

1 **Older Adults' Experience of Active Computer Gaming for Falls Prevention**

2 **Exercise: A mixed methods study**

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14 **Keywords:** balance; exergaming; ageing; falls prevention

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18 **ABSTRACT**

19 Purpose: This mixed methods study explored older adults' experience using a bespoke
20 active computer gaming (ACG) system designed to deliver falls prevention exercise.

21 Methods: Usability, acceptability and safety were evaluated through observation of
22 system use, questionnaires, in-system ratings, and semi-structured interviews.

23 Quantitative and qualitative data were synthesised concurrently to provide a deeper
24 understanding of older adults' experience with the system.

25 Results: N=7 older adults (aged 73-88 years, most with increased fear of falling, and
26 over half with reduced physical functioning) completed up to six uses of the system.
27 Observations and qualitative feedback suggested that older adults' experience with the
28 system was influenced by physical health changes associated with ageing. Overall
29 feedback after using the system was positive. Social support, from either the clinician
30 or a peer, was a key theme influencing experience.

31 Conclusions: Findings suggested that autonomous use of the system may not be
32 feasible given the requirement and preference for social support.

33 Keywords: balance; exergaming; ageing; falls prevention

34 **INTRODUCTION**

35 Falls are a growing issue for older adults. Each year, approximately a third of over 65s and
36 almost half of over 80s experience a fall [1]. The estimated cost of falls to the NHS is more
37 than £2.3 billion per year [2]; this is likely to increase given the rise in the ageing population.
38 Cochrane review evidence indicates that exercise reduces the rate of falls by 23% and reduces
39 the number of older adults experiencing a fall by 15% [3].

40 Engagement with exercise interventions can be limited by access difficulties,
41 availability of therapists and cost of delivery [4]. These challenges are compounded by the
42 recent novel coronavirus SARS-CoV-2 (COVID-19) pandemic. Given that this virus causes
43 worse outcomes and a higher mortality rate in older adults [5], public health

44 recommendations include measures to limit the spread of the virus to older adults by reducing
45 their interactions with others and staying at home [6,7]. These restrictions may have
46 implications on older adults' physical function, contributing to increased risk of falls [8].

47 Digital technologies, such as active computer gaming (ACG), may provide an
48 alternative way for older adults to participate in exercise to reduce their risk of falls.
49 Systematic review evidence suggests ACG is a safe and enjoyable way for older people to
50 participate in exercise and activities that may otherwise be difficult, with positive effects on
51 physical and cognitive health outcomes including balance [9]. To date most ACG
52 interventions have been conducted with healthy older adults in a clinical environment with
53 supervision. Previous user-testing by this research team identified that older adults frequently
54 required additional support during supervised use of a bespoke ACG system in a day centre
55 setting [10]. Repeated exposure to the system may improve familiarity and reduce older
56 adults' requirement of additional instruction and support during use of the ACG system. This
57 may facilitate progression to autonomous use in the home setting. Additionally, there is
58 limited evidence of older adults' experiences and perceptions of using novel technologies for
59 falls prevention exercises [11]. Feedback from older adults may optimise design to meet the
60 needs of older people to ultimately increase adoption of the ACG technology [12-14].

61 This paper synthesises quantitative and qualitative data collected during user-testing
62 to explore older adults' experience using a bespoke ACG system iteratively designed to
63 deliver falls prevention exercises; in particular, its usability, acceptability, and safety with
64 repeated use.

65 **METHODS**

66 This section provides an overview of the design and development of the ACG system, and
67 describes the study procedures and how the outcomes of interest were assessed.

68 *ACG system description*

69 The ACG system was developed using Unity 3D software (Unity Technologies SF Inc., San
70 Francisco, USA). It ran on an Alienware PC (Alienware Corps., Miami, USA.) connected to a
71 Microsoft Kinect camera (Microsoft Corps. Redmond, USA) and displayed using a 32" LED
72 screen. Four strength and balance exercises chosen from the Otago Exercise Programme [15]
73 were developed for tracking using the Kinect camera (Supplemental file 1). Users' body
74 movements were tracked and displayed on the screen in real-time via an avatar. Additionally,
75 each game provided positive or negative feedback indicating the outcome of each action, and
76 a score board provided feedback of results (Supplemental file 2).

77 *Overview of system development*

78 Development of the ACG system was an iterative process by an interdisciplinary team of
79 game developers and clinicians. It was informed by a systematic review of the literature [9].
80 Older adults were involved from early in the design phase (early development is reported
81 [10]); and, findings from the first phase of user-testing were used to modify the system and
82 inform study design (Figure 1). Modifications to the system aimed to improve user
83 experience; for example, modification of ACG system feedback to include audio and visual
84 effects, and the addition of user profiling to record scores and ratings of satisfaction and
85 difficulty after each session. The revised system was then tested in a new sample of older
86 adults.

87 *Study design*

88 The study design used mixed methods to explore older adults' user experience with repeated
89 use of the ACG system. Study visits were carried out at two urban day centres for older adults
90 run by a third sector organisation in the UK. This study was approved by the Office for

91 Research Ethics Committees Northern Ireland (IRAS ID: 187902).

92 ***Participants***

93 Participants were recruited from the day centres following group information sessions about
94 the study. Eligible participants were aged 65 years or over, able to walk with or without a
95 walking aid, had stable physical health according to the Physical Activity Readiness
96 Questionnaire [16], and were able to communicate (verbal and written) in English.

97 Participants were excluded if they had a current acute or uncontrolled medical condition that
98 would not tolerate physical activity (determined by their GP who was informed of study
99 participation via letter and asked to indicate any concerns about participation), had significant
100 cognitive impairment according to the Mini-Mental State Examination (MMSE <21) [17],
101 were unable to follow verbal or written instruction, or were unwilling or unable to consent to
102 participate.

103 ***Procedure***

104 Participants were invited to complete six 1-hour sessions with the ACG system. Sessions
105 were delivered twice per week for three weeks in the centre. While independent use was
106 encouraged, one researcher was present to provide supervision to ensure participant safety.
107 The researcher demonstrated and provided instruction on the use of the system. Participants
108 were encouraged to comment on their use of the technology, report problems and request
109 additional instruction, as necessary. Participants were able to use two chairs placed at either
110 side or their walking aid for hand support, with encouragement to use only the hand support
111 they required. Supplemental file 3 includes photographs of a participant using the system
112 with their walking stick.

113 *Initial assessment*

114 Demographic information and participant characteristics were collected before use of the
115 system. Standardised tools validated for the study population included: physical function,
116 using the Short Physical Performance Battery (SPPB) [18]; balance, using the Berg Balance
117 Scale (BBS) [19,20]; fear of falling, using the Falls Efficacy Scale-International (FES-I) [21];
118 and depression, using the 15-item Geriatric Depression Scale (GDS-15) [22].

119 *User experience outcomes*

120 Data collected to explore user experience, in terms of usability, acceptability and safety, is
121 summarised in Figure 2.

122 *Quantitative measures*

- 123 1. The System Usability Scale (SUS) [23] was completed by participants after
124 each use of the system, to explore perceptions of usability with repeated use. The SUS
125 is a standardised questionnaire for the assessment of perceived usability and has been
126 shown to have acceptable levels of reliability [24], concurrent validity [24] and
127 sensitivity [25]. The SUS is scored from 0-100; scores above 70 indicate acceptable
128 usability, while scores below 50 indicate unacceptably low usability [24].
- 129 2. Participants' scores achieved in each game were logged for each session.
130 Scores were achieved based on the number of repetitions completed within the
131 required time and range of movement for each movement (Supplemental files 1 and
132 2).
- 133 3. Acceptability was measured using the Attitudes to Falls-Related Interventions
134 Scale (AFRIS) [26,27], which was completed following each use of the system. The
135 AFRIS is a validated questionnaire used to identify factors influencing intervention

136 engagement through 6 items related to attitudes, subjective norms, behavioural
137 control, identity, and intentions, each rated on a Likert scale from 1 (strongly disagree)
138 to 7 (strongly agree).

139 4. Additionally, the ACG system allowed participants to rate their satisfaction (6-
140 point Likert scale) and difficulty (9-point Likert scale) following each use of the
141 system. The system also recorded participant scores.

142 *Observation*

143 During system use, the researcher made handwritten notes to record safety concerns,
144 additional instruction and hand support required, and participant comments. Sessions were
145 video recorded for retrospective analysis to supplement these hand-written observations.

146 *Qualitative feedback*

147 Qualitative data were collected via semi-structured interviews with participants
148 (approximately 25 minutes), audio recorded after the practical aspect during the final study
149 visit. Open ended questions were used to explore the factors influencing older adults'
150 experiences with using the system and enhance understanding of quantitative findings.

151 *Data analysis*

152 Statistical analysis was performed using SPSS software (version 23). The data were checked
153 for normality, then appropriate descriptive analyses were used to summarise participant
154 characteristics and outcomes. Associations between participant characteristics and their use
155 of and feedback on the system were explored using Spearman's correlation.

156 Interviews were digitally recorded and transcribed verbatim and verified by the
157 researcher. The Technology Acceptance Model (TAM; Figure 3) [28] was used to develop a
158 coding framework. The TAM is widely used to understand the factors influencing technology

159 adoption. The definitions used are summarised in Supplemental file 4. Data were coded based
160 on participants' perceptions of the usefulness and ease of use of the ACG system, and
161 external variables that may influence perceptions and attitudes towards and actual
162 behavioural intentions to use the system. Interpretation, synthesis and data reduction were
163 undertaken by three members of the research team. To ensure reliability of the analysis, all
164 anonymised transcripts were coded by two authors (100% SH, 50% IW, 50% KP). The codes
165 were then compared and agreed by consensus through discussion.

166 Quantitative and qualitative findings were synthesised concurrently to provide greater
167 understanding of older adults' experience with the system and the factors influencing their
168 experience. A framework was developed to synthesise the relevant quantitative outcomes and
169 qualitative codes related to the outcomes of interest. The framework was agreed after
170 discussion by three members of the research team. The related qualitative and quantitative
171 outcomes are summarised in Supplemental file 4. The framework was populated with a
172 summary of the quantitative findings, including relevant relationships between quantitative
173 outcomes, and the related qualitative excerpts collected within each code. The mixed methods
174 results were presented based on each key quantitative finding alongside the supporting data
175 collected within the related qualitative code.

176 **Results**

177 ***Recruitment***

178 Thirty-eight service users attended one of three information sessions held at the day centres to
179 find out more about participation in the study. Fifteen service users declined screening for the
180 study, due to health reasons, including chronic health conditions, musculoskeletal pain or
181 mobility limitations (n=8), or lack of interest (n=7). Eligibility screening was completed for
182 the remaining 23 participants; n=7 individuals were excluded due to cognitive impairment

183 (n=5), registered blind (n=1), or inadequate level of mobility (n=1). Of the n=16 eligible
184 participants, n=7 gave written informed consent and participated in the study. Thus,
185 recruitment rates were 18% of the total number of older adults (7/38) who attended the
186 information sessions, and 44% of those who were screened as eligible for the study (7/16).
187 Seven participants (aged 73-88 years, 3 female/4 male) consented to participate and
188 completed at least one session using the ACG system. Reasons provided for non-participation
189 were health-related or related to scheduling, when individuals wished to attend other
190 activities within the day centre.

191 *Participants*

192 Participant characteristics, baseline measures and the number of sessions completed are
193 presented in Table 1. Three participants regularly used a walking aid. According to SPPB
194 scores, n=4 participants had a lower level of physical functioning (SPPB score <10). BBS
195 scores indicated that one participant was at high risk of falls. According to FES-I scores, 6/7
196 had moderate to high concern about falling (FES-I score 20-64); however, none of the
197 participants reported having a fall in the last twelve months. According to the GDS-15, n=2
198 participants scored on the cut-off for mild depression (GDS-15 score ≥ 5).

199 *Adherence*

200 The system was used a total of 22 times, representing 52% adherence to the 42 scheduled
201 sessions, with n=4 participants completing at least half of the scheduled sessions. No
202 participants completed all six sessions. Reasons reported for non-completion of sessions were
203 not related to user experience. Reasons reported included health-related reasons, such as head
204 cold symptoms, a flare-up of osteoarthritic pain and stiffness (n=12 sessions), or scheduling
205 issues (n=8), such as participants' non-attendance at the day centre or preference to attend
206 other activities scheduled at the day centre. Following all but one (21/22) uses of the system,

207 participants agreed they would intend to use the system if given the opportunity (AFRIS item
208 6); while in qualitative feedback related to behavioural intentions, 5/7 participants did not
209 intend to continue using the system, but two stated they would be interested in future.

210 Exploring participant characteristics alongside ACG session adherence, all the male
211 participants (n=4) completed at least half of the scheduled sessions, with n=3 completing 5/6
212 sessions. All female participants (n=3) completed fewer than half the scheduled sessions (1-
213 2). Two of the females (Participants E and F) had scores representing the lowest physical
214 function (SPPB) and balance (BBS), and the highest fear of falling (FES-I) and depression
215 (GDS-15). Qualitative feedback supported this finding and provided greater understanding
216 that the participants experienced changes in their physical health associated with ageing,
217 suggesting this was an external variable influencing their engagement with the system:

218 Pt A: I could have worked anywhere, no balance trouble at all, but I wouldn't even try
219 that now because I know that I don't have the balance.

220 Pt G: I always did have reasonable health and fitness but over this last, I suppose, this
221 last four or five years things have just deteriorated.

222 Pt F: The first time I done it I was great, but I wasn't well last week so that's why I'm
223 not doing it. I enjoyed doing it, so I did, and turning around and different things, but, not
224 this week. I couldn't do it this week.

225 *Participant feedback following system use*

226 SUS scores suggested high levels of usability. The median (IQR) SUS score across the
227 completed sessions was 85 (75.6-92.5), which is considered excellent [24,29]. AFRIS scores
228 suggested high levels of acceptability and positive attitudes (median (IQR) AFRIS score 36
229 (35-39) out of 42). Participants most frequently rated moderate to high levels of satisfaction
230 following their use of the system (21/22), with one negative rating following a session with
231 technical difficulties that caused the participant some frustration. Participants reported
232 experiencing low to moderate levels of difficulty with their ACG sessions (19/22). Of note,

233 the highest rating of difficulty on the first session was “moderate” which was rated by the
234 three participants with the lowest baseline of balance, physical function and balance
235 confidence.

236 Perceived usefulness of the system influenced participants' perceptions of the game.
237 After every (22/22) system use, participants agreed that using the system would be good for
238 them (AFRIS item 1). Qualitative feedback indicated that participants tended to believe that
239 using the system would have a health benefit or that it would make exercise more enjoyable:

240 Pt B: I thought the game would actually help achieve a bit of fitness for me, bit of
241 strength in my legs.

242 Pt F: Well, I thought I would get better walking ... But exercise does do you good.

243 Pt E: I thought that it would make doing exercises more interesting... I wasn't doing
244 anything I hadn't done before. I found it quite good, you know. And it's less boring than
245 doing a thing and doing it on your own.

246 Pt B: The game is probably different, I think if it's there you have a visual and you're
247 trying to do what that visual is doing, and I think it's a better motivation to do the thing
248 daily, on a daily basis even.

249 Overall, participants expressed positive perceptions of the ease of use of the system,
250 which was influenced by the visual feedback provided by the system:

251 Pt B: If you see the object on the screen, what you need to do, then I think it helps you
252 too. It's better than actually doing it at home, say trying to walk along a table or that.
253 You can see your result on the tv screen.

254 Pt E: It probably helps to do the things when you're sort of watching yourself doing it. I
255 think it's beneficial that way.

256 Pt B: A score shows, a good score shows that you are capable of participation of the
257 game and you can maybe try and increase it.

258 Perceived ease of use was reflected in responses to AFRIS item 4; after 21/22 system
259 uses, participants agreed that if they wanted to, it would be easy for them to use the system.
260 During the semi-structured interviews participants described the game they found most

261 difficult, which was usually influenced by their physical limitations, and aspects of use that
262 were challenging, such as requiring thinking speed. They also made suggestions to improve
263 the ACG system based on their experience:

264 Pt B: I do think it would be advantageous if you had different levels.

265 Pt E: If they could slow it down a bit at first and have it gradual, and if it started the first
266 couple of times at a slower pace and then speeded it up to what would be the correct
267 speed, just so you would really get into the way of doing it properly and so on.

268 *Use of hand support*

269 A summary of the level of hand support required by participants during ACG system use is
270 shown in Figure 4. Games that involved standing on one leg (leg abduction and one leg
271 stand) required the most hand support. While the level of hand support used by participants
272 for each game varied, it remained consistent for that individual i.e. it did not tend to change
273 with repeated use of the system. Observation of participants' use of the system indicated that
274 some participants tended to use the hand support available to them (two chairs placed at
275 either side) even if it was more than they required.

276 Qualitative feedback suggested that having a chair available was an important
277 external variable that influenced participants' perceived ease of use when using the ACG
278 system:

279 Pt B: If you have the chair. I do need the support, no doubt about it, and I would have to
280 have the chair there all the time. But if I had the chair, I would feel secure enough to do
281 the exercises, there's no doubt about that.

282 Pt A: You see, with the least touch [of the chair] I can do it, but without it I can't.

283 Pt F: You had the chairs set up to hold on to. I'm no good if I haven't anything to hold
284 onto.

285 *Additional verbal instruction*

286 The median (interquartile range; IQR) frequency of instruction related to set-up in a session

287 was 2 (1-2). The highest frequency of instruction related to set-up was observed on the first
288 use of the system, which consistently decreased on the second use of the system. However,
289 for participants A, B and G, who completed the highest number of ACG sessions, the
290 frequency of instruction related to set-up did not decrease with further uses of the ACG
291 system (Figure 5A).

292 The median (IQR) frequency of additional instruction related to play, for example to
293 correct timing or technique of movement to improve success in the game, was 3 (2-8). The
294 frequency of instruction related to play for participants A, B and G, who completed the
295 greatest number of ACG sessions, decreased with use of the ACG system. For example,
296 participant G required n=23 additional instructions on the first visit, and on the last visit
297 required n=5 additional instructions (Figure 5B).

298 Interestingly, lower in-system difficulty ratings across all completed sessions were
299 associated with increased frequency of instruction ($r=-0.525$, $p=0.012$). Feedback from
300 participants suggested that the availability of someone there to provide additional instruction
301 or support was an external variable influencing perceived ease of use and enjoyment:

302 Pt B: You had someone there to help and to try and tell you if you were doing something
303 wrong, or if you should be trying it this way. I think that is a great help to people.

304 Pt B: I think someone there is a help. I couldn't see myself enjoying it as much, possibly,
305 on my own as I did when you were here when I was doing it.... You had someone.

306 Pt G: [I felt secure] under your instruction; I have to give you your bit as well, because
307 that was totally new to me.

308 The importance of social interaction was a recurrent theme throughout the qualitative
309 feedback. As described above, availability of the researcher for instruction and support was
310 important to participants; however, many also valued peer support. Reasons for this varied
311 from having company, to encouragement and an element of competition.

312 Pt B: That applies to anyone, I mean if you've anyone in the room at all. If you've two
313 people doing it, one encouraging the other. Encouragement is a great thing.

314 Pt F: I watched her doing the things and she watched me... It's company, isn't it.
315 Although you're company. But somebody nearly the same as yourself, you know... I had
316 never spoke to that woman, maybe said hello or something. But that's like a friend I've
317 made. I think that's good.

318 Pt B: I think if you're competing with someone else it is that extra bit of motivation... I'd
319 look at myself and say that chap can do it, if I knuckle down here I can do it.

320 ***Adverse events***

321 There were no adverse events related to use of the ACG system.

Discussion

This study synthesised quantitative and qualitative data to explore older adults' (aged 73-88, most with increased fear of falling, and over half with reduced physical functioning) experiences with repeated use of an ACG system designed to deliver strength and balance exercises for falls prevention. Of those screened as eligible, 44% took part in the study; seven participants used the system at least once, and participants completed 52% of scheduled sessions. Quantitative and qualitative feedback from participants suggested high levels of usability and acceptability. Nonetheless, additional support and instruction were frequently required, and often preferred by participants. Social support was identified as an overarching theme influencing their experience using the ACG system.

Reasons related to health, physical function and the changes associated with getting older were frequently reported as barriers to engagement with the system. These factors were observed at study recruitment, through adherence rates and observations made during ACG system use, and through feedback provided by participants following system use.

Approximately half of the reasons reported for declining to participate in the study were health-related; as were 60% of the reasons reported for non-adherence to scheduled ACG sessions. Adherence in this study (52.3%) was lower than the mean adherence rate (78.8%) reported from n=17 trials in a systematic review of ACG interventions [9]. Notably, many of the trials in this systematic review included healthy older adults, which may explain this disparity. The current study included participants regardless of their level of physical function and balance, and found that although those with increased fear of falling or reduced balance and physical function were willing to participate in the study and use the ACG system and reported positive perceptions of its usefulness, their overall session adherence was lower. This observation echoes findings of a review of enablers and barriers to older adults'

participation in traditional strength and balance activities which suggested that, while desire to improve health and prevent functional decline are motivators, both fear of falling and complications from comorbidities are barriers to participation in strength and balance exercise [30]. As well as overall participation, physical functioning seemed to influence user experience with the system. Participants with increased fear of falling or reduced balance or physical functioning at baseline chose a higher difficulty rating after using the system.

Qualitative data provided during the semi-structured interviews supported these findings, as participants reiterated that changes to their physical health associated with ageing were a barrier to engaging with both the system and traditional exercise or therapy.

Observations during system use alongside quantitative and qualitative participant feedback indicated that social support was an important facilitator to use of the system, and that it influenced user experience. While the frequency of instruction required did tend to reduce as participants became more familiar with the system, it was observed that participants tended to turn to the researcher for support and reassurance. Despite requiring additional support and instruction, participant ratings after using the system suggested high levels of usability and acceptability. Notably, participants tended to rate lower difficulty when they had received more instruction from the researcher. Older adults are typically less familiar with being instructed by a computer screen [31]. Despite attempts to ensure the game was intuitive and that instruction provided by the system was short and clear, the older adults' computer anxiety and low self-efficacy may have contributed to the preference for human support observed during their system use [32-34]. Responses in the semi-structured interviews also suggested that social support was important to them. Participants reported that social support could be provided by a peer rather than a clinician or researcher, indicating that having company was an important factor and adding that comparing performance or an element of competition could be motivating. On a similar note, alongside system-specific suggestions,

such as adding levels of difficulty and options to repeat each game to improve their score, the participants provided general suggestions to improve their experience while using the system. These included having the system set up in the activity room in the day centre, and multiplayer functionality. These suggestions and the observations described above were in line with previous literature that suggested that older adults prefer group-based exercise to individual exercise [35]. Future research could explore the delivery of the intervention within a day centre or rehabilitation group setting of the influence of a buddy or peer support on engagement and experience when using technology-related interventions, such as active computer gaming.

An alternative that may be particularly timely to explore given the global COVID-19 pandemic and the advice for older adults to “shield” or “cocoon” and reduce their contact with others to reduce their risk [5], is the delivery of social support via virtual platforms. There is growing interest in the use of technology by older adults for social support [36,37]. Remote monitoring and videoconferencing may provide an alternative to in-person clinician support, while online multiplayer and chat functionalities may provide an alternative means of social interaction and peer support. However, while at-home delivery of an ACG system with online virtual interaction may provide an opportunity for older adults to stay active and complete exercise at home and provide social support, the findings of the current study suggested that human support was required and preferred by older adults using the ACG system. Thus, further research is required to ascertain optimal conditions for delivery of ACG interventions to ensure both safety and long-term engagement.

While this study provides valuable insight into older adults' perceptions of the usability and acceptability of a specifically designed ACG system using both quantitative and qualitative methods, there are several limitations to its findings. Primarily, the small number of

participants recruited providing data over a small number of ACG sessions meant limited ability to perform statistical analysis of usability and acceptability with repeated use.

Additionally, as the study design did not include a comparison group, we are unable to make assumptions about this population in terms of their adherence to another exercise programme.

Conclusion

Despite high levels of usability and acceptability of the ACG system in older adults, the findings of this study suggested it was unlikely that this ACG system would be suitable for autonomous use by this study population. Given the low adherence rates to supervised use of the system recorded in this study, it is unlikely that participants would use the system independently. Although there were no safety issues during system use, even after repeated use of the system, participants required support when using the system. This may have been due to physical function limitations, both perceived by the participants and observed in baseline measures, and their reduced confidence with both their balance and the use of technology. However, social support seemed to have an important influence on user experience. Future research should explore ways to include social support in the delivery of ACG interventions.

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Howes Figure 1

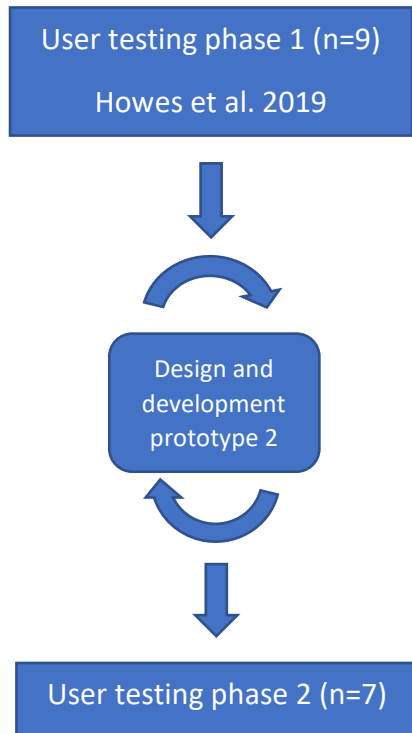


Figure 1 - User-centred testing. Findings from user-testing of the first prototype of the ACG system with n=9 older adults (phase 1) were used to make changes to the system. User-testing of the second prototype was conducted with a new sample of n=7 older adults.

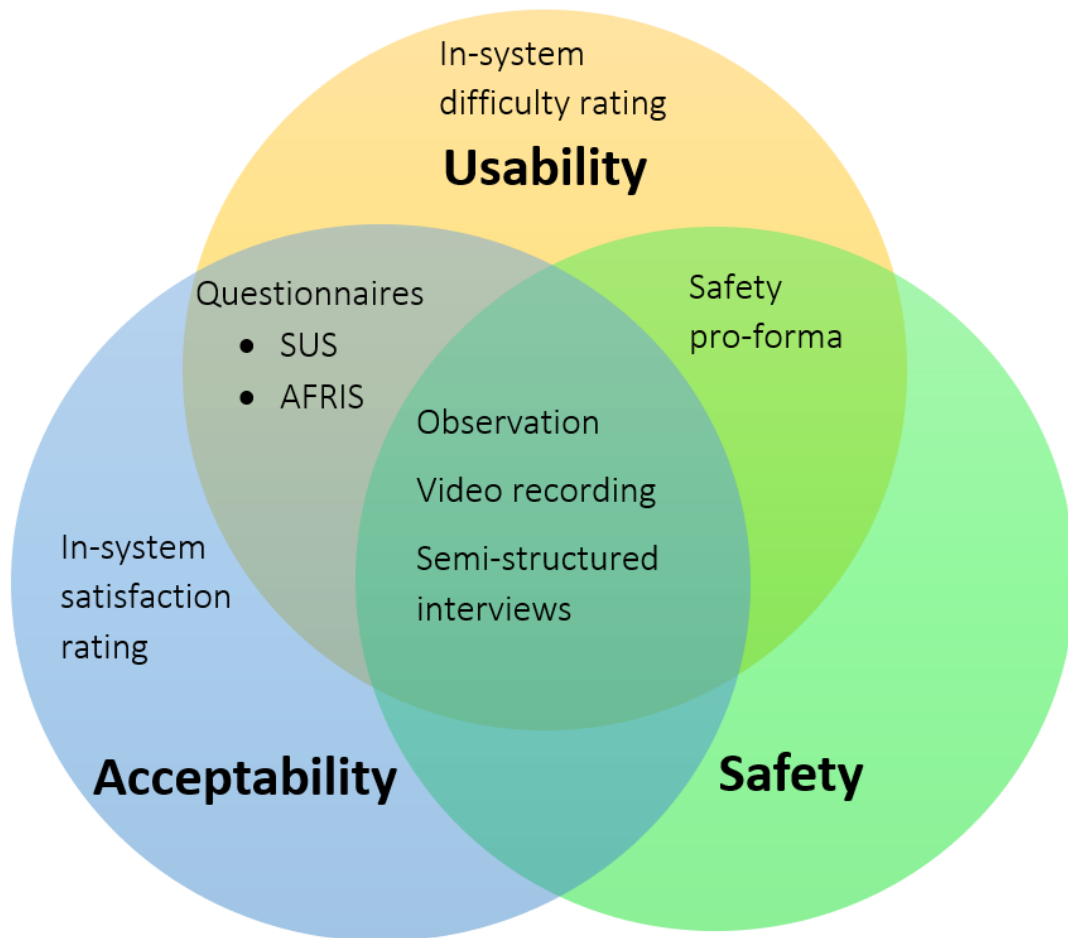


Figure 2 - Diagram summarising user experience data collection

Howes Figure 3

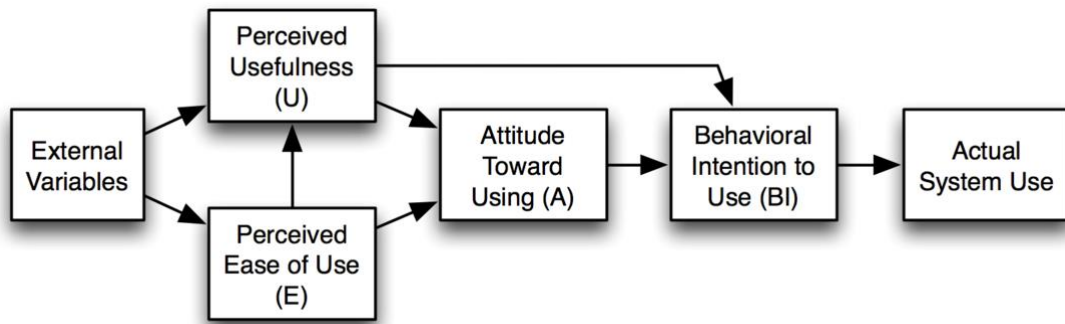


Figure 3 - Technology Acceptance Model

Howes Figure 4



Figure 4 - Summary of hand support used by participants at each ACG session

Howes Figure 5

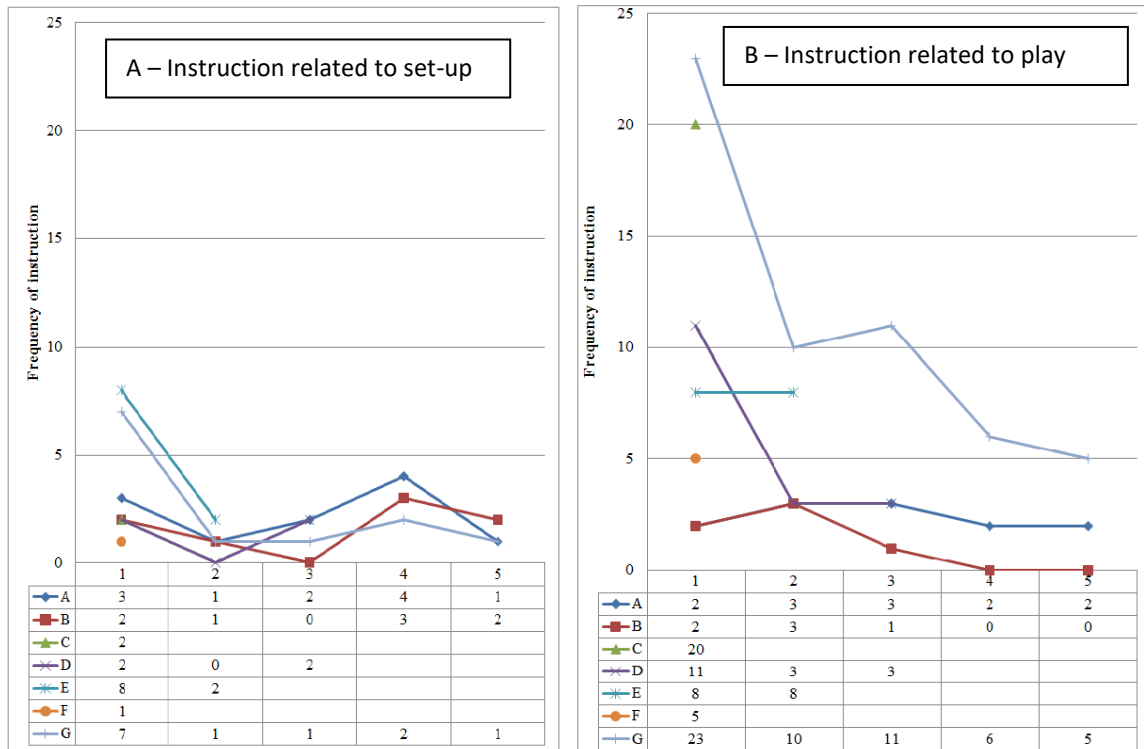


Figure 5 - Summary of additional instruction during system uses

Howes Table 1

Table 1 - Participant characteristics and session adherence

Participant	Gender	Age	Walking aid use	Measure (range of measure)				Session adherence
				SPPB * (0-12)	BBS * (0-56)	FES-I ¥ (16-64)	GDS ¥ (0-15)	
A	Male	81	None	11	52	30	4	5
B	Male	78	Walking stick	7	48	32	2	5
C	Female	76	None	8	52	22	0	1
D	Male	86	None	11	54	21	0	3
E	Female	88	Rollator	5	42	48	5	2
F	Female	82	Rollator	3	34	33	5	1
G	Male	73	None	11	54	16	1	5
¥ - lower score = better				* - higher score = better				
SPPB – Short Physical Performance Battery				BBS – Berg Balance Scale				
FES-I – Falls Efficacy Scale International				GDS – Geriatric Depression Scale				

Supplemental file 1 - Description of games

Otago Exercise Programme Game		Task	Dose
Game 1	Knee Bends	The user bends knees to duck below passing logs. <i>One point achieved for each knee bend performed to calibrated range of movement.</i>	10 repetitions
Game 2	Leg Abduction	The user raises leg to strike balls positioned to the left or right side. <i>One point achieved for each leg abduction performed to calibrated range of movement.</i>	10 repetitions each side
Game 3	Sideways Walking	The user sidesteps to avoid oncoming walls from left or right. <i>One point achieved for each wall avoided by sideways walking in allocated time.</i>	10 walls (5 each side)
Game 4	One Leg Stand	The user stands on one leg to avoid rising water. <i>One point achieved for each second maintaining one leg stand.</i>	3 x 10 second stand each leg



Supplemental file 2 - Score board displayed after completion of the games



Supplemental file 3 – Photographs of a participant using the system

(Images shared with permission)

Supplemental file 4 - Table summarising qualitative codes and data synthesis

TAM component	Definition used	Link to quantitative measures
External variables	Mediators of PU and PEOU. Includes: individual differences, system characteristics, social influences, and facilitating conditions.	AFRIS item 3. Participant baseline outcome measures.
Perceived usefulness (PU)	Perceived benefit of using the system; perception it will enhance target treatment outcome. Includes: Appropriateness, suitability to individual, perceived effectiveness, benefits, drawbacks, comparison with other treatment options.	AFRIS items 1, 2 & 5.
Perceived ease of use (PEOU)	Perception that using the system will be/is free of effort. Includes: User experience, perceived burden/effort (cognitive, time, etc) facilitators, errors, interface design, computer anxiety, self-efficacy/ confidence, learnability.	SUS AFRIS item 4. Observation - support required. In-system difficulty and satisfaction ratings.

Attitudes	Overall evaluation/ Judgement of the target behaviour on some dimension (e.g., good/bad, harmful/beneficial, pleasant/unpleasant). Includes: Beliefs	AFRIS total score.
Behavioural intentions	Motivation or willingness to use the system Includes: reasons and explanations, adoptability.	Actual usage of system; adherence. AFRIS item 6.
PU - Perceived usefulness	AFRIS – Attitude to Falls-Related Interventions Scale	
PEOU - Perceived ease of use	SUS – System Usability Scale	