



## EMOGAME

PLAYING WITH YOUR EMOTIONS: A VIDEO GAME INTERVENTION TO IMPROVE EMOTION REGULATION IN CHILDREN.



## Abstract

### **Projekttitle/ Project title:**

**“A Video Game Intervention to Improve Emotion Regulation in Children”**

### **Einleitung/ Introduction:**

Emotional dysregulation in childhood represents a risk factor for psychopathology (Cole & Hall, 2008). However, early interventions to promote healthy adaptive emotion regulation may be inaccessible and unattractive to children. As children's mental health difficulties rise, innovative approaches are needed to support and prevent them. Digital interventions such as video games may help address this need.

### **Ziel/ Aim:**

We aim to create, implement, and evaluate a mobile video game that promotes social and emotional development in children at risk for affective disorders. The secondary objective is to evaluate the feasibility and acceptability of the video game by the children.

### **Methode/ Method:**

A systematic literature search according to PRISMA guidelines serve as template to extract features, elements, and story of the game. The design of the videogame will take into account proven and newly developed concepts from existing literature. Development steps will include the evaluation of the game in terms of usability, accessibility, validity reliability, feasibility, user experience and user interface. We will engage focus groups to gather suggestions proposed by different users.

The final phase is clinical evaluation: A two-armed, quasi-experimental design will be used. Eligible participants will be children between the age of 8 and 14 years. The study population consists of 120 children with difficulties in emotional regulation. The sample is split into the control and experimental group. The intervention group (n = 60) will receive video games for 25 minutes, every day, for 8 weeks, while the control group (n =60) will receive standard care. The emotional Skills and Competence Questionnaire (ESCCQ) will be used as a tool to assess children's emotional intelligence. Descriptive and analytical statistics will use to assess statistical significance between groups.

### **Ergebnis/ Result:**

This research may provide new insights into the treatment of emotion regulation in children. Furthermore, if positive results are found, the various mobile video games may be designed to improve symptoms of different mental disorders.

### **Projektbeteiligte/ Project participants:**



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