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The first published use of this "Video Game Rating Sheet" was by Anderson & Ford (1986). Some other studies that have used this scale are listed below.

Anderson, C.A., & Ford, C.M. (1986). Affect of the game player: Short-term consequences of playing aggressive video games. Personality and Social Psychology Bulletin, 12, 390-402.

Anderson, C.A., & Morrow, M. (1995). Competitive aggression without interaction: Effects of competitive versus cooperative instructions on aggressive behavior in video games. Personality and Social Psychology Bulletin, 21, 1020-1030.

Anderson, C.A., & Dill, K.E. (2000). Video games and aggressive thoughts, feelings, and behavior in the laboratory and in life. Journal of Personality and Social Psychology, 78, 772-790.

Anderson, C.A., Murphy, C.R., Benjamin, A.J., Eubanks, J., & Valentine, J. (under review). Violent video games, trait hostility, aggressive thoughts, and aggressive behavior.

Researchers may use these materials free of charge for research purposes.

This document and others containing various scales used by my research team in recent years may be found at my web site (<http://www.psychology.iastate.edu/faculty/caa/>). Simply go to the web site, click on the "Recent Publications" link, and then on the "Click here to access various scales..." link.

My colleagues and I hope you find this scale useful in your research. I would love to see copies of your research papers that use this scale. Please send them to me at:

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Thank you!

Video Game Rating Sheet

1. How difficult was Myst?

1	2	3	4	5	6	7
Easy						Difficult

2. How enjoyable was Myst?

1	2	3	4	5	6	7
Not Enjoyable						Enjoyable

3. How frustrating was Myst?

1	2	3	4	5	6	7
Not Frustrating						Frustrating

4. How exciting was Myst?

1	2	3	4	5	6	7
Not Exciting						Exciting

5. How fast was the action of Myst?

1	2	3	4	5	6	7
Slow Action						Hectic Action

6) How violent was the content of Myst?

1	2	3	4	5	6	7
No violent Content						Very Violent Content

7. How violent were the graphics of Myst?

1	2	3	4	5	6	7
No violent Graphics						Very Violent Graphics