



EMOTIONAL WELL BEING STUDY

Brainberry in Collaboration with Research and Technology Hellas
2019

Our pilot emotional well-being study was conducted in the Research and Technology Hellas (CERTH) research centre in Greece with people with dementia. Particularly, 15 participants played the COSMA games: with Alzheimer's disease or Vascular dementia (mild AD, moderate AD, mild VD, moderate VD) (8 Males; 7 Females).

Based on the screening criteria all participants had received their diagnosis prior to testing. As soon as participants had uploaded their personal pictures into the online COSMA website, the testing began.

They answered a Positive and Negative affect schedule questionnaire (PANAS) before and after playing all of the modules within the COSMA games.

The questionnaire measured the emotional status of the participants on the day of testing. Results demonstrated significant increase in positive and significant decrease in negative emotions after interacting with COSMA. Specifically, participants increased in 'interest', 'excitement', 'inspiration' and a decrease in 'distress', 'fear', 'irritation' and 'nervousness'

