

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.

Strengthening informed decision-making and
choice of care during early pregnancy loss in
Germany:

Co-creative prototyping of the Serious Game
for Health CALMdecide

Julia Ruth Steinmann, Annette Hasenburg, Julia von Sommoggy, Sigrid Grün, Jan Neidhardt, Florian Fischer, Barbara Fillenberg

Ethics Statement

"For the main study and the participatory development of the game, an ethics application is currently being prepared for submission to the Medical Association of Rhineland-Palatinate."

Conflict of interest

"I declare that I have no conflict of interest.
I have not received any funding or payment for this presentation."

Background: Why this matters



(Quenby et al., 2021;
Peters und Dintios, 2018;
Peters et al., 2025)

- Early pregnancy loss affects up to 20% of pregnancies
- High emotional and psychosocial burden
- Decisions are supposed to be made quickly
- Limited support
- Affects women's lives and families

Background:

The real problem

Between guidelines and hard reality



(DGGG, 2025)

Decision-making under stress

- Short time between diagnosis and intervention
- Emotional shock + uncertainty
- Information is available, but not structured
- Lack of support for decision-making
- Existing guidelines often are not being followed (shared decision making, misinformation)

Available:

Digital factsheets

Social media spots

Apps for special treatment options

Most tools:

- Provide information
- Guide through treatment
- Support after decision

But:

- Little support for the decision itself
- No emotional validation
- No reliable

Flynn et al., 2025 a&b

Background:

Existing digital tools

Where do digital tools start?

Approach:

Our approach

We start before the decision



- Focus on the decision journey
- Support under uncertainty
- Structure the decision process in the living reality of the individual
- Combine information + reflection about personal needs
- Activation of personal resources and coping strategies

Why a Serious Game for Health?

(Verschueren et al., 2019)

- Active processing instead of passive reading
- Narrative makes sensitive topics accessible
- Combines emotional and cognitive aspects
- Safe space to explore options
- Users can move at their own pace

Methods:

Theoretical foundation

- Health Literacy
 - access, understand, apply information
 - Ottawa Decision Support Framework
 - decision needs under uncertainty
 - Medical Research Council Framework
 - development of complex interventions
- (Sørensen et al., 2012; Skivington et al., 2021; Stacey et al., 2020; Steinmann und Fillenberg, 2025)

Methods:
CALMdecide =
A decision space

- Not just information
- Not just guidance
- Structured exploration of options

Core elements:

- Slowing down the process
- Emotional validation
- Linking information to personal values

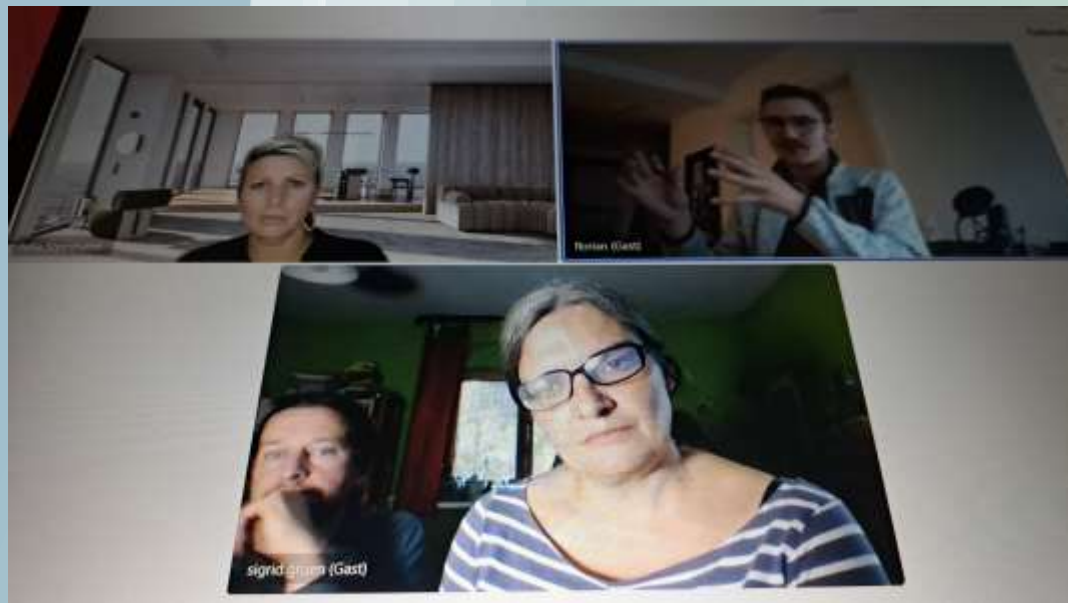
Methods:

Co-creation & development

Preliminary work

- Started in a healthcare hackathon (2025)
- Interdisciplinary team
- 14 co-creative meetings
- Experience expert involved
- Iterative design process of a Lo-Fi-Prototype





Core team:
Sigrid – cultural studies
Jan – social work
Florian – game development & project management
Irina – experience expert
+ thanks to all playtest participants

Pre-Production

Prototyp 1 Interaktives MockUp



Musik zur
Gefühle-
bestimmung?

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Playtest Berichte



Prototyp 2



Playtest Berichte



Hallo, wie bist du?

Zusammenführung



- Strong need for emotional validation
- Need for orientation and reassurance
- Preference for calm design
- Lack of accessible, trustworthy information
- Step-by-step information
- Choice between factual and narrative content

Findings:
**Preliminary
findings**
from co-creative work

Findings:

Design implications



- Do not overload users
- Provide structured, stepwise interaction
- Allow different pathways (fact vs narrative)
- Support emotional regulation
- Include links to professional support

Outlook:
Next steps
for development and
research



- Co-design with stakeholders
- Focus groups (patients & professionals)
- Prototype development and refinement
- Longitudinal pilot study

Outcomes:

- Health literacy
- Decision-making
- Psychosocial outcomes

To conclude:
Take home



- Decision support is central in sensitive care situations
- Serious games can support complex decision-making
- CALMdecide starts before the decision
- Connects to further care and support

**Not guiding a process –
but gently guiding people through
uncertainty.**



CALMdecide
an die Hand genommen

Which
questions
do you have?

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