

# EFFECT OF COMPUTER-BASED GAMING ON CONSTIPATION MANAGEMENT IN CHILDREN

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### THESIS ABSTRACT

The first step in the treatment of functional constipation in children is non- pharmacological methods. These methods include education and behavioral modification such as dietary recommendations, fluid intake, physical activity and advice on toilet behavior. In this study, we investigated the effect of a computer-based game in children aged 5-8 years diagnosed with constipation. A randomized controlled trial was conducted to evaluate the effect of number and type of stools, physical activity, fiber and fluid intake on the management of constipation. The computer-based game intervention had a statistically significant effect on the number and type of stools, fiber and fluid intake in children with constipation ( $p<0.05$ ). No significant difference was found in the duration of physical activity

### APPLICATION AREAS OF THE THESIS RESULTS

Computer-based game intervention in children with constipation may be an alternative tool in health education in children. Pediatric nurses can use computer-based gaming approach in health education.

### ACADEMIC ACTIVITIES

1. Atak, M., & Özyazicioğlu, N. (2021). The effect of different audio distraction methods on children's postoperative pain and anxiety. *Journal of PeriAnesthesia Nursing*, 36(1), 75-80.
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3. Aydın, A. İ., Doğan, D. A., Serpici, A., & Atak, M. (2023). Comportamentos individuais de higiene durante a pandemia de COVID-19. *Revista da Escola de Enfermagem da USP*, 56, e20220283.



### KEY WORDS

- ✓ constipation
- ✓ child
- ✓ game
- ✓ functional constipation
- computer game

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