



re-mission.net

Re-Mission™ Outcomes Study

Specially Designed Video Game Has Positive Impact on Health Behavior

HopeLab conducted a randomized, controlled, multi-center trial to test the effect of Re-Mission on adolescents and young adults with cancer. This study on Re-Mission is the largest randomized, controlled study of a video game intervention ever conducted, following 375 teens and young adults with cancer at 34 medical centers in the United States, Canada and Australia during three months of cancer treatment.

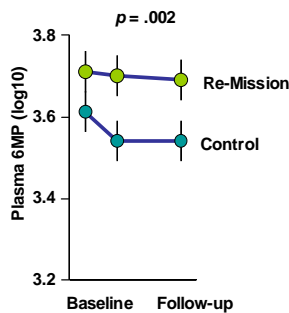
Participants were randomly assigned to receive PCs preloaded with a popular video game only or that control video game plus Re-Mission and asked to play the game(s) for at least 1 hour per week during the 3-month study period. Key outcomes measured included adherence to prescribed antibiotic and chemotherapy medications, cancer knowledge and self-efficacy.¹

Results

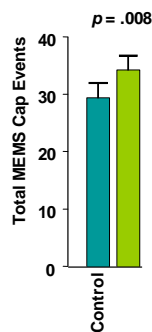
Study results were published in August 2008 *Pediatrics*, the official journal of the American Academy of Pediatrics.² Results show that patients given Re-Mission:

- Maintained higher levels of chemo in their blood
- Took their antibiotics more consistently
- Showed acquisition of cancer-related knowledge
- Showed faster increase in self-efficacy

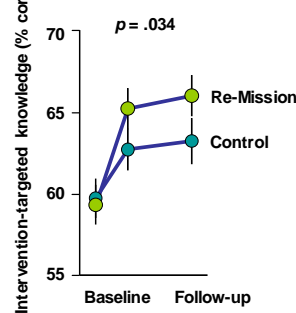
Chemotherapy: Oral 6MP



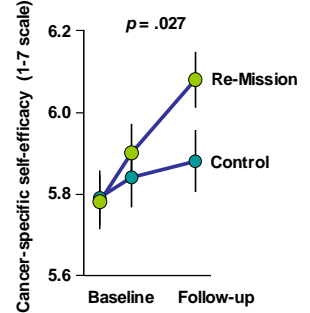
Antibiotics



Cancer Knowledge



Self-Efficacy



Available online at <http://pediatrics.aappublications.org/cgi/content/full/122/2/e305>.

Conclusions

These data show that a specially designed video game can have positive impact on health behaviors in young people. These findings and the process by which Re-Mission was developed and tested have practical application for the development and testing of other video games and/or other technology-based approaches to helping young people with chronic illness.

¹ Self-efficacy is defined here as an individual's belief in his or her ability to take a certain course of action in a challenging situation.

² Kato, PM, Cole, SW, Bradlyn, AS, Pollock, BH. A video game improves behavioral outcomes in adolescents and young adults with cancer: A randomized trial. *Pediatrics*; 122:e305-e317.



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