Tabloid papers have long had a hate-hate relationship with games. I can still remember TV presenter Anne Diamond appearing in a 2008 edition of the Daily Mail, posing for a photo while clutching copies of Dead Rising and Halo 3. “This game shouldn’t be allowed to be sold, even to adults,” she wrote disapprovingly of Resident Evil 4. “It wallows in violence for violence’s sake.” Her argument was that her kids shouldn’t be playing such violent games, which is true – those games are clearly labelled with huge 15 and 18 certificate warnings for a reason. That she could’ve figured out how violent they were just by looking at the back cover seemed to escape her.

More recently, the same outlet – and others like it – seized on a new piece of ‘research’ (I use the term advisedly) that purports to show “what avid gamers could look like in 20 years.” Spend too long playing games, the study suggests, and you’ll end up like Michael – a ghoul-like, computer-generated man with pale skin, arthritic and blistered hands from repeatedly prodding away at a controller, and dreadful posture from sitting in a chair all day.

The way I see it, there are at least two problems with this study. One: most people probably realise that doing the same indoors-y thing for hours each day (watching telly, knitting, and yes, playing games) is not ideal for their long-term health if they don’t also get out and exercise, so it’s hardly a groundbreaking discovery. Two: the outfit behind this research? OnlineCasino.ca. Thankfully, nothing bad has ever come from excessive online gambling.