

LivingVerb: A Single-Session Gamified Value-Clarification Intervention to Activate Life Projects across the Adult Lifespan

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INTRODUCTION & AIM

BACKGROUND

Values clarification is key to tailor person-centered care to individual core values. Gamified tools to clarify values are scarce and designed for adolescents. We present LivingVerb, card game specifically designed for older adults

THE 3 PILLARS OF LIVINGVERB



AIMS

1. To assess acceptability and feasibility of LivingVerb.
2. To examine the adaptability and cross-generational relevance of the tool in adult populations.

METHOD

PARTICIPANTS

10 community dwelling older adults (M age: 74.8, Sd: 5.7, 90% female)
 11 university students (M age: 20.4, Sd: 0.9, 82% female)

MEASURES

Feasibility: time to completion; use of wild cards
 Acceptability: ad-hoc questions



CARD GAME

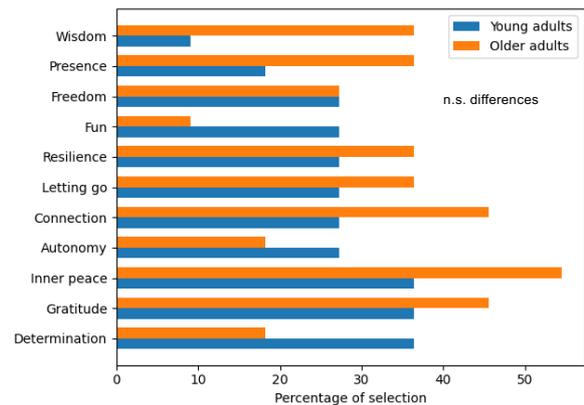
30 value cards
 4 blank cards
 How to play: This is a solo game. Reduce the 30 cards to your 5 core values. Use a wild card if needed.

PROCEDURE



RESULTS & DISCUSSION

VALUES PROFILE



Younger adults

Achievement/action (determination, autonomy) and emotional wellbeing (gratitude, inner peace)

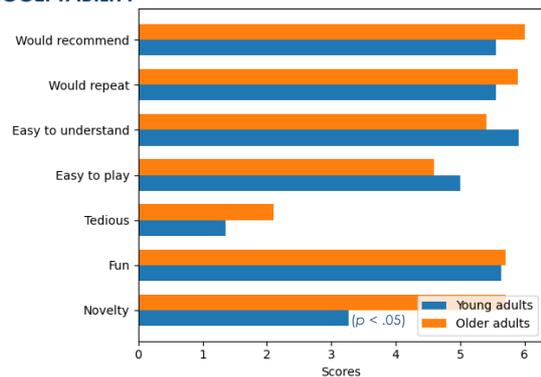
Older adults

Emotional wellbeing (gratitude, inner peace) and bonds (connection) and vital experience and acceptance (letting go, resilience, presence, wisdom)

FEASIBILITY

Time to complete. Young adults 6min52s vs Older adults 10min49s ($p < .05$)
 Wild cards used: 0 in both groups

ACCEPTABILITY



CONCLUSION

- LivingVerb is a feasible, acceptable, and low-cost values clarification gamified tool.
- Great potential to tailor person-centered care to individual core values.
- Further research ought to replicate these findings and evaluate its impact on promoting behavior that is aligned with core values.

FUTURE WORK / REFERENCES

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