



Swansea University
Prifysgol Abertawe



Cronfa - Swansea University Open Access Repository

This is an author produced version of a paper published in :
Games for Health Journal

Cronfa URL for this paper:
<http://cronfa.swan.ac.uk/Record/cronfa30233>

Paper:

Mackintosh, K., Standage, M., Staiano, A., Lester, L. & McNarry, M. (2016). Investigating the Physiological and Psychosocial Responses of Single- and Dual-Player Exergaming in Young Adults. *Games for Health Journal*
<http://dx.doi.org/10.1089/g4h.2016.0015>

This article is brought to you by Swansea University. Any person downloading material is agreeing to abide by the terms of the repository licence. Authors are personally responsible for adhering to publisher restrictions or conditions. When uploading content they are required to comply with their publisher agreement and the SHERPA RoMEO database to judge whether or not it is copyright safe to add this version of the paper to this repository.
<http://www.swansea.ac.uk/iss/researchsupport/cronfa-support/>

Table 3. Descriptive characteristics of psychosocial variables by condition.

	Single-Player (<i>n</i> = 36)	Dual-Player (<i>n</i> = 36)	Total (<i>n</i> = 72)	Effect size (Cohens's <i>d</i>)
Vitality	21.4 ± 4.2	21.5 ± 4.5	21.5 ± 4.3	0.02
Positive affect	23.1 ± 3.0	23.1 ± 3.8	23.1 ± 3.4	0.00
Negative affect	10.2 ± 4.2	10.2 ± 5.0	10.2 ± 4.6	0.00
Pressure or tension	2.2 ± 1.0	2.1 ± 1.0	2.1 ± 1.0	0.10
Competence	4.9 ± 1.1	5.2 ± 1.1	5.1 ± 1.1	0.29
Choice	6.0 ± 0.9	6.1 ± 0.9	6.0 ± 0.9	0.11
Effort and importance	5.2 ± 1.2	5.3 ± 1.1	5.2 ± 1.1	0.09
Interest and enjoyment	5.4 ± 1.0	5.5 ± 1.2	5.5 ± 1.1	0.09

Note. Means ± SD. All parameters determined from a 7-point scale. *n* = 36 participants * 2 conditions.