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Mental, physical health, living of the elderly

This study utilised an experimental, mixed-method cluster randomized controlled trial design to assess the potential benefit of eight weeks use of the Nintendo Wii system on the functional ability, physical activity levels and quality of life of 26 rest home residents. Significant increases in some of the quantitative outcomes (bicep curl, physical activity level and psychological quality of life) were observed for the intervention group ( $p < 0.05$ ). The three themes emerging from the focus group (Having Fun; Feeling Silly, Feeling Good; and Something to Look Forward to) also appeared positive. Overall, these results add some further support to the view that the Nintendo Wii system can provide some physiological and psychosocial benefits for older adults.