

Table 3

Model estimates of gaming behaviors, including confidence intervals, p-values and effect sizes.

Model	Estimate	95 % CI	p-value
GAIT			
Intercept	43.69	38.92 to 48.46	< .001
Time (baseline to 6 months)	-13.96	-19.42 to -8.50	< .001
Time x Time	1.45	.00 to 2.91	= .05
Within group effect size (Cohen's d)	5.12 ^a	-.44 to 11.64	
Hours/week			
Intercept	48.98	36.41 to 61.56	< .001
Time (baseline to 6 months)	-9.82	-15.47 to -4.18	< .001
Time x Time	.72	.03 to 1.4	< .05
Within group effect size (Cohen's d)	.83 ^b	-1.27 to 2.71	
Days/week			
Intercept	5.56	4.49 to 6.64	< .001
Time (baseline to 6 months)	-.14	-.37 to .1	= .242
Within group effect size (Cohen's d)	N/A		
Non-gaming screen hours/week			
Intercept	30.05	23.95 to 36.16	< .001
Time (baseline to 6 months)	-.99	-1.79 to -0.19	< .05
Within group effect size (Cohen's d)	.48 ^b	-1.85 to 2.62	
Non-gaming leisure hours/week			
Intercept	14.45	4.39 to 24.52	< .01
Time (baseline to 6 months)	2.08	1.08 to 3.07	< .001
Within group effect size (Cohen's d)	1.22 ^b	-.13 to 2.78	

^aEffect size is calculated between baseline and 6-month follow-up for GAIT.^bEffect size is calculated between baseline and the final week of treatment for the gaming diary.