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Jeux vidéo et perte de contrôle : Vers une meilleure compréhension du rôle des caractéristiques de conception

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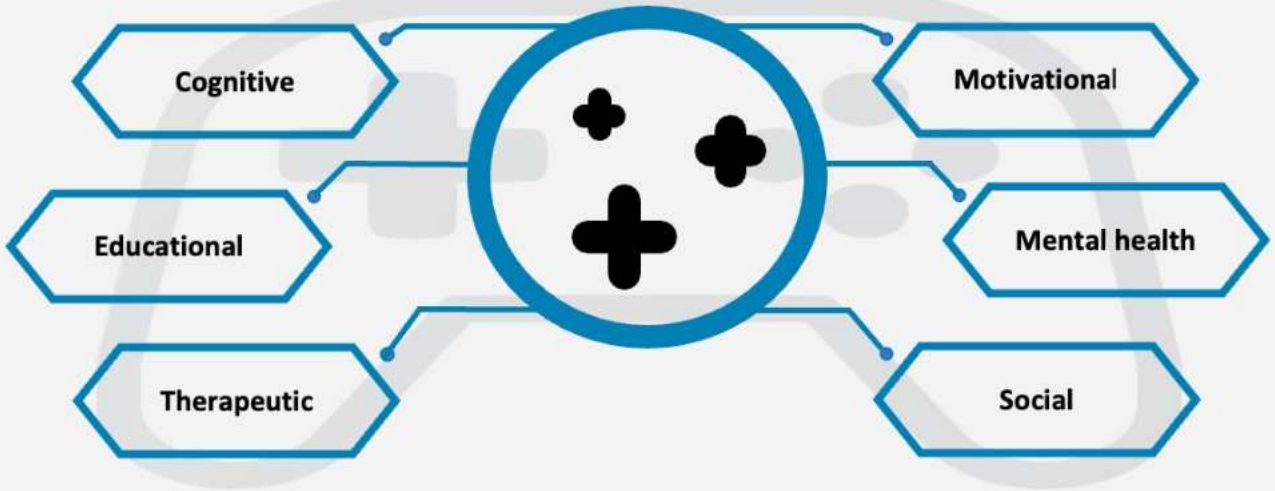
Declaration of Financial Interests or Relationships

I have no financial interests or relationships to disclose regarding the subject matter of this presentation.

+3 Billion

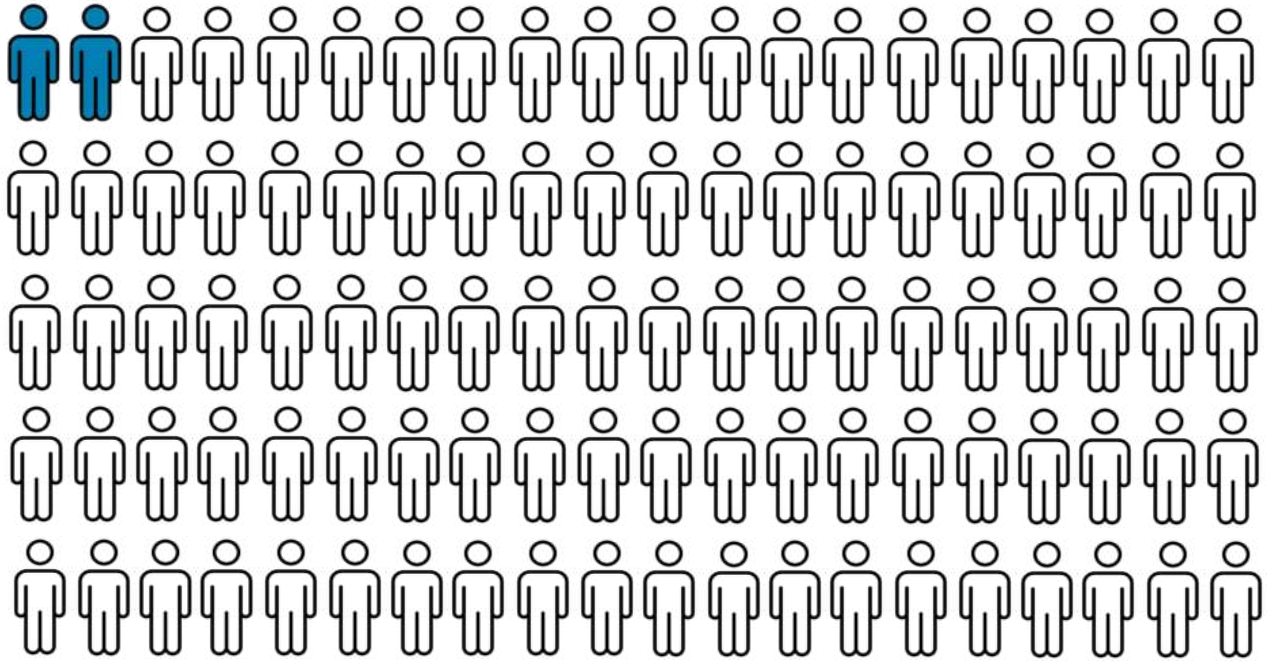
de personnes jouent aux jeux vidéo

De nombreux bénéfices…



… mais parfois aussi des conséquences négatives pour certains

Trouble lié au jeu vidéo



Concerne **1,5-2%** de la population générale

Officiellement reconnu en 2019 par l'OMS dans la 11ème Classification Internationale des Maladies (CIM-11)

Efforts de recherche

Caractéristiques de conception des jeux

Caractéristiques psychologiques des joueurs

Efforts de recherche

Jeux en ligne
Jeux de rôle en ligne massivement multijoueurs (MMORPG)
Jeux de tir à la première personne (FPS)
Arènes de bataille en ligne multijoueurs (MOBA)

Caractéristiques de conception des jeux

Caractéristiques psychologiques des joueurs

Taxonomies existantes

nature reviews psychology

https://doi.org/10.1038/s44159-023-00153-4

Review article

Check for updates

A taxonomy of technology design features that promote potentially addictive online behaviours

Maèva Flayelle[1], Damien Brevers[2,3], Daniel L. King[4], Pierre Maurage[2], José C. Perales[5] & Joël Billieux[1,6]

Flayelle et al. (2023)

- **Mécaniques de surprise**
- **Contenu généré aléatoirement**
- **Loot boxes**

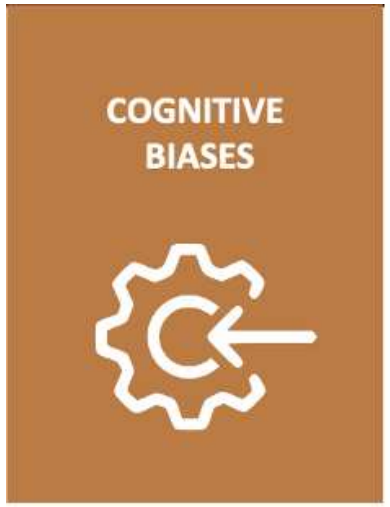
- **Graphismes et sons réalistes**
- **Eléments de jeu de rôle**
- **Accomplissements dans le jeu**

Flayelle et al. (2023)

- **Offres à durée limitée**

- **Systèmes régulant la progression des joueurs**
- **Récompenses**
- **Achats intégrés (microtransactions)**

Flayelle et al. (2023)



- **Monde virtuel persistant**

Flayelle et al. (2023)

Quelles caractéristiques sont les plus susceptibles de favoriser des pratiques de jeu dérégulées?

PERSPECTIVE INTERACTIONNISTE

Pourquoi

Quand

Pour qui

Perspectives de recherche futures

Addictive Behaviors Reports 21 (2025) 100609

Contents lists available at ScienceDirect

Addictive Behaviors Reports

journal homepage: www.elsevier.com/locate/abrep

Understanding the interplay between video game design features and dysregulated gaming patterns: A call to anchor future research directions in interactionist frameworks☆

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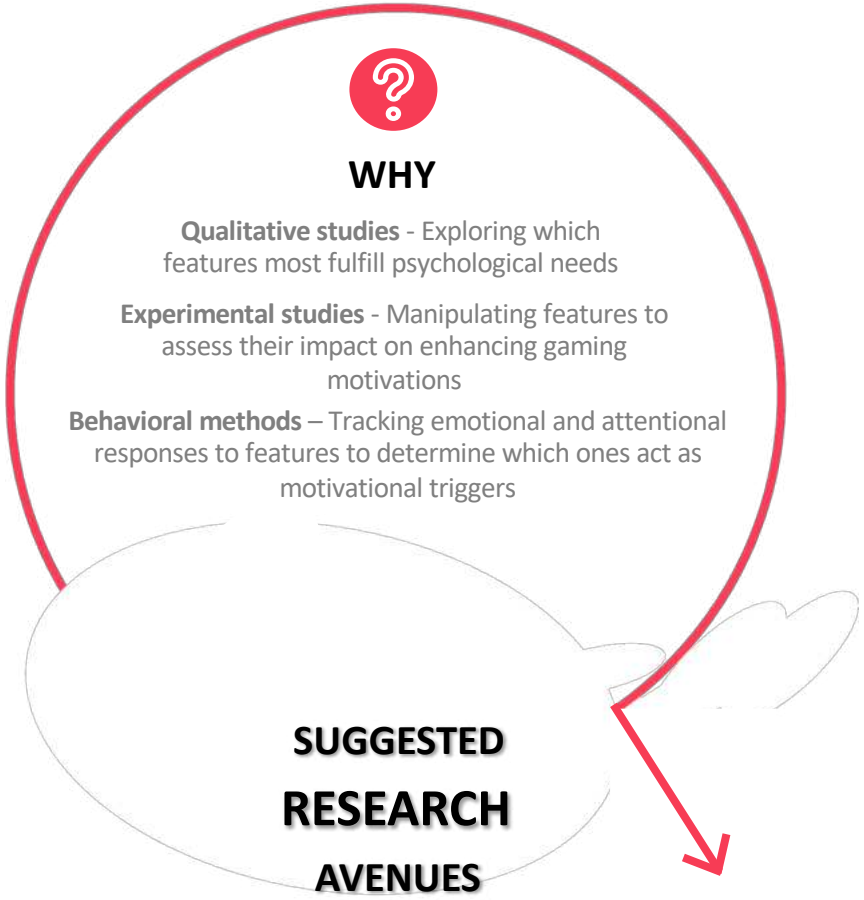


Flayelle et al. (2025)

WHY

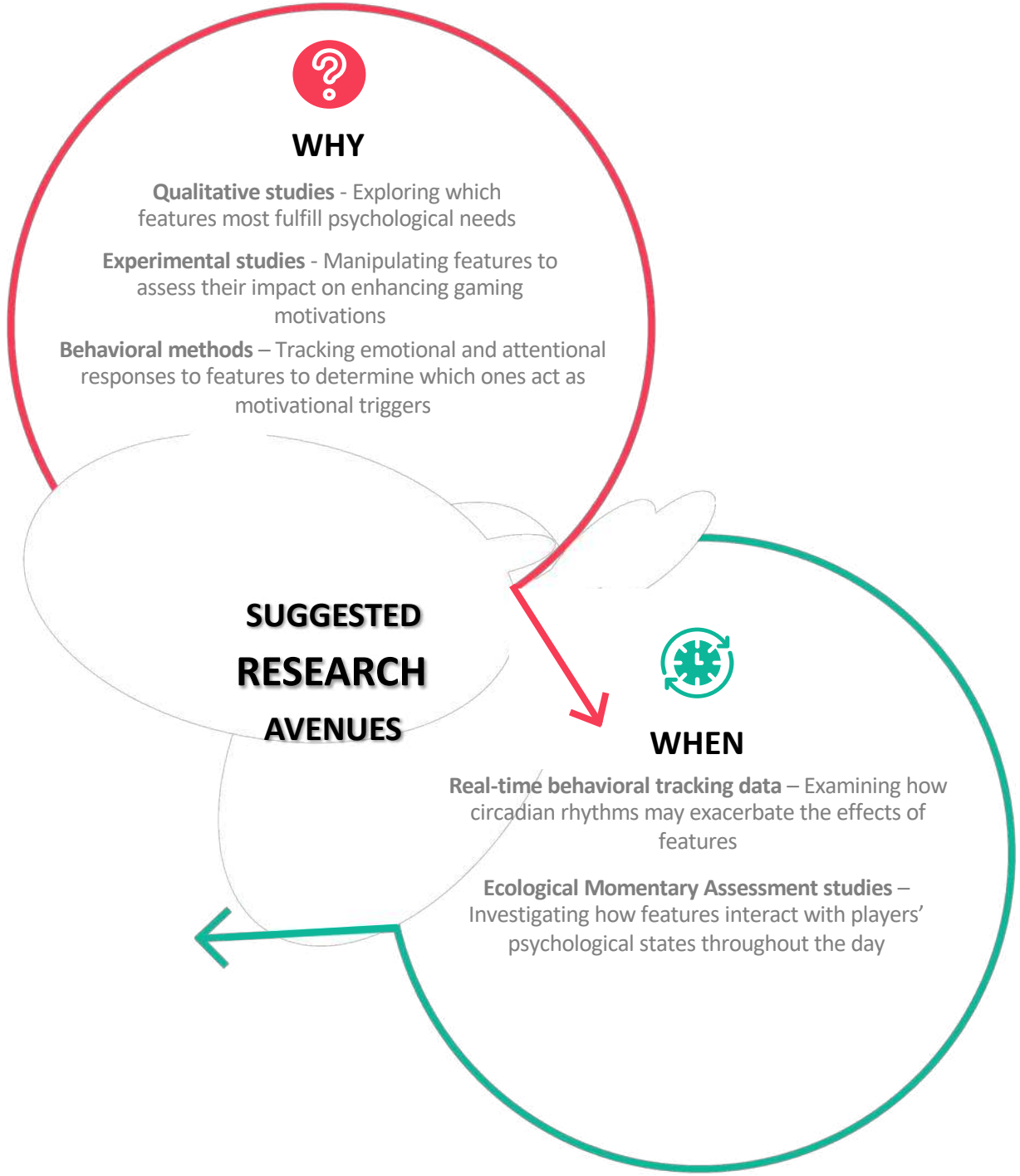
Qualitative studies - Exploring which features most fulfill psychological needs

Experimental studies - Manipulating features to assess their impact on enhancing gaming motivations

Behavioral methods – Tracking emotional and attentional responses to features to determine which ones act as motivational triggers

SUGGESTED RESEARCH AVENUES

Flayelle et al. (2025)



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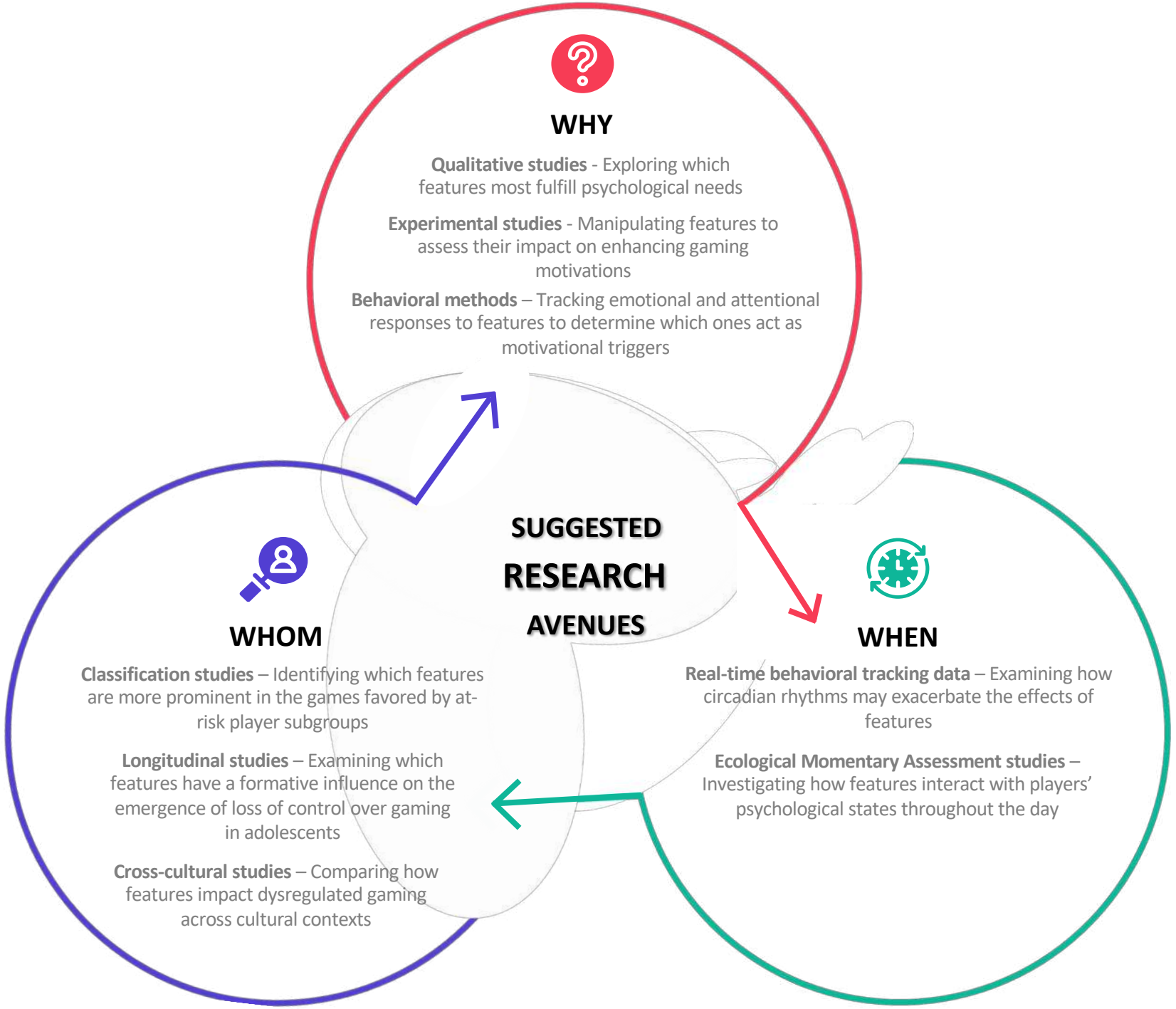
WHEN

Real-time behavioral tracking data – Examining how circadian rhythms may exacerbate the effects of features

Ecological Momentary Assessment studies – Investigating how features interact with players' psychological states throughout the day

Flayelle et al. (2025)



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SUGGESTED RESEARCH AVENUES

WHOM

Classification studies – Identifying which features are more prominent in the games favored by at-risk player subgroups

Longitudinal studies – Examining which features have a formative influence on the emergence of loss of control over gaming in adolescents

Cross-cultural studies – Comparing how features impact dysregulated gaming across cultural contexts

WHEN

Real-time behavioral tracking data – Examining how circadian rhythms may exacerbate the effects of features

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Merci pour votre attention!

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