Role play, Emotional dysregulation and Interpersonal relationship (TTRPG)

Elsa Brais-Dussault, **psychologist**, D.Psy
et Aurélien Richez, **psychologist**, Ph.D
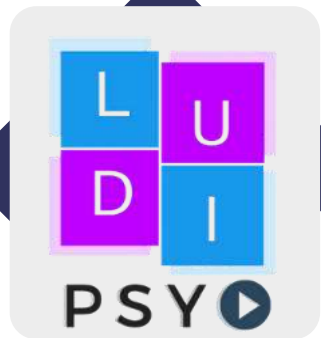2022 - 2023

1) An interdisciplinary team

Research and psychology

Elsa Brais-Dussault
Psychologist, D.Psy

LudiPsy
Mental Health and gamification

Aurélien Richez
Psychologist, Ph.D

Association Innovation Alzheimer

CHU de Nice:
Université Côte d'Azur

Cognition – Behaviour Technology
(CoBTeK)

2) Background and objectives

Social Skills

Definition: *abilities to demonstrate appropriate behavior in a variety of contexts (...) (Brown, 2003).*

•*Composite construct integrating different components: observation, recognition, and identification of social behavior.*

•*Specific and discrete behaviors, both verbal and nonverbal, that are interactive in nature and involving effective and appropriate responses (e.g. timing, reciprocity).*

•*Reinforcement of social behaviors (Douaire, 2008).*

Objectives

1. Development / validation of a specific observation grid.

2. Evaluation of the impact of the TTRPG on a beginner population.

emotional regulation

self-esteem

open-mindedness

General well-being

Project keywords: social skills, emotional regulation, role-playing game, observational study

3) Methodology

Participants : beginners players/ adults

**Effective**: $N_{théorique}$ = 16 ; 4 tables of 4 participants

Terms: virtual tables, facilitated by MJ collaborators in the study.

Protocol: 5 game sessions + a 0 session (prior to the first game session). Frequency of play to be determined

Pre-intervention evaluation (before the game sessions): psychometric instruments (questionnaires)

PER-intervention evaluation (during the game sessions): video recording of sessions 0, 1 and 5 + psychometric instruments.

POST-intervention evaluation (at the end of the 5 game sessions): psychometric instruments (questionnaires)

Session 0   Session 1   Session 2   Session 3   Session 4   Session 5
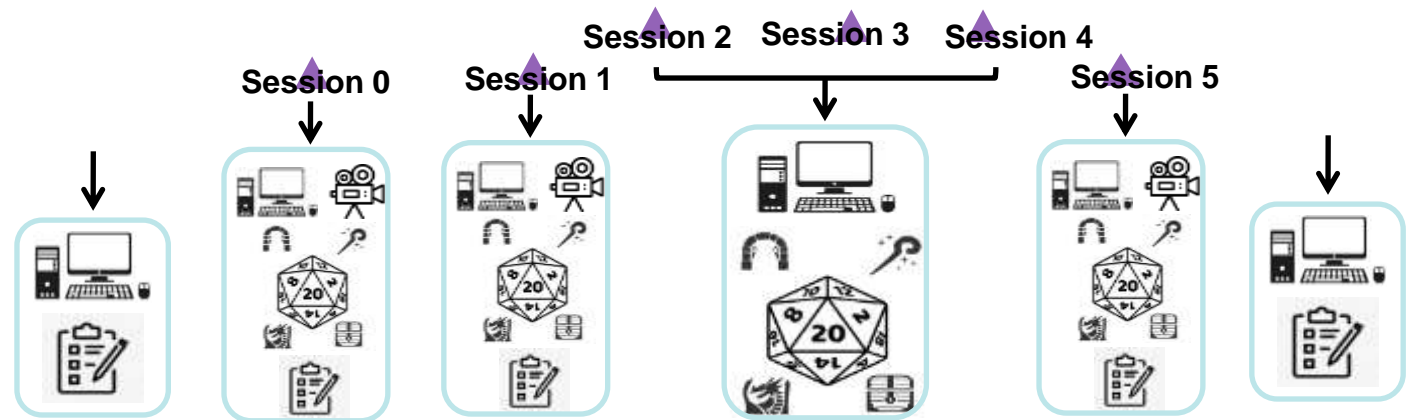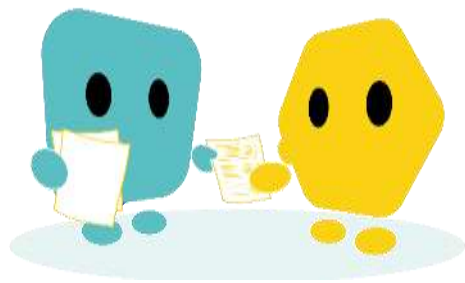
3) Methodology

PRE-POST interventions: before the first game session and at the end of the 5 game sessions (≈ 50 minutes).

PER-interventions: at session 0, during the game session 1 and 5 (≈ 35 min).

Questionnaires

BDI: Beck Depression Inventory/ symptoms of depression/ 5 min

STAI: State-Trait Anxiety Inventory/ symptoms of anxiety/ 5 min

IRI: Interpersonal Reactivity Index/ Interpersonal difficulties**/** 5 min

WHO-5: WHO Wellness Questionnaire/ index of well-being/ 1 min

TROBE: Communication Questionnaire/ communication difficulties/ 10-15 min

Rosenberg Questionnaire: Self-esteem scale, 10 items/ 3 min

DERS-F: Emotional Regulation Scale, 36 items/ 5 min

UCLA Loneliness Scale (UCLA-3): Feeling of loneliness/ 20 items, 5 min

MI-45: 45 items impact measure/ effectiveness of psychotherapy/ 5-6 min

MSP-25: Psychological Stress Measure, 25 items /5 min

GHQ-12: General Health Questionnaire,12 items version/ 5 min

Questionnaires

DASS: Depression Anxiety and Stress Scale, version 42 or 21 items / 5-10 min

WHO-5: WHO Wellness Questionnaire/ index of well-being/ 1 min

TROBE: Communication Questionnaire/ communication difficulties/10-15 min

UCLA Loneliness Scale (UCLA-3): Feeling of loneliness/ 20 items, 5 min

**Rosenberg Questionnaire:** Self-esteem scale, 10 items/ 3 min

4) Prospects

Main objective

Development of an observation grid for role-playing games to identify behaviors that may correlate with targeted psychometric measures.

The grid aims to be flexible and applicable to different levels of analysis: clinicians, facilitators, researchers...

Secondary objective

Standardized evaluation of the impact of short-term role-playing practice in novice TTRPG players on social skill learning, anxiety management and perceived well-being.
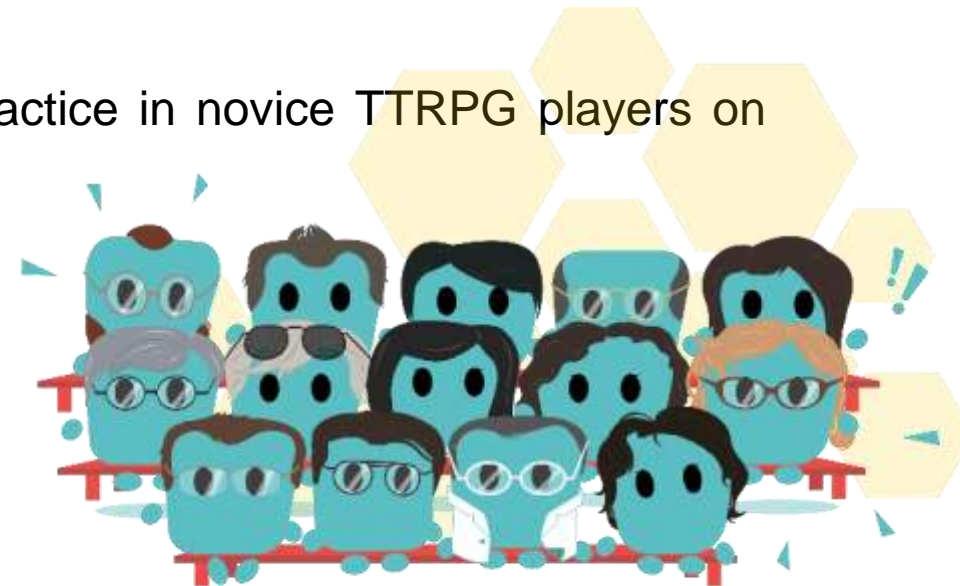
Thank You!

Elsa Brais-Dussault, psychologist, D.Psy

Aurélien Richez, psychologist, Ph.D

2022 - 2023