

## Conceptual Model for the Design of a Serious Video Game Promoting Self-Management among Youth with Type 1 Diabetes

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### Abstract

Video games are a popular form of entertainment. Serious video games for health attempt to use entertainment to promote health behavior change. When designed within a framework informed by behavioral science and supported by commercial game-design principles, serious video games for health have the potential to be an effective method for promoting self-management behaviors among youth with diabetes. This article presents a conceptual model of how this may be achieved. It concludes by identifying research needed to refine our knowledge regarding how to develop effective serious video games for health.

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