

TITLE: 'Let's Catch that Physical Activity' - A Meta-Analysis on the Overall Effect of Pokemon Go on Physical Activity Level

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STUDENT SUBMISSION: Yes

TOPIC/TARGET AUDIENCE: Physical activity researchers, health behavior & health promotion researchers, community members

ABSTRACT: Pokemon Go is an augmented reality mobile game developed to catch Pokemon while walking in real-life. The game was released in 2016 and currently have over 100 million active users. It is hypothesized that Pokemon Go can increase physical activity levels of the users due to the augmented reality of the game. However, there are inconclusive results regarding the effect of Pokemon Go on physical activity level. The purpose of this study is to determine the overall effect of Pokemon Go on physical activity level. A systematic search of articles conducting using 4 database with the inclusion criteria of studies measuring physical activity related metrics before and after playing Pokemon Go. A total of 10 studies were included in data analysis. The result shows that Pokemon Go has a small but positive and significant effect on physical activity levels of the users (EF = .146, p= .0001). However, the duration of the pre- and post-test among included studies are varied (7 days to 304 days). The results indicated that engaging in augmented reality mobile game could be beneficial for increasing physical activity levels of the users. Future studies could further examine the long-term effect of Pokemon Go.

OBJECTIVE(S): Demonstrate how an augmented reality mobile game affects the physical activity level of the users and discuss the necessity of future studies and demonstrate the usage of modern technology (i.e., augmented reality) as an alternative fashion to increase physical activity levels.
