

## 研究業績 英文表記

和文	
表題	e スポーツを活用した高齢者の介護予防・認知症予防効果の評価に関する文献レビュー
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英文	
Title	Literature review on the evaluation of the effects of e-sports on preventive care for the elderly and dementia prevention
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Abstract	<p>This study conducted a literature review on the effects of e-sports interventions for older adults in relation to dementia and frailty prevention. A review of domestic and international studies revealed that e-sports generally have positive impacts on cognitive and physical functions, as well as psychological well-being in older adults. Exergames were particularly effective in improving physical function, while games involving cognitive tasks enhanced executive function and attention. However, the effects varied depending on the type of game and characteristics of the participants. In Japan, studies tend to be small in scale and focus more on subjective outcomes such as social participation, whereas many randomized controlled trials (RCTs) have been conducted overseas, accumulating objective evidence. Future research should focus on larger-scale, long-term studies to validate the effectiveness of e-sports interventions.</p>
keyword	e-Sports, elderly people, preventive care for dementia, evaluation

※本データの英文表記は実際の論文上の表記とは異なります。