

## ABSTRACT

**POSTER TITLE:** Youth insights in the co-development of novel video and virtual reality game-based interventions

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Youth with disorders that impact neurodevelopment often have difficulties with executive functions and regulating emotions. Existing video-game based interventions to address these difficulties have typically not involved youth in their co-design. Patient-oriented methods that include youth directly in the development are likely key factors promoting engagement and sustaining adherence to treatment. In this work we will outline two video and virtual reality game-based interventions to improve executive functions in youth. Both projects engage youth (patient-partners) at multiple stages of research. The CHILD-BRIGHT Mega Team mental health intervention is a randomized control trial currently underway that tests the effects of a highly engaging, take-home video game-based intervention designed to improve executive functions and self-regulation in children with various brain-based disorders. Our team is involving youth in the co-development and piloting of a new virtual reality game-based intervention program in collaboration with the National Research Council. This highly immersive and engaging cutting edge technology is becoming increasingly accessible and has the potential to improve real life outcomes. The discussion of both projects will highlight the experience of including youth and their families as partners in the research, including lessons learned and knowledge gained. The poster will touch on strategies for meaningful inclusion of youth input within the co-design of these novel interventions specifically, and across research program development and implementation more broadly.