

SPACE MISSION SANITAS

Integrating physical activity into the daily life of cardiac patients - A persuasive game during rehabilitation

About the project:

Space Mission Sanitas is a game-based health intervention to help cardiac patients maintain their physical activity level after cardiac rehabilitation. Often people find it hard to maintain their physical activity level after cardiac rehabilitation. They face different barriers that lower their motivation, resulting in an unhealthy lifestyle with low physical activity. The target group for this project were participants that rehabilitated at Capri cardiac rehabilitation. The people that come to the rehabilitation training are often open to a lifestyle change but need

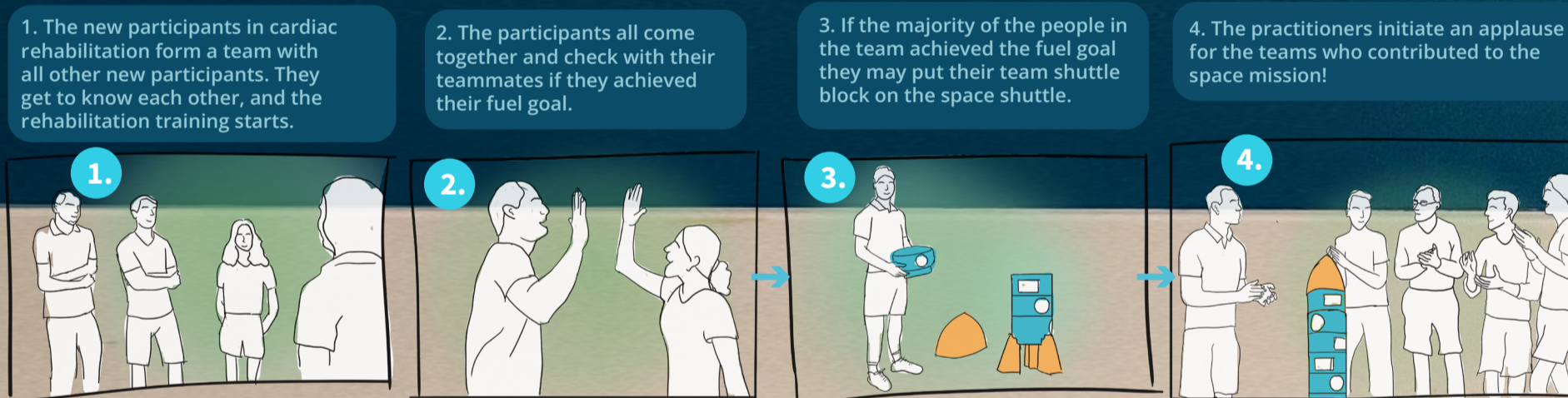
guidance on how to achieve this. A part of the participants are people with a low socioeconomic position (SEP), for them, it is even harder to maintain their physical activity after rehabilitation. When designing the game, the barriers of people with a low SEP were considered. To integrate physical activity into the daily life of cardiac patients, this game-based health intervention is designed and tested. The game is a tool to motivate physical behaviour in the gamified world, so that the experienced physical activity for the game will motivate people to

perform this behaviour in the real world. The evaluation cycle of one week, showed that the game had a positive effect on people their sense of competence, relatedness, and autonomy. This suggests that the game has a promising effect on the maintenance of physical activity after rehabilitation. In future research, the game will be tested over a period of six weeks to measure the actual effect on people's physical activity maintenance. The variety of insights gathered in this project can be used in future CR research and CR health interventions.

SCENARIO OF USE:

Phase 1: Introduction & team forming
Before the first rehabilitation training

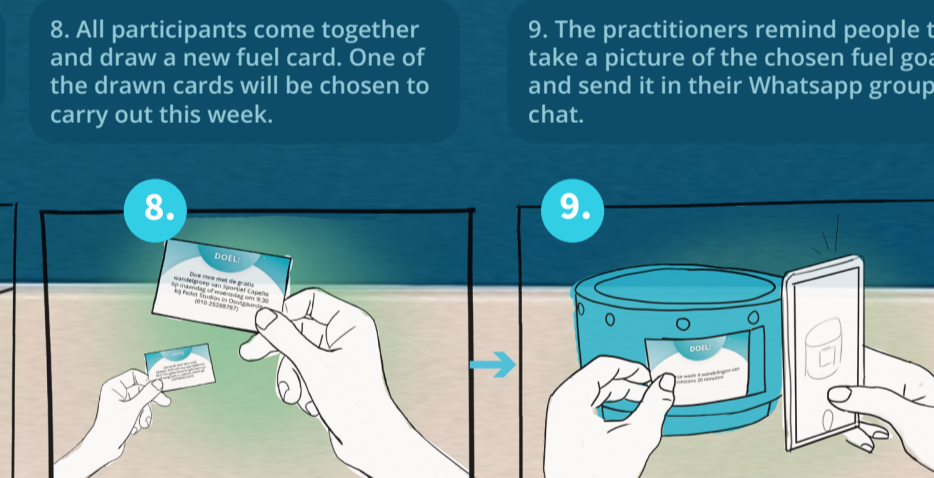
Phase 2: Clapping for achievements
Start of the rehabilitation training



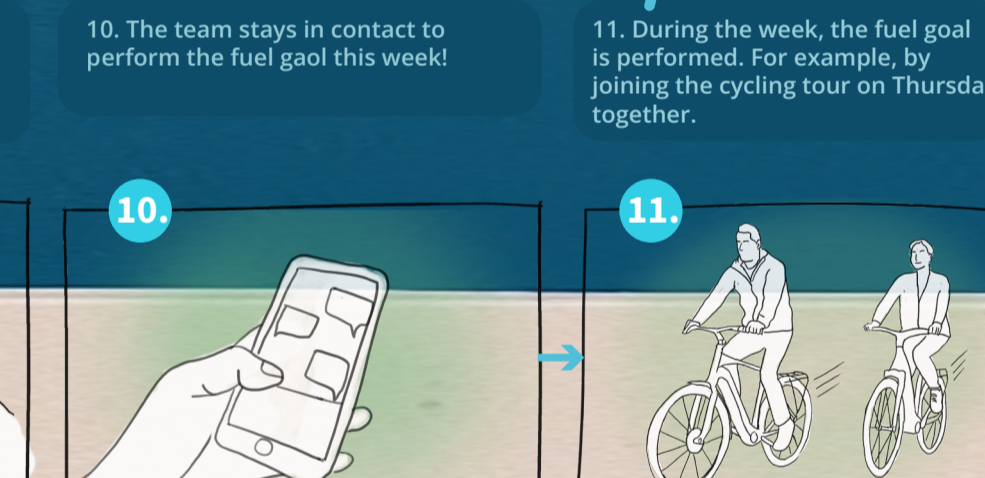
Phase 3: Selecting a fuel goal
End of the rehabilitation training



Phase 4: Performing fuel goal
Daily life context



Repeat phase 2: Clapping for achievements



The game

Space Mission Sanitas is a game where six teams are challenged during the cardiac rehabilitation period to achieve their weekly fuel goal. This fuel goal needs to be reached to provide their space shuttle with enough fuel to complete the overall mission.

The fuel goal can be seen as a metaphor for a weekly physical activity goal since the goals are related to physical exercise they can practice in their daily life context. Every week during the training, they will evaluate which team has achieved their fuel goal and every week they will draw and select a new fuel card for the coming week.

Scan for the introduction movie of Space Mission Sanitas (Dutch):



Megan Chan
Space Mission Sanitas: A persuasive game that integrates physical activity in the daily life of cardiac patients
06 - 07 - 2022 Design for Interaction

Committee Valentijn Visch
 Jasper Faber

