

Evaluating the Effectiveness of a Mobile Game to Improve Self-Management Skills of Teens and Young Adults with Spina Bifida and other Spinal Cord Impairments

SCI Hard is a mobile game designed to help teens and young adults with spina bifida and other spinal cord impairments improve their ability to manage their health and interact with others. The game can be downloaded to Apple or Android mobile devices and takes about five hours to complete. The goal of the game is for players to be able to manage their health and prevent complications so they can achieve independence, get out into the community, and save the world.

We are currently recruiting research participants, 13 to 29 years old, with spina bifida or related impairments of the spinal cord, in order to play and evaluate the game. Participants will complete a set of online surveys three times over three months and will be expected to download and play their assigned mobile game (either SCI Hard or another game). If they complete all parts of the study, they will be eligible to earn up to \$100.



For more information, visit www.scihard.com or email scihardgame@umich.edu



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This study is approved by the University of Michigan Institutional Review Board HUM00082972.