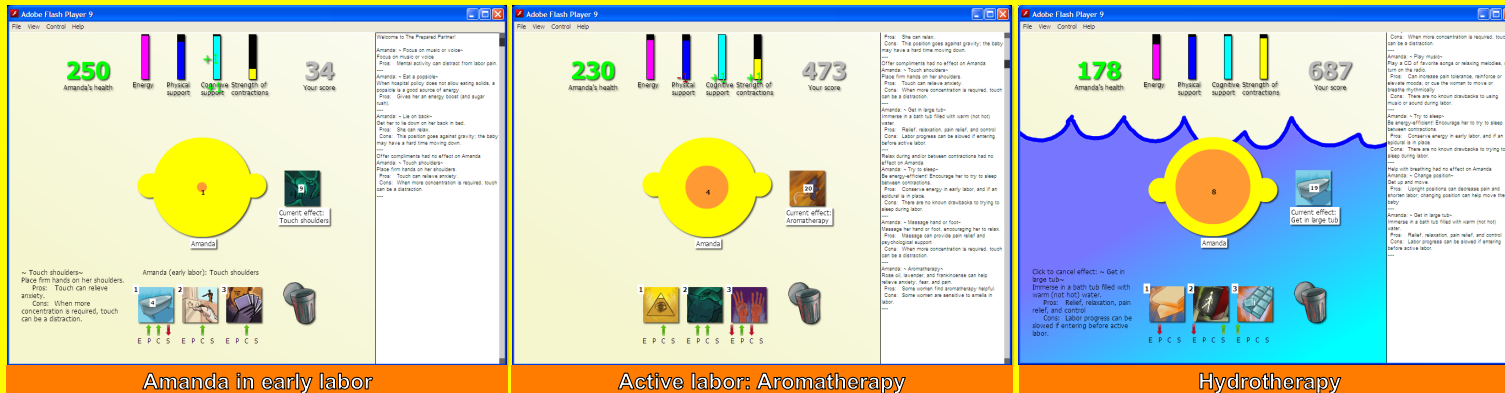


# The Prepared Partner: Learning assessment of a birth partner training game

Alexandra Holloway  
Jack Baskin School of Engineering, University of California Santa Cruz,  
1156 High Street, Santa Cruz CA 95060  
Email: [fire@soe.ucsc.edu](mailto:fire@soe.ucsc.edu)



## How do you help a woman in labor?

### Introduction

The number of first-time mothers and fathers that do not attend childbirth education classes is between 15% and 50%, and increasing.

Anxiety is associated with a negative birth experience; preparedness is associated with a positive birth experience.

This is a game that helps women and their partners prepare for labor and childbirth!

### The study

Remote testing  
Participants recruited through word-of-mouth and via online resources  
Pre-test vs post-test scores  
Survey responses

### Participants

Number: 88 started, 52 completed  
Ages: 19 to 43 (mean: 30)  
Gender: 80% male, 20% female  
Married: 54%  
4-year college grad: 43%  
Babies: 23% (47% without)  
Daily gamers: 51%  
Daily game duration: 1–3 hours



### The game

#### Game goals

- 1) To introduce natural coping mechanisms and their effects on labor
- 2) To introduce the mechanics of labor and childbirth
- 3) To train birth partners to help women in childbirth
- 4) To practice interacting with a woman in labor
- 5) To simulate the stages of labor

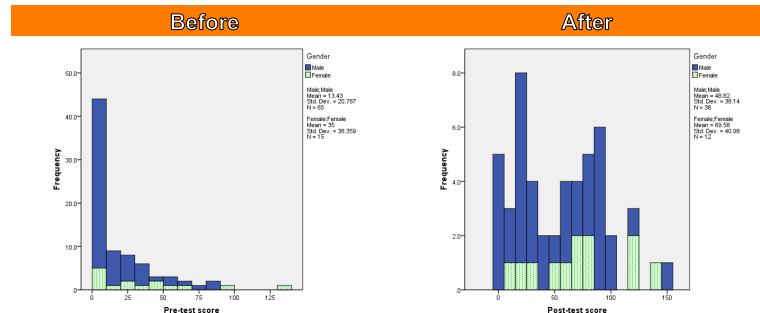
#### The Prepared Partner game

Target play duration: 30–45 minutes  
Number of actions: Around 50  
Number of cards dealt at a time: Three  
Maximum effects on the woman: One

### How is she doing?

#### Hit points

- Energy
- Physical support (helping the mother move around)
- Cognitive support (presence and company)
- Emotional support
- Labor progress
- Cervical dilation
- Strength of contractions
- Game score
- Baby-having bonus!



### Game statistics

Total games played: 122  
Average games per player: 2  
Average actions per game: 20  
In-game C-section rate: less than 5%

### Learning outcomes

**Pre-test data**  
Men: 22 points (4–5 answers) lower than women  
Women: Twice the points of men  
**Post-test data**  
Post-test: No difference in gender  
Test scores raised: 28–29 points (5 to 6 answers)  
Extra natural ways to help named: 5.6  
**Survey data**  
Positive learning experience: 85%  
Learned about childbirth: 88%  
Learned 5 natural ways to help a woman: 78%  
Feel more prepared: 68%

### Enjoyment

**Survey data**  
Engaged while playing: 85%  
Positive playing experience: 83%  
Interesting: 83%  
Enjoyable and fun: 80%  
Would recommend to friends: 78%  
The goals were clear: 76%  
Enjoyable to replay: 71%  
No gender differences

