Effect sizes:

<u>Kruskal Wallis tests</u>

Age: Statistical significant difference between

- amateurs and occasional players: r=0.15
- amateurs and former professional players: r=0.20
- amateurs and current professional players: r=0.14

Sleep time: Statistical significant difference between

- former and current professional players: r=0.42

<u>ANCOVA</u>

Video game play time: overall partial η^2=0.03

<u>Fisher's exact tests</u>

Gender: Statistical significant difference between

- former professional players and occasional players: φ_c=0.23
- amateurs and regular players: φ_c=0.11
- amateurs and occasional players: φ_c=0.22
- regular players and occasional players: φ_c=0.08

Employment: Statistical significant difference between

- former and current professional players: φ_c=0.42
- current professional players and regular players: φ_c=0.08
- current professional players and occasional players: φ_c=0.25
- former professional players and amateurs: φ_c=0.13
- former professional players and regular players: φ_c=0.09
- amateurs and occasional players: φ_c=0.10

Structured training: Statistical significant difference between

- current professional players and regular players: φ_c=0.21
- former professional players and regular players: φ_c=0.27
- amateurs and regular players: φ_c=0.51