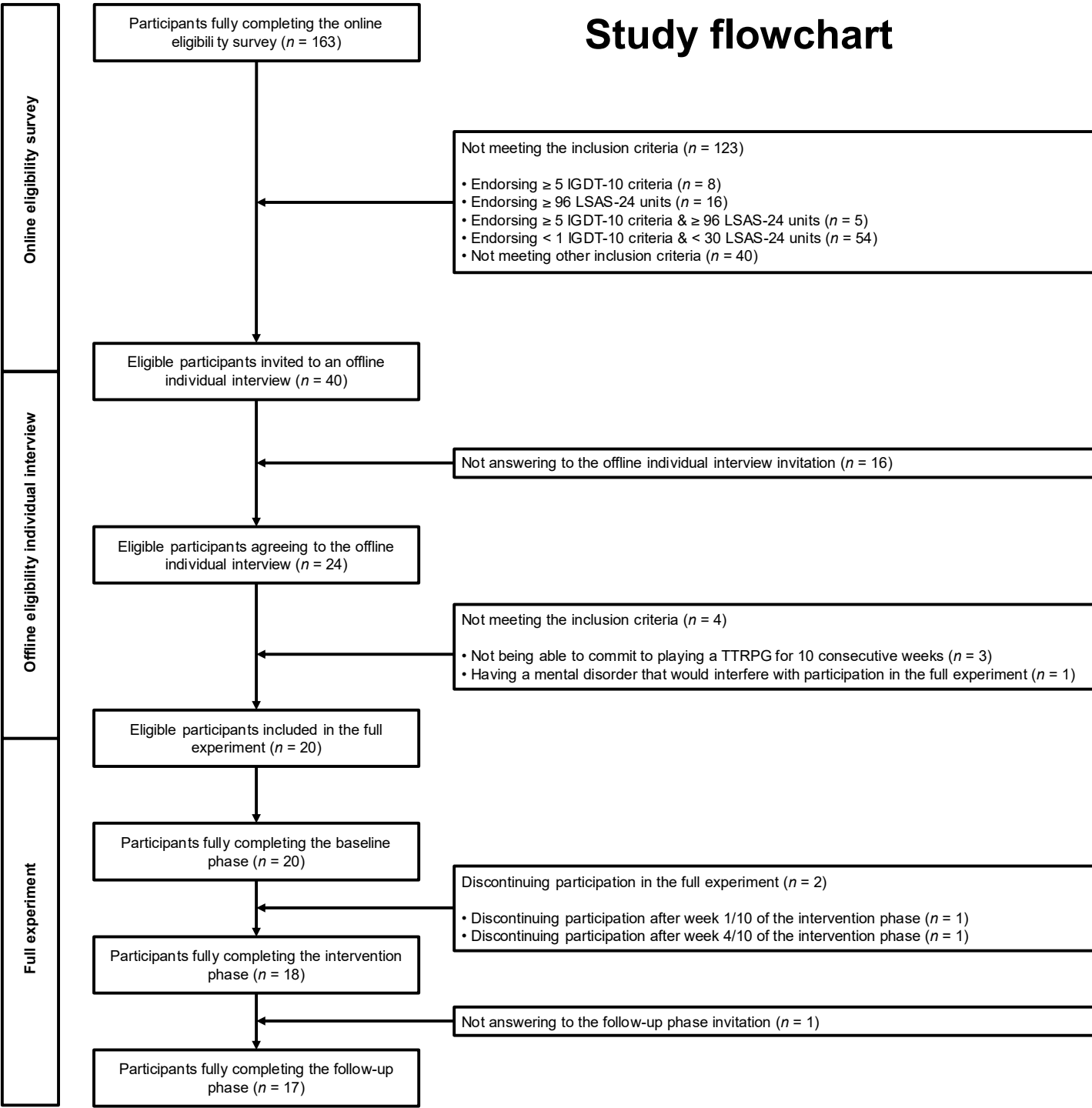
## Psychological Assessment

- ☐ Gaming Disorder symptoms (IGDT-10; Kiraly et al., 2019)
- ☐ Social Anxiety symptoms (LSAS; Heeren et al., 2012)
- ☐ Loneliness (UCLA-LS; de Grâce et al., 1993)
- ☐ Self-Discrepancy Scale (SDS; Philippot et al., 2018)
- ☐ Assertiveness (Rathus Assertiveness Scale; Bouvard et al., 1986)



**Loïs Fournier**  
Psychometrician  
Knight

# Study flowchart



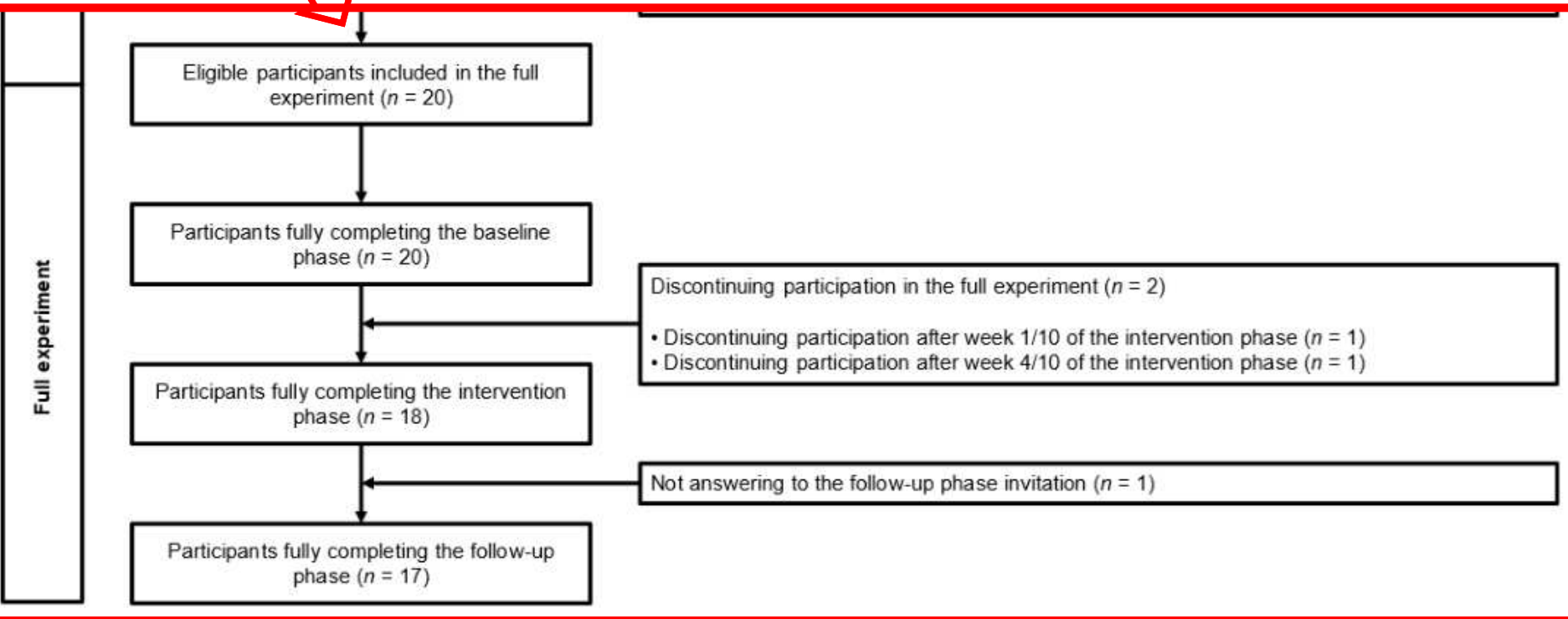
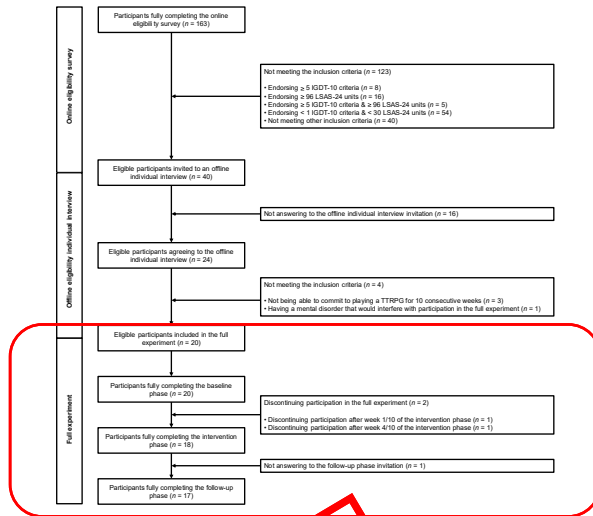


# MAIN RESULTS



# FEASIBILITY

- 90% of the participants completed the full program
- Only 10% of participants miss >1 session
- High completion of assessment
  - 100% baseline
  - 100% weekly assessment
  - 17/18 follow-up



**Table 3. Between Case-Standardised Mean Differences (BC-SMD): A global effect size per dependent variable, N = 18**

Variable	BC-SMD	SE	95% CIs (Lower, upper)	Effect size <sup>1</sup>
Gaming disorders (IGDT-10)	-0.39	0.17	-0.73; -0.04	small
Fear (LSAS)	-0.20	0.11	-0.44; 0.03	small
Avoidance (LSAS)	-0.47	0.14	-0.76; -0.19	small to medium
Loneliness (UCLA-LS)	-0.38	0.23	-0.85; 0.08	small
Time spent gaming (h/w)	-0.15	0.14	-0.44; 0.15	null

Note. IGDT-10 = Internet Gaming Disorder Test-10 (Király et al., 2019); LSAS = Liebowitz Social Anxiety Scale (Heeren et al., 2012);

UCLA-LS = UCLA Loneliness Scale (de Grèce et al., 1993). h/w = average hours per week.

<sup>1</sup> According to Cohen (1988): .20 (small effect size), .50 (medium effect size), .80 (large effect size).

Between Case-Standardized Mean  
Difference (BC-SMD):  
Global effect size per DV

*Cohen (1988): Effect sizes*

- .20: small
- .50: medium
- .80: large



**Table 1. Synthesis of the results with the non overlap index (A vs B) using Tau-U, N (%)**

Variable	Min/Max Tau-U <sup>1</sup>	Very large effect size	Large effect size	Moderate effect size	Small effect size	Null/negative effect size
<b>Gaming disorders (IGDT-10)</b>	-0.57/0.87	2 (11.11)	3 (16.67)	8 (44.44)	2 (11.11)	3 (16.67)
<b>Fear (LSAS)</b>	-0.40/1.03	5 (27.78)	5 (27.78)	5 (27.78)	2 (11.11)	1 (5.56)
<b>Avoidance (LSAS)</b>	-0.83/1.00	9 (50.00)	4 (22.22)	3 (16.67)	0 (0)	2 (11.11)
<b>Loneliness (UCLA-LS)</b>	-0.90/0.97	4 (22.22)	2 (11.11)	5 (27.78)	0 (0)	7 (38.89)
<b>Time spent gaming (h/w)</b>	-0.67/0.67	0 (0)	2 (11.11)	6 (33.33)	2 (11.11)	8 (44.44)

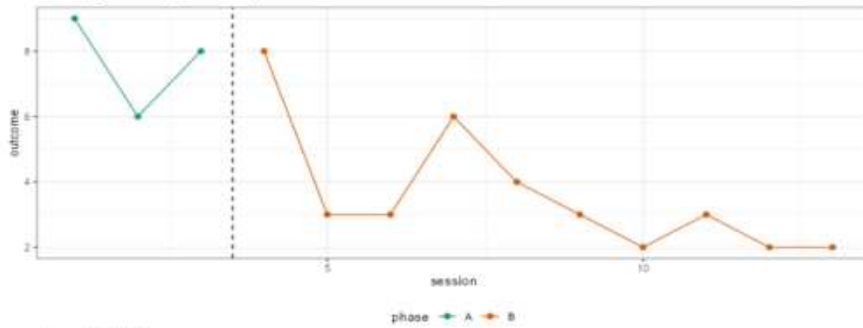
Note. N = 18. IGDT-10 = Internet Gaming Disorder Test-10 (Király et al., 2019); LSAS = Liebowitz Social Anxiety Scale (Heeren et al., 2012); UCLA-LS = UCLA Loneliness Scale (de Grèce et al., 1993). h/w = average hours per week.

<sup>1</sup> According to Vannest and Ninci (2015): >0.80 (very large effect size), 0.80 to 0.61 (large effect size), 0.60 to 0.20 (medium effect size), < 0.20 (small effect size), 0 or < 0 (no effect or negative effect).

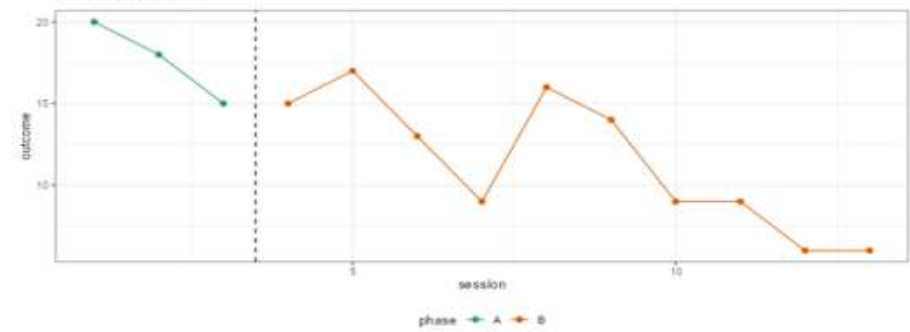
Non overlap (A vs B) effect size (Tau-U):  
**Intra-Individual Variability for each dependent variable**

## Cas 2 – Effets très importants sur jeu et peur

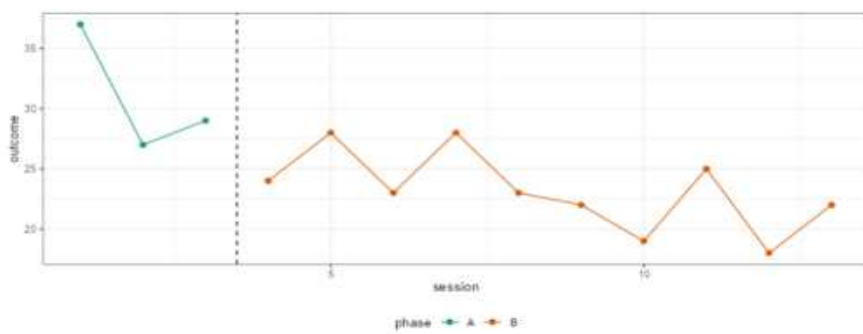
Gaming disorder (IGDT-10)



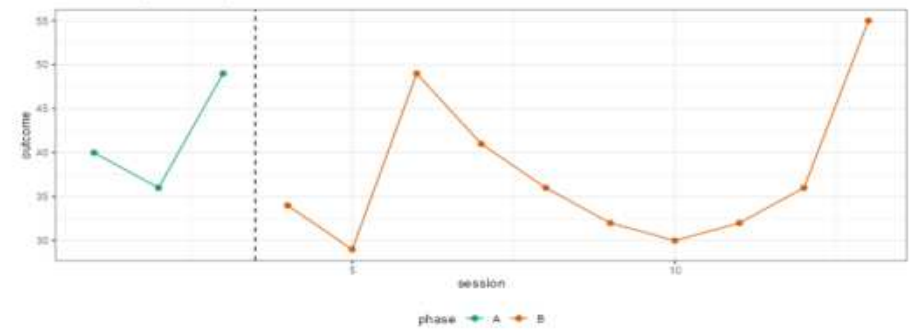
Avoidance (LSAS)



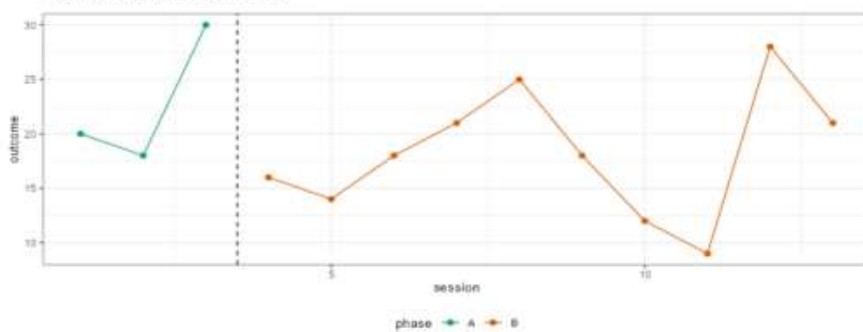
Fear (LSAS)



Loneliness (UCLA-LS)



Time playing (hours per week)



Jeu problématique  
(IGDT-10)

Anxiété - Peur  
(Fear-LSAS)

Anxiété - Evitement  
(Avoidance-LSAS)

Solitude  
(UCLA-LS)

Temps de jeu  
(heures/sem)

0.83

0.83

0.73

0.47

0.43

# Conclusion and next steps

Testing the ***feasibility*** and ***initial effectiveness*** of an original intervention for people with **excessive involvement in online role-playing games** and **social anxiety**



## NEXT STEPS

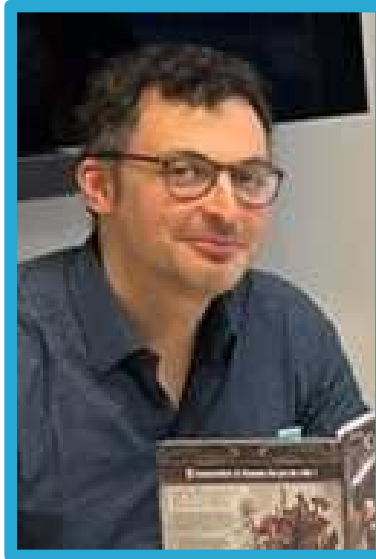
- ❖ Clinical pilot (with patients endorsing ICD-11 GD criteria)
  - Started in March 2025 (currently session 8/10 ; 1 drop out)
- ❖ Obtaining funding for an RCT (planned 2026)



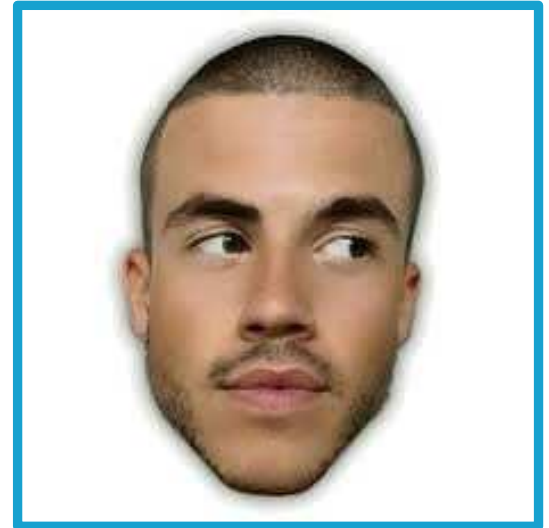
# A pilot program using Tabletop Role-Playing Games to reduce social anxiety and addiction symptoms in online gamers



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# Can playing Dungeons and Dragons be good for you? A registered exploratory pilot programme using offline tabletop role-playing games to mitigate social anxiety and reduce problematic involvement in multiplayer online video games

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Merci de votre attention ☺

Slides: <https://osf.io/e9nqv>

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## Expanding the Intervention Potential of Tabletop Role-Playing Games

Veli-Matti Karhulahti based on reviews by Charlotte Pennington, Matuš Adamkovič and Matti Vuorre

A recommendation of:

STAGE 2



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# Pilote en Population Clinique

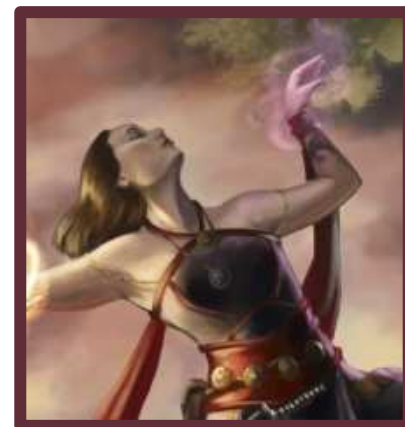
## Critères d'Inclusion:

- 18 ans et Francophone
- Trouble du Jeu Vidéo (critères CIM-11)
- Anxiété Sociale élevée (LSAS > 30)

Genre	Age	Prof	Jeux favoris	Temps Semaine	Temps Weekend	Comorbidité(s)
H	23	Sans emploi	MMORPGs	14	19	Trouble de la Personnalité Antisociale
H	19	Etudiant	MMORPGs	3	15	
H	34	Sans Emploi	MMORPGs	6	13	Phobie Sociale, Dépression
F	21	Etudiante	FPS	5	7	Phobie Sociale
H	21	Sans Emploi	MMORPGs	16	18	

## Calendrier de l'Etude

Phases de l'étude	Entretien d'admission	Lignes de Base (avant le programme)	Programme	Suivi à trois mois
Modalité prise de données	Papier -crayon	En ligne (Qualtrics)	En ligne (Qualtrics)	En ligne (Qualtrics)
Temporalité	Avant l'étude	<i>Pendant 5 semaines, 1x par semaine</i>	<i>Pendant 10 semaines (le temps de l'intervention) 1 x par semaine</i>	<i>3 mois après la fin de l'étude (à une seule reprise)</i>
Nombre d'évaluation	1	5	10	3
Signature consentement	X			
Données sociodémographiques	X			
Données sur jeu de rôle et jeu vidéo	X			
<b>Critères de jugement principal</b>				
<u>Symptômes en lien avec le jeu :</u> Temps de jeu rapporté et IGDT-10	X	X	X	X
<u>Symptômes en lien avec le jeu – complément :</u> C-DOG		X	X	X
<u>Symptômes en lien avec l'anxiété sociale :</u> Echelle d'anxiété sociale de Liebowitz - LSAS	X	X	X	X
<b>Critères de jugement secondaires</b>				
Affirmation de soi (2 items)		X	X	X
Kessler Psychological Distress Scale (K6)		X	X	X



**Maurane Bosson**  
Sorcière des Arcanes  
Logistiques

## Evaluation Psychologique

- ☐ Symptômes de jeu problématique (IGDT-10; Kiraly et al., 2019)
- ☐ Symptômes d'anxiété sociale (LSAS; Heeren et al., 2012)
- ☐ **Compensatory-Dissociative Online Gaming scale (C-DOGs; Giardina et al., 2024)**
- ☐ **Affirmation de soi**
- ☐ **Symptômes anxio-dépressifs (K6; Kessler et al., 2010)**

# Essai Pilote en Population Clinique

## Lignes de Base (5 semaines) - Complétion des questionnaires

Phase pre-intervention					
S1	S2	S3	S4	S5	S6
Oui	Non	Oui	Oui	Non	Oui
Oui	Non	Non	Non	Oui	Oui
Oui	Oui	Oui	Oui	Oui	Non
Non	Oui	Oui	Oui	Oui	Oui
Oui	Oui	Oui	Oui	Oui	Oui

## Intervention (10 semaines) – Présence et complétion des questionnaires

1	2	3	4	5	6	Sessions 7 à 10
						TO BE CONTINUED ...
		M		A	A	
	M	M				

A = session loupée ; M = maladie

 Questionnaire non complété