

# Study plan

## Group A: hand exercises with game

- explain study/ reason for study
- participant signs consent form
- explain how game works
- participant can play the game for XX minutes (other idea: participant plays until he/she gets bored, with max time -> measure time)
- (structured interview)
- participant fills out questionnaire

## Group B: hand exercises without game

- explain study/ reason for study
- participant signs consent form
- explain hand exercise(s)
- participant has to do the exercise for XX minutes (other idea: participant do exercise until he/she gets bored, with max time -> measure time)
- (structured interview)
- participant fills out questionnaire