## Fill in the gaps with a single word

## Video games are good for you!

For years video games (criticise)....................... for making people more antisocial, overweight or (depress) ................... . But now researchers are (find) ............ that games can actually change us for the better and improve ........... our body and mind.

Games can help (develop) .................. physical skills. Pre-school children who played interactive games such as the ones available on Wii have been shown to have improved motor skills, for example they can kick, catch and throw a ball ............. than children who (not play) ..................video games. A study of surgeons who do microsurgery in Boston (find) ........... that those who played video games (be) .............. 27 per cent faster and made 37 per cent fewer errors than those who (do not) .............. Vision is also (improve) ........., particularly telling the difference between shades of grey. This is useful for (drive) at night, piloting a plane or (read) ................ X-rays.

Games also benefit a variety of brain functions, (include) ............ decision-making. People who play action-based games .............. decisions 25 per cent (fast) ............ than others and are no less accurate, according ...... one study. It was also (find) ............. that the best gamers can make choices and act on them up ....... six times a second, four times faster ............ most people. In another study by researchers from the University of Rochester in New York, experienced gamers (be) ............ shown to be able (pay) ........... attention to .......... than six things at once without (get) ............. confused, compared with the four that most people can normally keep....... mind. Additionally, video games can also reduce gender differences. Scientists have found that women .......... play games are better able to mentally manipulate 3D objects.

There is also evidence that gaming can (help) ............ with psychological problems. At the University of Auckland in New Zealand, researchers (ask) ............. 94 young people diagnosed with depression ...... play a 3D fantasy game (call) ............... SPARX and in many cases, the game (reduce) ............... symptoms of depression more than conventional treatment. Another research team at Oxford University found that (play) ............. Tetris shortly after exposure to something very upsetting – in the experiment, a film of traumatic scenes of injury and death (be) ......... used – can actually prevent people (have) disturbing flashbacks.

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[Check your understanding: multiple choice](https://learnenglishteens.britishcouncil.org/skills/reading/upper-intermediate-b2-reading/video-games-are-good-you)

There is also evidence that gaming can (help) ............ with psychological problems. At the University of Auckland in New Zealand, researchers (ask) ............. 94 young people diagnosed with depression ...... play a 3D fantasy game (call) ............... SPARX and in many cases, the game (reduce) ............... symptoms of depression more than conventional treatment. Another research team at Oxford University found that (play) ............. Tetris shortly after exposure to something very upsetting – in the experiment, a film of traumatic scenes of injury and death (be) ......... used – can actually prevent people (have) disturbing flashbacks.

The effects are not always so positive, however. Indiana University researchers ............. out brain scans on young men and found evidence .......... violent games can alter brain function after as little ...... a week of play, affecting regions in the brain associated with emotional control and (cause) ........... more aggressive behaviour in the player. But Daphne Bavelier, one of the most experienced researchers in the field, (say) ....... that the violent action games that often worry parents most may actually have the (strong) ............ beneficial effect on the brain. In the future, we may see many treatments for physical and neurological problems which incorporate the (play) ............ of video games.