

GAMES FOR HEALTH EUROPE

2026



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DISCLOSURE SLIDE
for presentations at the

GAMES FOR HEALTH EUROPE 2026 CONFERENCE

I herewith confirm that there is not any conflict of interest with the conference organization or any of its sponsors.

Evaluating the effectiveness of different educational methods on the anxiety of children undergoing anesthesia

– a randomized controlled trial

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Our team from Finland and Iceland

Finland:

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Iceland:

- Brynja Ingadottir, Anna Ó. Sigurðardóttir, Adalheidur Stefansdottir, Berglind Brynjólfsdóttir, Elma R. Ingvarsdottir, Katrín Jónsdóttir, Karitas Gunnarsdóttir



Background

Children may experience anxiety before undergoing a procedure with anesthesia

A child's anesthesia can also be a significant source of stress for parents

Effective and age-appropriate interventions are needed to prepare children for anesthesia

Health literacy





For these purposes we have developed an educational health game

Previous work shortly

The ideas from end users

Views of children and parents (hospital and anesthesia)

Nurses

-  Game development
-  Usability testing / children
-  Game development
-  Feasibility/pilot testing



Then – randomized controlled trial in hospital settings

Aim

The aim of this randomized controlled study is to **evaluate the effectiveness** of the educational health **game intervention** from the perspective of children's anxiety



Methodology

- A randomized controlled trial
- The data is collected from 150 children undergoing anesthesia and their parents
 - 75 from Finland and 75 from Iceland
- Children aged 4-8 years old

Methodology

- Participants are randomly assigned to **three groups** for the preparation for the anesthesia:



1) game intervention



2) educational material on a website intervention (story)



3) the usual care, information from the health personnel

Methodology

- Questionnaires at baseline
 - CBQ, STAI, Background
- After the intervention:
 - Post 1 mYPAS, STAI
 - Post 2 mYPAS
 - Post 3 questionnaire for parents
- Child's anxiety is assessed by the nurse in the hospital (mYPAS).

Post1=Before the operation in the waiting room

Post2=Before the induction in the operating room

Post 3= 2-3 days after operation

Results

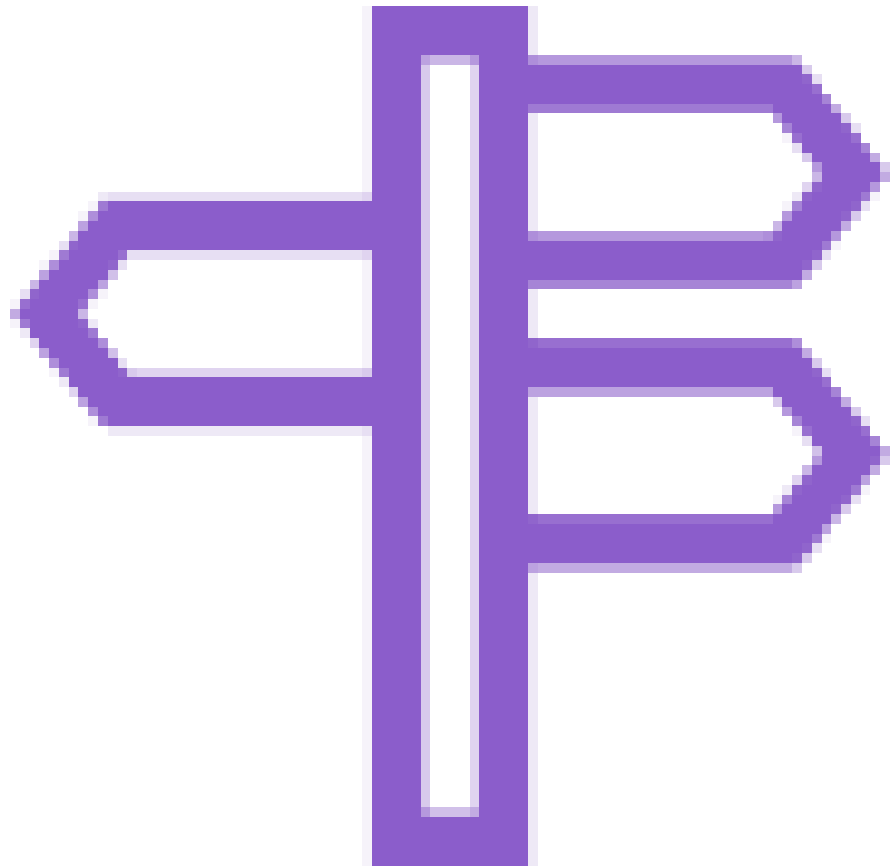
We will end data collection by the end of March 2026, or in few weeks

The results of this ongoing randomized controlled trial can indicate whether the developed game is effective in reducing children's anxiety before anesthesia.

Feedback has been good



Conclusions



If the study demonstrates that the developed game is an effective intervention, it can be utilized in the future to prepare children for procedures under anesthesia.

Both parents and nurses could use the game to prepare children for anesthesia.

Get inspired.



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