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

How to 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

Important. Do not help a woman in labor.

Attest post-rating.

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!

Outcome 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: 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%
No gender differences

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