

FEMALE NIGHTMARE PROTECTION AS A FUNCTION OF SEX ROLE IDENTITY AND SEX OF EXPERIMENTER

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INTRODUCTION

- Previous research



NIGHTMARE PROTECTION EFFECT

- Gamers who play combat centric action type video games practice quick reactions that allow them to develop defensive maneuvers in their dreams
- Nightmare Protection Effect in Military and University- Age Males



THE CURRENT STUDY



- Addressing Limitations of Previous Research
- Two independent variables (computer use and sex of experimenter)

HYPOTHESIS

- We hypothesized that participants playing an action first person perspective video game, and who identify as more masculine in their sex-role identity, will experience the nightmare protection effect.

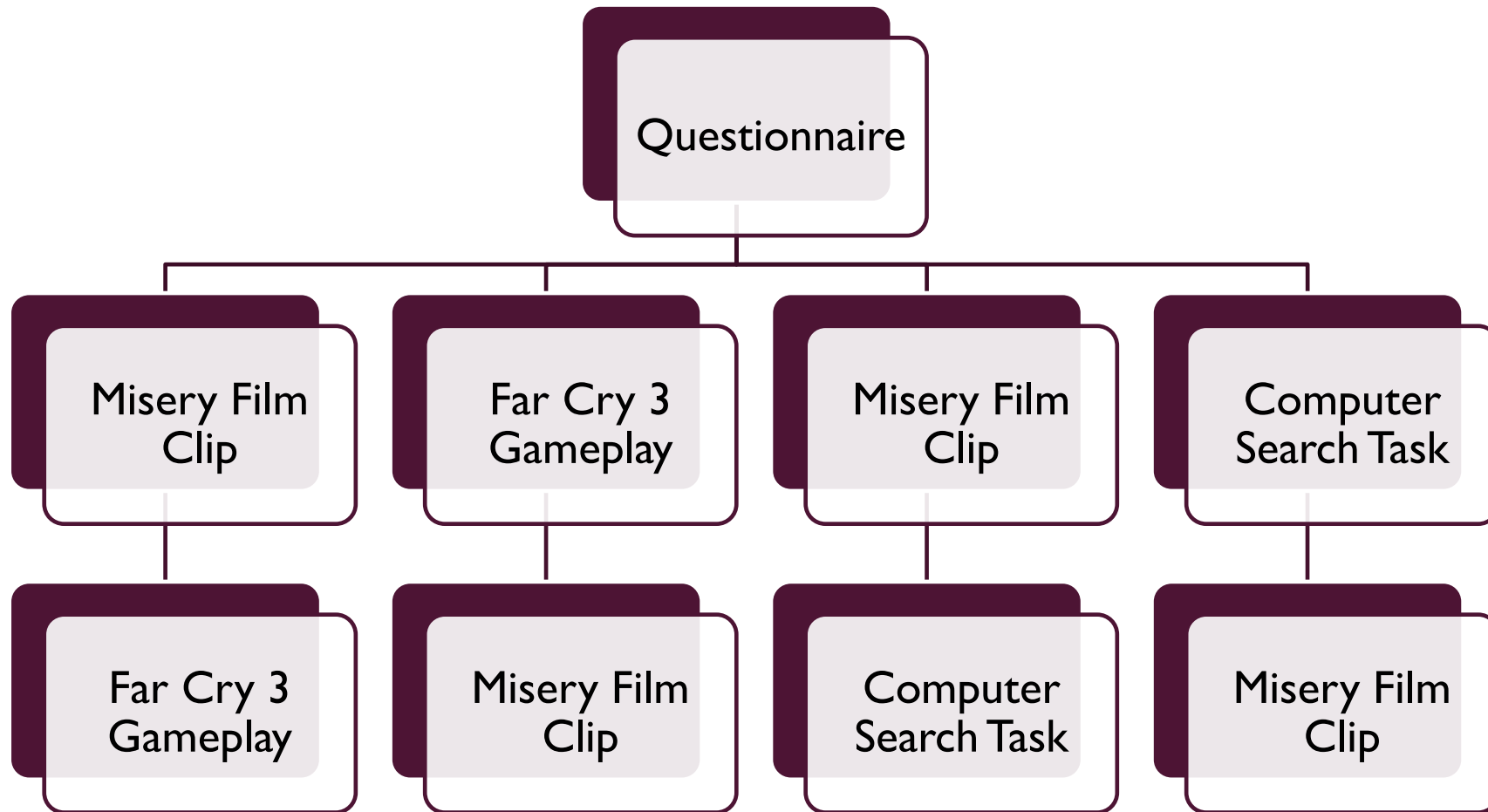


METHODS

- Pre-screened for:
 - High Dream Recall (the ability to recall at least one dream per week)
 - Frequency of video game play
 - High Tolerance of Violence in Media
- Participants (n=65, all female)
- Participants Were Offered Incentive for Participation



METHODS



FAR CRY 3 GAMEPLAY

A sample from 2012's Far Cry 3 which 29 of our 63 participants played.



MISERY FILM CLIP



MISERY FILM FEEDBACK



- In analysis of self-report measures completed after watching the Misery film clip, participants indicated:
 - Emotional Level
 - Effectiveness

DISTRIBUTION OF PARTICIPANTS BETWEEN CONDITION AND SEX OF RESEARCHER CONDITION

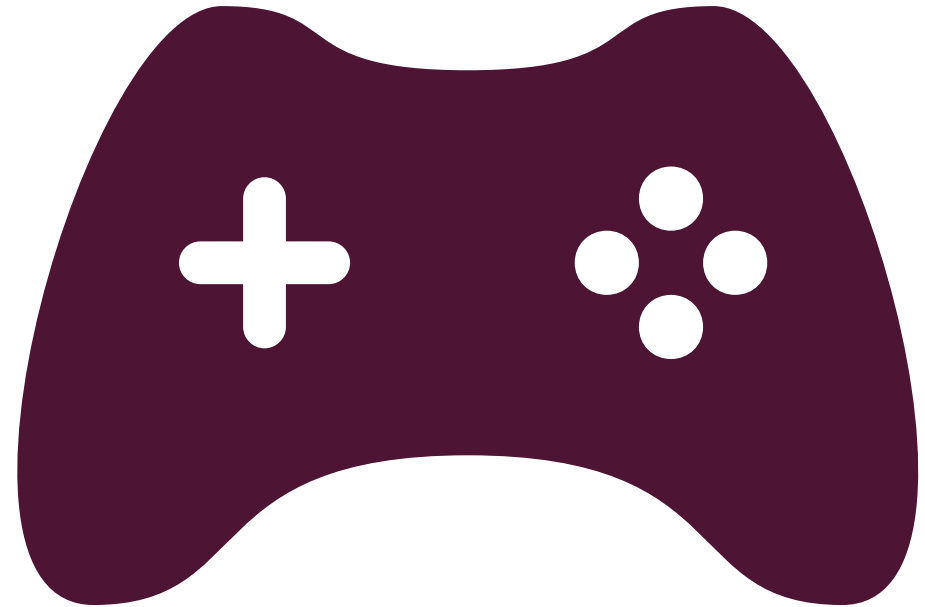
Table 1. Cross Tabulation of Sex of Researcher and Participant Condition

Count	Condition: Game	Condition: Computer Search	Total
Female Researcher	13	17	30
Male Researcher	16	19	35
Total	29	36	65

RESULTS

■ Potential Confounds:

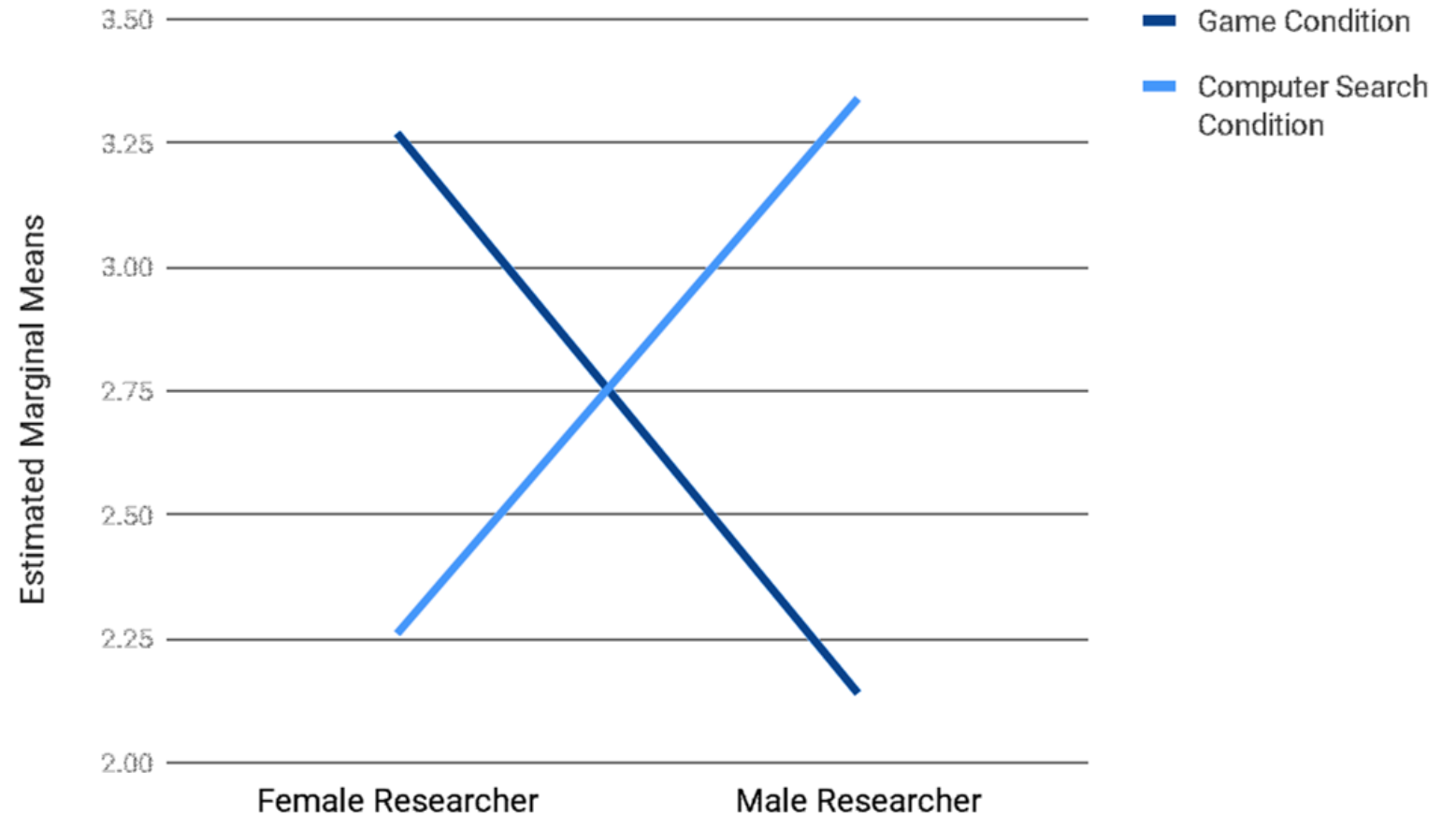
- Emotional Reactivity and Past Traumas Scores
 - ❖ Evenly distributed across conditions, not confounded
- Masculinity and Video Game Use Variables
 - ❖ Controlled for statistically



RESULTS

- **Self-Report of Emotions in Post-lab Dream:** Figure 1. *Post dream frustration report as a function of male and female researcher. Frustration was reported on a scale of (1) Experienced/not at all intense - (5) Experienced/extremely intense.*

Estimated Marginal Means of Frustration Reported in Post-Lab Dream



RESULTS

- **Threat Simulation Analysis**
- The Evolutionary Function of Threat in Dreams
- Coding Was Blind



RESULTS OF THREAT SIMULATION ANALYSIS

- We did not find any difference in threat in the post-lab dreams across condition
- Controlling for Masculinity
 - Had to be controlled for Statistically
 - It was predicted that higher Masculinity Scores would result in a greater Nightmare Protection Effect



RESULTS – LUCIDITY CODING

- **Lucidity and Consciousness in Dreams scale (Voss):**
- **Example of a Post-Lab Dream from the Far Cry 3 Condition:**
- “I was driving my 2006 Pontiac G6 on a dusty road in Zambia (Africa) [sic] Then I saw two kids in front of my car, instead of stopping I kept on going and hit both kids. After hitting the kids, instead of stopping before making things worse, I kept on going and ran over them. I came out of my car and the scene was horrifying with blood and flesh everywhere. This was so weird to me because I always stop for pedestrians and the fact that I did see the kids and hit anyway just puzzled me.”



RESULTS – LUCIDITY CODING



- In comparison, here is a dream from the Computer Search condition:
- “Last night, I had a dream that often comes after viewing something that is unpleasant. There was this movie called Jeepers Creepers that I stupidly watched when I was 7. And in the dream, the weird guy or "thing" who can fly and who's skin looks like it was burned from every inch and is green and black comes to my window. He taps, and I start screaming. All he does is hold up a sign that says "I am going to kill your family"....”

RESULTS – GAME CONTENT ANALYSIS



- Game Content Analysis
 - Locations
 - Person/Object/Thing
 - Actions

CONCLUSIONS

- Differential threat in post-lab dreams as a function of condition
- More Thinking in Post-Lab Dreams



CONCLUSIONS



- Less dissociation was experienced by those in the gaming condition than the computer search condition
- Results of male vs. female experimenter condition
 - More Emotion was Expressed in Post-lab Dreams with Male Researcher
 - Both Positive and Negative Emotions were more Prevalent with Male Researcher than with Female Researcher