

Gaming for health: an updated systematic review and meta-analysis of the physical, cognitive and psychosocial effects of active computer gaming in older adults

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ABSTRACT

Active computer gaming (ACG) is method of enabling physical activity in older adults. This review aimed to determine the effect of ACG on health outcomes in older adults. Four electronic databases were searched to identify 24 eligible randomised controlled studies: 1049 participants; 72.2% female; mean age 78±5 years. Data were pooled for six outcomes, with small to moderate effects observed in favour of ACG for functional mobility and balance outcomes. A large effect was observed in favour of ACG for cognitive function. This review presents evidence that ACG is effective in improving physical and cognitive function in older adults.

Full papers will be published in the Conference Proceedings and will be freely available to delegates at the conference and online on September 20, 2016.