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Age of adult video game player is 35

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The average age of an adult video gamer has been found to be 35, which is higher than previously believed, reveals a new US study.

Play on (Getty Image)

According to a team from Centers for Disease Control and Prevention (CDC), players were also less healthy, fatter, and more depressed than those who stayed away from the device.

A previous UK survey, conducted by the Leisure Software Publishers Association seven years ago, had placed the average age of the player's age between 25 and 34, reports the BBC.

But it also said that the age bar was gradually increasing, a finding reinforced by the CDC study.

CDC experts found that female gamers reported greater depression and lower health status than female non-players, while male video-game players reported a higher BMI and a greater reliance online than non-gamers.

Dr James B Weaver said: "Health risk factors, specifically a higher BMI and a larger number of poor mental-health days, differentiated adult video game players from non-gamers.

"Video game players also reported lower extraversion, consistent with research on adolescents that linked video-game playing to a sedentary lifestyle and overweight status

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