

## Serious Gaming for Behaviour Change: A Review

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**Abstract :** Significant attention has been directed to adopt game interventions practically to change certain behaviours in many disciplines such as health, education, psychology through many years. That's due to the intrinsic motivation that games can cause and the substantial impact the games can leave on the player. Many review papers were induced to highlight and measure the effectiveness of the game's interventions on changing behaviours; however, most of these studies neglected the game design process itself and the game features and elements that can stimulate changing behaviours. Therefore, this paper aims to identify the most game design mechanics and features that are the most influencing on changing behaviour during or after games interventions. This paper also sheds light on the theories of changing behaviours that clearly can lead the game design process. This study gives directions to game designers to spot the most influential game features and mechanics for changing behaviour games in order to exploit it on the same manner.

**Keywords :** behaviour change, game design, serious gaming, gamification, review

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