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Exergaming and Health Outcomes in Institutionalized Older Adults: A PRISMA-Guided Systematic Review

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Exergaming, which combines physical exercise with interactive video game elements, has emerged as a promising intervention for improving the overall well-being of older adults in institutional care. This systematic literature review aimed to identify the types of exergaming interventions utilized in institutional settings, evaluate the methodological quality of existing studies, and identify research gaps. Guided by the PRISMA 2020 framework, a comprehensive search was conducted across Scopus, ScienceDirect, PubMed, and Web of Science databases for studies published between 2015 and 2024. Inclusion criteria required participants aged 60 and above, implementation in institutional care environments, and the use of exergaming as a primary intervention. A total of thirty-one studies were included in the final analysis. Most interventions employed motion-based video games, gamified rehabilitation systems, and cognitively engaging dual-task platforms. Although randomized controlled trials and validated outcome measures were frequently applied, limitations such as small sample sizes, brief intervention durations, and inconsistent reporting of adherence were observed. Overall, findings demonstrated beneficial effects on physical and cognitive functions, with emerging indications of psychosocial improvements. However, social, emotional, cultural, and gender-responsive outcomes were underexplored. This review underscores the necessity for future research to conduct longer-term, culturally diverse studies with robust methodologies and expanded outcome measures to better inform evidence-based practices in geriatric care.

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