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## Video games for women's health behavioral change

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Video games present a unique opportunity for public health intervention, as they support player's intrinsic motivation to deliver experiential learning and behavior change. The advantages of video games include a high degree of adaptability and customizability of the user's experience, relative low-cost and convenience for the user. Women now make up about half the population of video game players. We hypothesized that the use of a multi modular video game, targeting various aspects of women's health is an effective way to initiate health behavior changes in this population. In this oral abstract presentation, we will review our recently collected data from an acceptability study examining interest in using video games to practice and develop improved parenting skills, including diet and sleep habits. The study included 100 reproductive aged, predominantly African American women in an inner city obstetrics and gynecology clinic, with low health literacy and high rates of emergency room overutilization. We will report summary statistics for all responses of survey questions for overall study subjects and for subjects who play video games. We will describe categorical variables by frequencies and percentage and use data from Chi-squared and Fisher exact tests as appropriate to compare gamers and non gamers examining if there is any correlations between their preferred ways to learn parenting skills. We will discuss how data from this survey will be used to develop a video game which aims to improve parenting skills, pediatric health literacy and decrease overutilization of the emergency department services.

## Biography

Alyson S Helmandollar is a 3<sup>rd</sup> year Obstetrics/Gynecology Resident at MedStar Washington Hospital Center. His research interests are obstetrics, women & child health and behavior change studies etc.

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