## Title:

Benefits of Implementing Gamification in Health & Wellbeing and the Ethics behind It

## Refinement of the framework topic:

The use of game elements in real-life context for different non-game purposes is increasingly popular today and the gamification of Health and Wellbeing is not an exception. Gamified apps have enormous potential to motivate people to move and exercise regularly, simplify bureaucratic processes, or help educate medical staff in their areas of practice. Yet gamification of healthcare carries potential risks and ethical questions about privacy and misuse of medical records to name just a few. This article will discuss the positive impacts as well as drawback of gamification and provide final conclusions.

## Primary source:

Arora, C. & Razavian, M. 2021. "Ethics of Gamification in Health and Fitness-Tracking", International Journal of Environmental Research and Public Health, vol. 18, no. 21: 11052. <https://doi.org/10.3390/ijerph182111052>