**Small Study: Violent Video Games Reduced Stress**

Participants playing violent video games among an entire test group of 54 males had lower cortisol levels after playing the games than before they played, according to a study published in Physiology & Behavior. Study author Gary Wagener says that, after playing violent video games, the study participants also didn't have spikes in testosterone levels or self-reported aggression, and they recorded "beneficial physiological effects" on a self-test.

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[*https://www.iflscience.com/violent-video-games-dont-increase-aggression-and-might-actually-be-beneficial-72563*](https://www.iflscience.com/violent-video-games-dont-increase-aggression-and-might-actually-be-beneficial-72563)