

PROJECT SUMMARY

Ref No.: MRIC/SISM-HW-18	Title: Health and Wellness 2.0: Assessing the impact of an exergaming application for the promotion of healthy behaviours in Mauritius		
Local institution: University of Mauritius			
Project Leader			
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TECHNICAL ABSTRACT			
This project will assess the impact of an exergaming application for the promotion of physical and mental health in Mauritius. Using a multidisciplinary approach, this project will consist of: a) tailoring the cross-platform application, which is based on the in-house developed, 'BehaviourCoach' framework, for encouraging holistic health in Mauritius, b) evaluating the application using a large representative sample of the population in Mauritius, c) exploring various psychological and social factors that promote healthy behaviours through the use of digital tools. Additionally, the project will explore the potential for the use of emerging and advanced technologies such as Augmented Reality (AR) and Virtual Reality (VR) technologies in health interventions by designing and developing prototypes with the objective of feedback gathering from participants. The ultimate goal is to advance the field of health promotion in Mauritius through the development of more engaging, effective, and sustainable digital behaviour change interventions.			
Key Words: Exergame, Health Promotion, Digital Health Intervention, Well-being			