# Article information:

Training Behavioral Control in Adolescents Using a Serious Game | Games for Health Journal
<https://www.liebertpub.com/doi/abs/10.1089/g4h.2017.0071>

# Article summary:

1. The study aimed to develop and evaluate a serious game training called "The Fling" to increase behavioral control in adolescents and improve their control over alcohol use.

2. The game variants were found to motivate adolescents more than the non-game version, and all versions showed improvement in behavioral control over time.

3. Although no significant effects on drinking behavior were found, the results suggest that serious games have the potential to bridge the gap between evidence-based training and an attractive, motivating training environment.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Training Behavioral Control in Adolescents Using a Serious Game" discusses the development and evaluation of a serious game called "The Fling" aimed at increasing behavioral control in adolescents to improve their control over alcohol use. The study compares the game training to a game placebo and a nongame training version in a randomized controlled trial.

One potential bias in this article is the lack of discussion about the limitations of using a serious game as a training tool. While the study mentions that the game variants were shown to motivate adolescents, it does not address potential drawbacks or risks associated with using games for behavioral control training. For example, it does not consider whether excessive gaming could lead to addiction or other negative consequences.

Additionally, the article claims that behavioral control improved significantly over time, but this effect was also present in the game placebo group. This raises questions about whether the observed improvements can be attributed solely to the game activities or if other factors may have influenced the results. The article does not provide evidence or explanations for why the game placebo group showed similar improvements.

Furthermore, while the study measures baseline drinking levels, it does not provide any evidence or analysis of how these levels may have changed after the training sessions. Without this information, it is difficult to determine whether the game training had any impact on drinking behavior.

The article also promotes serious games as a unique and attractive training environment without thoroughly exploring potential drawbacks or alternative methods of training. It presents serious games as an effective bridge between evidence-based training paradigms and motivating environments without considering other approaches that may achieve similar results.

Overall, this article lacks critical analysis and fails to address important considerations and limitations of using serious games for behavioral control training. It presents unsupported claims and does not explore counterarguments or alternative perspectives. Further research is needed to draw more conclusive findings about the effectiveness of "The Fling" as a cognitive training tool.

# Topics for further research:

* Limitations of using serious games for behavioral control training
* Risks and drawbacks of using games for training purposes
* Potential negative consequences of excessive gaming
* Factors influencing improvements in behavioral control in the game placebo group
* Impact of game training on drinking behavior in adolescents
* Alternative methods of training for improving behavioral control in adolescents

# Report location:

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