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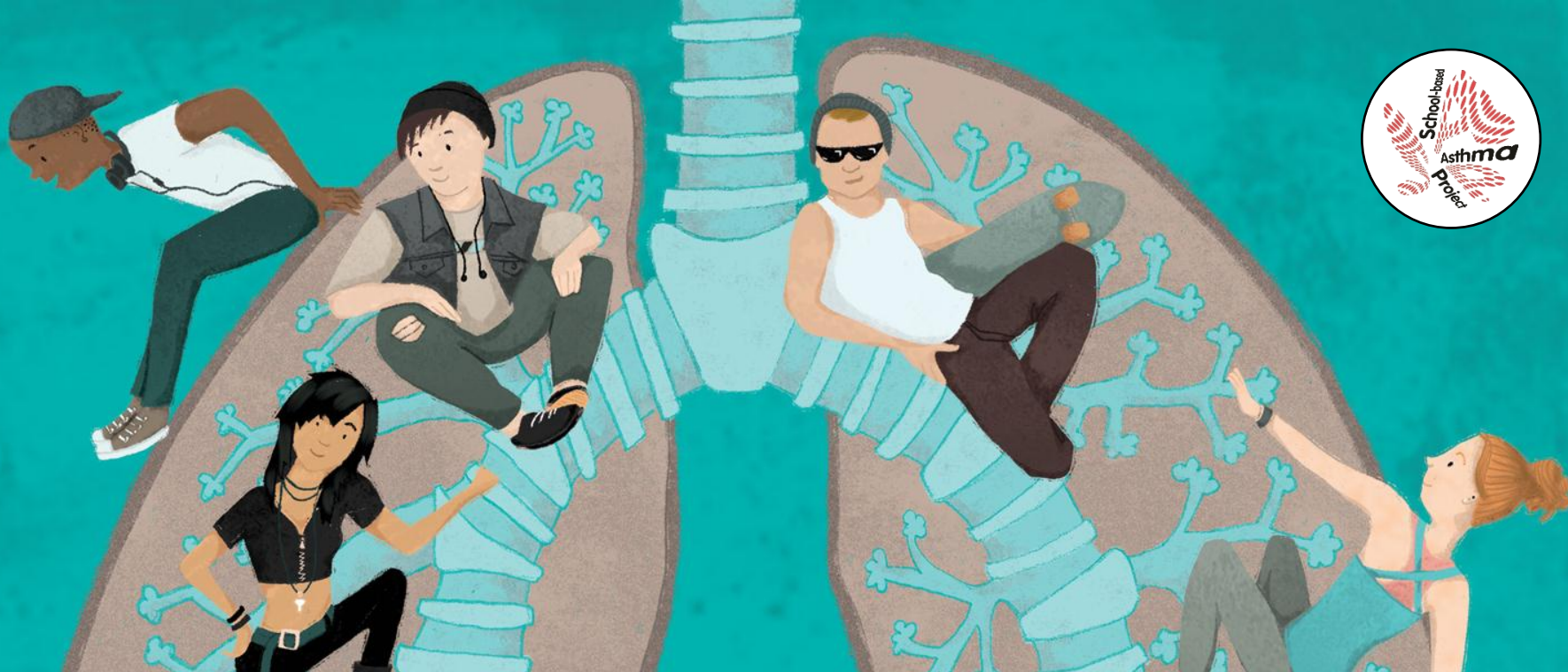
# Background



- Research Project: Blizzard Institute, PI Professor Jonathan Grigg
- School-based intervention: years 7 and 8
- Theory-based & based on evidence from phase 1\*
  - Questionnaires: 766 young people with asthma (age 11-18) at 24 schools
  - Focus groups: 58 young people with asthma in 4 schools
- Randomised control trial (3 arms) testing the intervention's effectiveness
  - 20 schools in London
  - Planned for summer 2018

\*Harris, K.; Mosler, G.; Williams S. A.; et al. (2017): Asthma control in London secondary school children. *Journal of Asthma*; 23: 1–8.

<http://www.tandfonline.com/doi/full/10.1080/02770903.2017.1299757>



## Intervention comprises of:

1. Theatre performance to raise peer awareness (all year group)
2. 4 workshops about self-management (students with asthma)
3. Toolbox for teachers
4. Feasibility study of GP involvement

# 'In Control' Theatre



- A collaboration with Greenwich & Lewisham Young People's Theatre (GLYPT)
- Funded by The Health Foundation

'In Control' takes you on an emotional journey of a young person with asthma.



\*Mosler G, Euba T. Taking control through drama. Lancet 2017; published online Sept 8. [http://dx.doi.org/10.1016/S0140-6736\(17\)32283-3](http://dx.doi.org/10.1016/S0140-6736(17)32283-3).



# In Control theatre\*

## Reason to develop 'In Control

- Stigma & lack of understanding among peers (Phase 1)
- Support from significant others is considered very important for behavioural change

## Feasibility study summer 2017

- 22 performances at 9 schools. Feedback forms were filled out by 1814 young people between 11 and 13 years of age
  - 99% of the audience said 'In Control' was enjoyable.
  - 85% of the young people said that the performance at least somewhat changed how they think or feel about asthma.
- *"Never laugh at people who have asthma (or any other healthy issues)"*,
- *"Should help my family with asthma"*,
- *"I think that I should bring in my asthma pump and tell a teacher"*.

\*Mosler G, Euba T. Taking control through drama. Lancet 2017; published online Sept 8. [http://dx.doi.org/10.1016/S0140-6736\(17\)32283-3](http://dx.doi.org/10.1016/S0140-6736(17)32283-3).



## 4 school-based workshops

1. What is asthma? Who has asthma?
  2. Symptoms and Triggers
  3. Medicines and Emergencies
  4. Who can help & What I can do
- Engaging adolescents through interactive elements and gamification
  - Collaboration with Centre of the Cell, a science centre within the Blizard Institute

# 'Asthma Dodge' game



A fun and engaging way to learn about asthma! Available on your app store.

Take the role of someone with asthma, work towards their game success by dodging asthma triggers, take medication when necessary.



Introduces concepts of

- what asthma does in your airways,
- how different medication act, and
- what types of triggers for asthma symptoms there are.
- NOT supporting existing media stereotypes.

# 'Asthma Dash' Board Game

## Reason for developing the game:

- Almost half of young people with asthma do not control their condition well (Phase 1 data)
- Young people with asthma often know little about their condition

## Learning goals:

- The game offers a new way to learn about medication, triggers, and symptoms
- The game offers a way to speak about asthma in a relaxed atmosphere

## Game play:

- you play a young person with asthma
- Navigate your days without being slowed down by asthma related hurdles.
- If you manage your asthma well, you are collecting points; with a bit of luck you will win.







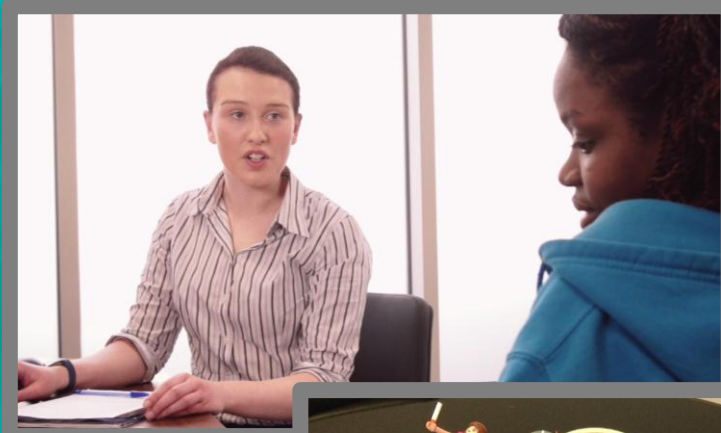
# Asthma Dash Board Game

## Testing:

- questionnaires before and after one play session (approximately 15 minutes): 40 young people with asthma in schools.
- 80% of young people with asthma enjoyed playing the game, as well as 100% (29) of young test players without asthma.
- 70% of test players with asthma reported that the game taught them something new.
- Increased recognition of triggers (by 58%)
- Increased knowledge of how often to use a brown corticosteroid inhaler (from 63% to 71%).
- The game has also been tested in:
  - asthma clinic waiting rooms,
  - with families and



**Next Steps: development from professional prototype into large production**



## Other workshop elements



## Why is this intervention unique?

- The intervention is strongly theory based, while at the same time makes a special effort to engage!
- We use many different forms of media, including gaming and theatre, which have been shown to be effective in engaging adolescents
  - 'In Control': Theatre about health, as well as social topics have been used to educate young people with great success, to our knowledge there is no similar theatre about asthma in Europe
  - 'Asthma Dodge': Health apps are quite common these days with dozens of apps about asthma. Gamified apps about health are still quite rare with only 5 apps about asthma using gamification (search on 07/09/2017, Google App Store & Apple App Store)
- We have been working with a large and diverse group of experts throughout development: clinical experts, psychologists, learning experts, performance experts & young people





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