

# Download Research Teams To Study How Digital Games Improve Health

The Robert Wood Johnson Foundation (RWJF) announced more than \$1.85 million in grants for research that will offer unprecedented insight into how digital games can improve players' health behaviors and outcomes. Digital games can effectively teach refugee children much-needed skills -- including a new language, cognitive skills, and coding -- while also improving their mental health, finds new research. Playing games on an iPad or console is sometimes painted as a waste of time, but according to research out of Simon Fraser University, digital games can bring big health benefits to seniors. Otherwise, the outcome was “negative.” Study outcomes differed by game purpose category (Table 1). For example, only 50% of studies that aimed to improve disease self-management had positive primary outcomes, compared with 67%–100% for all other game types (e.g., physical therapy, psychological therapy, distraction from pain). - Research Teams To Study How Digital Games Improve Health