



# INTERNATIONAL JOURNAL OF ROLE-PLAYING

A peer reviewed journal on analog role-playing games  
and adjacent phenomena

## ISSUE 15

### **Editorial: The Increasing Specificity and Maturity of Role-playing Game Studies**

The articles in this issue exemplify trends in the current literature in this rapidly expanding field. The issue includes complex theoretical analyses alongside evidence-based results to explore the impacts of RPGs in leisure, therapeutic, and educational settings.

Sarah Lynne Bowman,  
William J. White, and  
Evan Torner

3-8

### **Bleed and Identity: A Conceptual Model of Bleed and How Bleed-out from Role-playing Games Can Affect a Player's Sense of Self**

This article explores the sometimes nebulous concepts of bleed and identity in RPGs. The author presents a conceptual model that introduces the bleed perception threshold and details a relational matrix between basic bleed components and higher bleed complexes.

Kjell Hedgard Hugaas

9-35

### **Roll for Insight: Understanding How the Experience of Playing Dungeons & Dragons Impacts the Mental Health of an Average Player**

This article gathers 10 interviews and applies a reflexive thematic analysis to examine the connection between playing *D&D* and well-being. Themes uncovered were escapism, exploration of self, creative expression, social support, and routine.

Orla Walsh and  
Conor Linehan

36-60

### **"It Might Have a Little to Do with Wish Fulfillment": The Life-Giving Force of Queer Performance in TTRPG Spaces**

This work focuses on the potential of *D&D* communities to facilitate queer gender exploration. The article weaves together past scholarship, autoethnographic writing, and various forms of cultural production surrounding TTRPGs, queer identity, avatars, and gender performance.

Emry Sottile

61-73

### **Nordic Larp as a Method in Mental Health Care and Substance Abuse Work: Case *SÄRÖT***

This article details the creation and implementation of three larps intended to have positive impacts on participants' well-being. Developed by the author, a community educator, in collaboration with a psychiatric nurse, the *SÄRÖT* trilogy tackles three major themes respectively: mental health, substance abuse, and the experiences of a bystander.

Kerttu Lehto

74-91

### **Live Action Role-playing (Larp) in Cognitive Behavioral Psychotherapy: A Case Study**

This study provides an in-depth exploration of the design, implementation, and longitudinal results of a therapeutic larp intervention designed by the author. Featuring case studies of 6 clients, the study results support CBT-oriented larp as a suitable treatment for participants with specific mental challenges.

Lennart Bartenstein

92-126



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### **Surveying the Perspectives of Middle and High School Educators Who Use Role-playing Games as Pedagogy**

This work gathers 11 interviews from 5-12th grade teachers in the United States, Canada, and Cambodia, who reported increased engagement, new social connections, the development of affinity groups, and a lowering of perceived social stakes for students.

Maryanne Cullinan **127-141**

### **Playing with Leadership: A Multiple Case Study of Leadership Development Larps**

Applying Goffman's frame theory, this article categorizes the attributes of 4 case studies of leadership development larps, including 2 larps designed by each author respectively. The article concludes with design recommendations for practitioners and directions for future research.

Mátyás Hartyándi and  
Gijs van Bilsen **142-177**

### **Learning from Ludemes: An Inventory of Common Player Actions within Tabletop Role- Playing Games (TTRPGs) to Inform Principled Design of Game- Based Learning Experiences**

This article applies pedagogical theories to actions in *D&D* 5th Ed., evaluating their potential to help students achieve educational goals.

Jeremy Riel and  
Rob Monahan **178-210**