

## Original Paper

# Guidelines for the Gamification of Self-Management of Chronic Illnesses: Multimethod Study

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## Abstract

**Background:** Gamification is the use of game elements and techniques in nongaming contexts. The use of gamification in health care is receiving a great deal of attention in both academic research and the industry. However, it can be noticed that many gamification apps in health care do not follow any standardized guidelines.

**Objective:** This research aims to (1) present a set of guidelines based on the validated framework the Wheel of Sukr and (2) assess the guidelines through expert interviews and focus group sessions with developers.

**Methods:** Expert interviews (N=6) were conducted to assess the content of the guidelines and that they reflect the Wheel of Sukr. In addition, the guidelines were assessed by developers (N=15) in 5 focus group sessions, where each group had an average of 3 developers.

**Results:** The guidelines received support from the experts. By the end of the sixth interview, it was determined that a saturation point was reached. Experts agreed that the guidelines accurately reflect the framework the Wheel of Sukr and that developers can potentially use them to create gamified self-management apps for chronic illnesses. Moreover, the guidelines were welcomed by developers who participated in the focus group sessions. They found the guidelines to be clear, useful, and implementable. Also, they were able to suggest many ways of gamifying a nongamified self-management app when they were presented with one.

**Conclusions:** The findings suggest that the guidelines introduced in this research are clear, useful, and ready to be implemented for the creation of self-management apps that use the notion of gamification as described in the Wheel of Sukr framework. The guidelines are now ready to be practically tested. Further practical studies of the effectiveness of each element in the guidelines are to be carried out.

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**KEYWORDS**

gamification; health care; behavior change; self-management; chronic illnesses

## Introduction

The use of gamification in health care is receiving a great deal of attention in both academic research and the industry [1-13]. Gamification is the use of game elements and techniques in nongaming contexts [14]. It is employed in different areas including health care to facilitate engagement and behavioral

change and increase motivation [15,16]. The attention given to gamification is due to its perceived usefulness and benefits, especially when dealing with chronic illnesses and daily self-management by patients [3,17,18]. Chronic illnesses require repetitive but important tasks that could be made easier to handle with gamification. Thus, it could be of interest for developers to gamify health and fitness apps. However, it can be noticed

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**RD Boyd**



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