

**ASSESSING INTEREST LEVEL IN THE NINTENDO Wii
FOR USE IN VISION THERAPY**

by

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requirements for the degree of**

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ACCEPTED:

Faculty Course Supervisor

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Doctor of Optometry Senior Paper
Library Approval and Release

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TABLE OF CONTENTS

	Page
ABSTRACT.....	5
INTRODUCTION	7
METHODS.....	11
RESULTS.....	12
DISCUSSION.....	21
REFERENCES.....	22
APPENDIX A.....	24
APPENDIX B.....	26

ABSTRACT

Background: This pilot study sought to establish interest in the use of the Nintendo Wii gaming system for use in vision therapy (VT). An initial literature review investigated the classic modalities of VT, sought to understand general attitudes towards VT, and collected basic information on the Nintendo Wii. An experimental study and survey compared the overall interest level and ease of use between classic VT activities and proposed Nintendo Wii activities.

Methods: Three potential VT activities using the Nintendo Wii were explored or evaluated. The activities seemed to provide visual challenges but the actual degree of applicability of the activities for VT was not examined in this study. Three classic VT activities were selected to serve as the comparative cohort: Marsden Ball, Wayne-Saccadic Fixator, and Peg Rotator. This pilot study used optometry students with a basic understanding of the purpose and goals of VT to complete the classic therapies and Nintendo Wii activities. After partaking in each of the activities, students completed a survey comparing the traditional therapies to the Nintendo Wii activities.

Results: All participants surveyed had used the classic VT equipment before while only 56.7% had experience with the Wii. Over eighty three percent (83.4%) of participants found the classic VT instructions easy to understand; versus 70% found Wii instructions easy to understand. Thirty percent (30%) found Wii activities difficult to perform while only 6.7% found classic VT difficult to perform. Almost seventy percent (69.7%) found Wii activities enjoyable versus 39.7% found classic VT activities enjoyable. None of the participants “got bored” during the Wii activities versus 26.7% “got bored” during classic VT. Forty percent (40%) of participants stated they are likely to purchase or already have

access to or own a Wii Unit versus 86.7% stated they were unlikely or would never purchase classic VT equipment for their own home. Over seventy three percent (73.3%) would engage in Wii activities in their free time versus 6.7% would engage in classic VT.

Conclusions: Subjects reported that they had more previous exposure to the traditional VT activities compared with the Nintendo Wii gaming system. Students found the instructions for the Nintendo Wii slightly more difficult to understand and the activities somewhat more difficult to perform. Subjects found the Nintendo Wii activities more enjoyable and engaging than the traditional VT activities. Students reported that they would be more likely to purchase a Nintendo Wii for their home than the traditional devices. The students reported that they would be more likely engage in Nintendo Wii activities in their free time compared with traditional VT activities.

INTRODUCTION

The purpose of vision therapy is to improve visual functioning and remediate diagnosed functional anomalies or conditions of the visual system. Research suggests that vision therapy can play a role in successfully managing vergence problems, reading problems, intermittent exotropia, accommodative problems, and amblyopia.¹ Patients often enter vision therapy after having sought care for symptoms such as asthenopia, diplopia, difficulty reading, or difficulty in school.² In other situations, eye care professionals uncover previously undetected visual conditions and prescribe vision therapy to improve visual skills, visual efficiency and even to prevent potential problems.

According to a recent policy statement released by the American Academy of Optometry and the American Optometric Association; “Effective therapy requires visual skills to be developed until they are integrated with other systems and become automatic, thus enabling individuals to achieve their full potential”. The goals of a prescribed vision therapy regimen are to achieve desired visual outcomes, alleviate the signs and symptoms, meet the patient’s needs, and improve the patient’s quality of life.”³ In his assessment on strategies for successful vision therapy, Graham Peachey stressed the importance of appropriate optometric management *as a well as a motivated patient*. The optometrist needs to provide proper planned activities for both at home and in-office.⁴ In a 2005 editorial for the Archives of Ophthalmology, Dr. Burton J. Kushner comments that intensive home therapy can substantially increase the efficacy of visual exercises. He also points out that a proper home-based program can decrease the need for frequent in-office visits which could help decrease healthcare costs.⁵

Patient attention during therapeutic activities has been identified *as a key factor* in producing change. By varying therapeutic techniques and manipulating the level of difficulty, patient attention can be more consistently maintained.⁶

Many “tools” exist for use in vision therapy but a few of the classic activities used routinely include the Wayne Saccadic Fixator, the Peg Board Rotator, and the Marsden Ball. The Wayne Saccadic Fixator has been used to evaluate and manage eye-hand coordination, visual reaction times, peripheral awareness, and saccadic eye movement skills.⁷ Experimenters have reported that patients appear to exhibit particular enjoyment when performing therapeutic activities on the Wayne Saccadic Fixator, compared with other activities.⁸ Wayne Engineering, makers of the Wayne Saccadic Fixator, declare that their device is highly acclaimed by “athletic trainers, developmental vision optometrists, and rehabilitation therapists for its ability to motivate users.”⁹ The current model retails for \$2800.00 and is able to store over 200 activity programs (172 which are pre-programmed).⁹ The wall-mounted unit has 33 lights arranged in concentric circles which are presented to the patient in varying patterns; the patient presses the corresponding buttons as the lights are flashed in order to develop “saccades, fixation, eye-hand coordination, accuracy, speed, sequencing, directionality, pattern recognition, visual memory, anticipation, reaction time and peripheral awareness”.⁹

The Peg-Board Rotator is a motorized wheel with evenly spaced holes in which patients insert pegs. The speed of rotation can be adjusted in order to train patients’ eye-hand coordination and pursuit skills.¹⁰ A version of the peg-board rotator is available for purchase from the Wayne Engineering Website for \$1735.00.

The Marsden Ball is an inexpensive vision therapy technique which can help develop eye-hand coordination, tracking skills, accommodative, anti-suppression, fusional, cognitive abilities, and visual-motor skills. This simple rubber ball is suspended at the patient's eye to chest-level and swings perpendicular to the patient. Then the patient uses a "bat" to contact specific points on the ball as it crosses the midline. This simple training device is currently available through the Optometric Extension Program Foundation (among other sources) for the low cost of \$16.00.¹⁰

As technology has advanced in the past couple decades, so too have vision therapy modalities changed. New methods of vision therapy revolve around computer technology. Benefits of this method include: improved standardization protocols, ability to provide positive and negative adjustment throughout testing period, and eliminating therapist bias throughout diagnosis and treatment.¹¹ Computer-based therapy exists in both purchasable programs and online modalities. Grisham and Powers studied the usefulness of web-based ocular training of saccades, pursuits, vergences, and accommodation and concluded that such therapies led to improved reading efficiency, reduced symptoms and enhance skills.¹² Similarly, a 2007 study investigating the Home Therapy System (HTS) computer program found that strict adherence to the outlined HTS therapy plan led to improved reading performance in third and fourth grade students.¹³ One program, called The Computer Orthopter, includes activities for ocular motility, accommodation and vergence. The programs include first, second, and third degree targets in order to develop simultaneous perception, flat fusion, and stereopsis.¹¹ Computer vision therapy is now routinely used as part of a comprehensive vision therapy plan.

A new video technology released in November 2006 is the Nintendo Wii.¹⁴ This video gaming system is an interactive device that has gained great popularity. Part of the appeal is its overall simplicity. The controller is rather basic since it consists of only three basic buttons that are used during play. People of all ages have gravitated towards this device for enjoyment and it has also caught the attention of those with slightly more keen professional purposes. At the University of Cambridge School of Clinical Medicine, researchers curious about the motion-sensing interface of the gaming system found that surgical candidates who showed superior performance on the Nintendo Wii also performed superiorly on laparoscopic surgical tasks.¹⁴ A pilot study undertaken at University of Toronto's St. Michael's Hospital in 2009 is assessing the effectiveness of stroke rehabilitative therapy using the Nintendo Wii.¹⁵ The Nintendo Wii, available for approximately \$200, requires participants to physically react to visual stimuli. Such a device may or should have applications for use in vision therapy as well.

METHODS

Subjects selected and used for this study were graduate students of the Michigan College of Optometry (MCO) on the campus of Ferris State University (FSU). These subjects were given a vision screening and were dropped from participation if they had any significant anomalous visual condition(s).

Participants were asked to perform six activities, each of which would last for three minutes each as timed by a standard stopwatch by one of two coaches. Coaches were there to answer any questions that the participants would have and also provide directives to particular portions of the activities. At no time were any scores recorded or any particular observations recorded. Participants were free to experience the activities on their own terms with no scrutinizing pressures. Of the activities preformed three were traditional vision therapy (VT) activities and three of which were Nintendo Wii activities, which complemented the visual and motor skill demand associated with the traditional VT activities. The three traditional VT activities were as follows:

- Marsden Ball- A standard sized rubber soft ball with vivid round two inch stickers of red, blue, green and yellow were used to mark the ball. Ball was hung from the ceiling with a three foot string. A traditional “VT Bat” (3 ft. X 1 inch dowel rod) was used with the corresponding colors.
 - Participants were given an instruction sheet (see appendix A) to read that explained how to perform the activity in detail. Participants were reminded to maintain a steady head position and to follow the ball with their eyes mostly. The coaches would call

out the colors on the Marsden Ball to the participant that corresponding to a particular color on the stick used. Instructions such as “red ball on blue stick” were used to direct the participant as to what to do. Participants tapped the colored sticker with the bat as directed and were allowed to move freely around the hanging ball. Combinations of colors; red, blue, green, and yellow were used in conjunction with positive feedback.

- Wayne-Saccadic Fixator (WSF) - toggle button model with a white background and 32 red lights. The WSF was set on program 003 for a 60 second self paced random program.
 - Participants were given an instruction sheet (see appendix A) to read that explained how to perform the activity in detail. Participants were instructed by the coach to use only the left hand for the left side of the board and only the right hand for the right side of the board. Subjects wore the standard red/green tranaglyphic glasses during the activity. Participants completed 3 sets to give a total time played of 3 minutes. Participants were encouraged to try their best and go as fast as they could.
- Peg Rotator with Red/Green glasses- Bernell’s Pegboard disc for rotator was used on a floor model rotation trainer with a speed control box. Standard golf tees of random color were used for pegs and standard red/green VT glasses were worn by all participants for this activity.

- Participants were given an instruction sheet (see appendix A) to read that explained how to perform the activity in detail.

Participants were instructed by the coach to use only one hand at a time. Coaches would instruct the participant to insert a peg in to a particular random spot using shape and color to specify a location. Participants performed this activity left and right handed separately for a total time of three minutes.

After finishing all three traditional VT activities, participants were directed to complete three Nintendo Wii activities. The Wii activities performed were chosen by the authors of this paper. The authors found the Wii games provided the similar purpose in terms of vision therapy approach (see appendix B). All participants were given a quick overview of the Nintendo Wii game controller. Participants were free to ask for assistance or any questions at any time during the activity. Equipment for the Wii activities included; a 29 inch color tube television, Nintendo Wii gaming system 2007 series with a standard remote game controller, standard red/green VT glasses, red/green television filters (centered 8.5"x 11") and the two Nintendo Wii games with the respective three sub games /activities. Game one titled *Wii Sports* (copy right 2006) contained the game of *Wii Tennis*. Game two titled *Wii Play* (copy right 2006) contained the games *Find Mii* and *Pose Mii*. Participants were asked to read all instructions provided by the respective game during game play. Coaches were there to keep time and assist with any question participants had during game play. Generic characters, one male one female, were developed prior to participants' access to the games. Participants were free to choose between the two generic characters they wished to use.

RESULTS

Survey results from the participants for the question, *had you ever used this equipment before?* (fig.1) Showed that for traditional VT activities 56.7% responded they had used the equipment several times before. Conversely about half that amount (26.7%) reported using the Nintendo Wii gaming system several times before. Less than half 43.3% reported using the traditional VT equipment a few times, as a more than half (56.7%) reported using the Wii gaming system a similar amount. Not surprisingly no participants responded to never using the traditional vision therapy equipment; as the equipment was included in the learning curriculum for the doctoral degree of optometry. However, 16.6% did report never using the Wii gaming system before participating in this project/study.

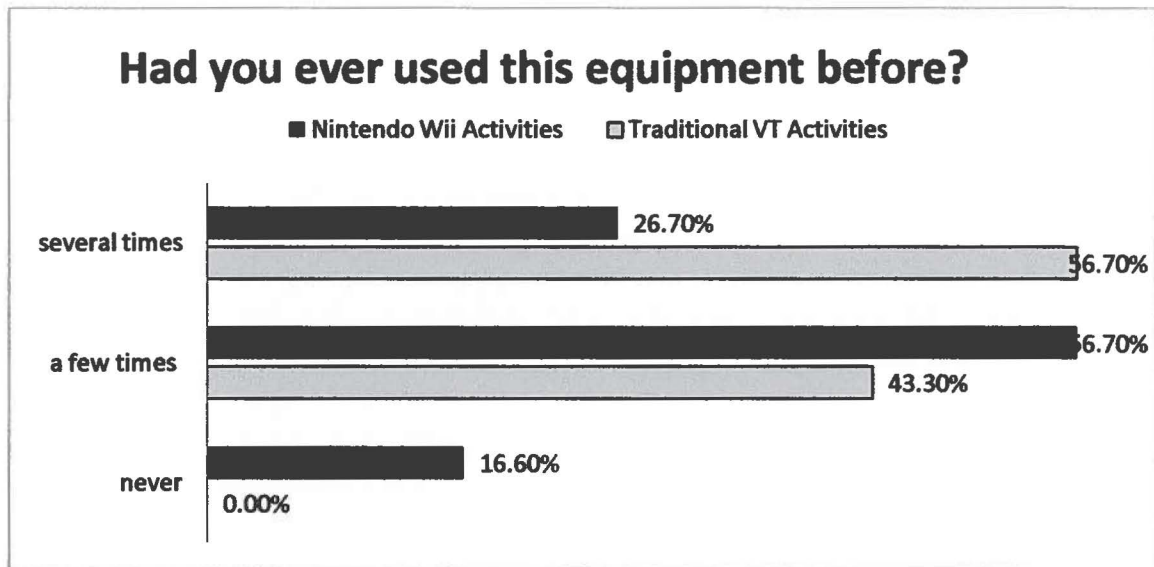


Figure 1

Survey results from the participants for the question, *were the instructions for these activities easy or difficult to understand?* (fig.2) Showed that for traditional VT activities 30% of participants found the instructions *very easy* to understand as compared to 20% for Wii gaming system. For the response of *easy* the results were almost split between the participants with 53.4% for traditional VT activities and 50% for Wii activities. *Neutral* response was 13.3% for traditional VT activities and 26.7% for the Wii activities. Responses for *difficult* were equal split with 3.3% for both traditional VT activities and Wii activities. There were no responses for *very difficult*.

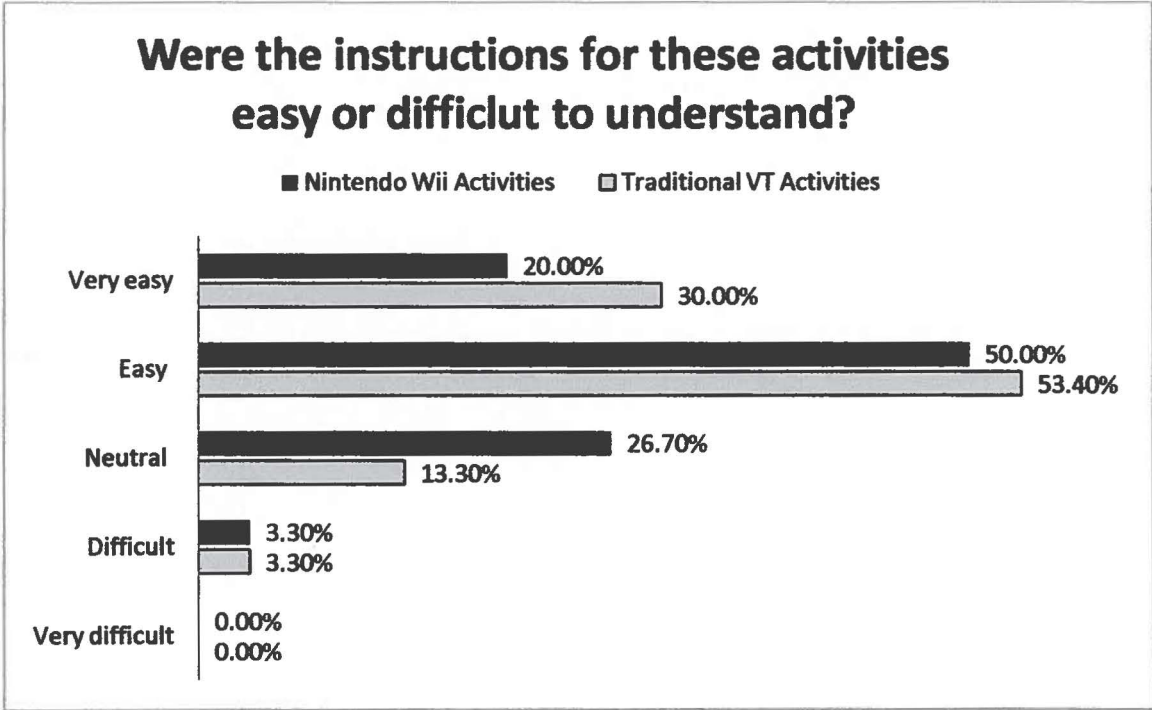


Figure 2

Survey results from the participants for the question, *how would you describe the level of difficulty of these activities?* (fig.3) Showed that for traditional VT activities 13.3% responded *very easy*. For the Wii activities only 3.3% responded with *very easy*. Majority of responses for *easy* went to the traditional VT activities, where as only 20% responded for Wii activities. *Neutral* responses were 20% and 46.7% respectively for traditional VT activities and Wii activities. Responses for *difficult* were minimal (6.7%) for the traditional VT activities as compared to the Wii activities coming in at 30%. Once again familiarity with the equipment on the participants parts maybe the cause for these statistics. There were no responses for *very difficult*.

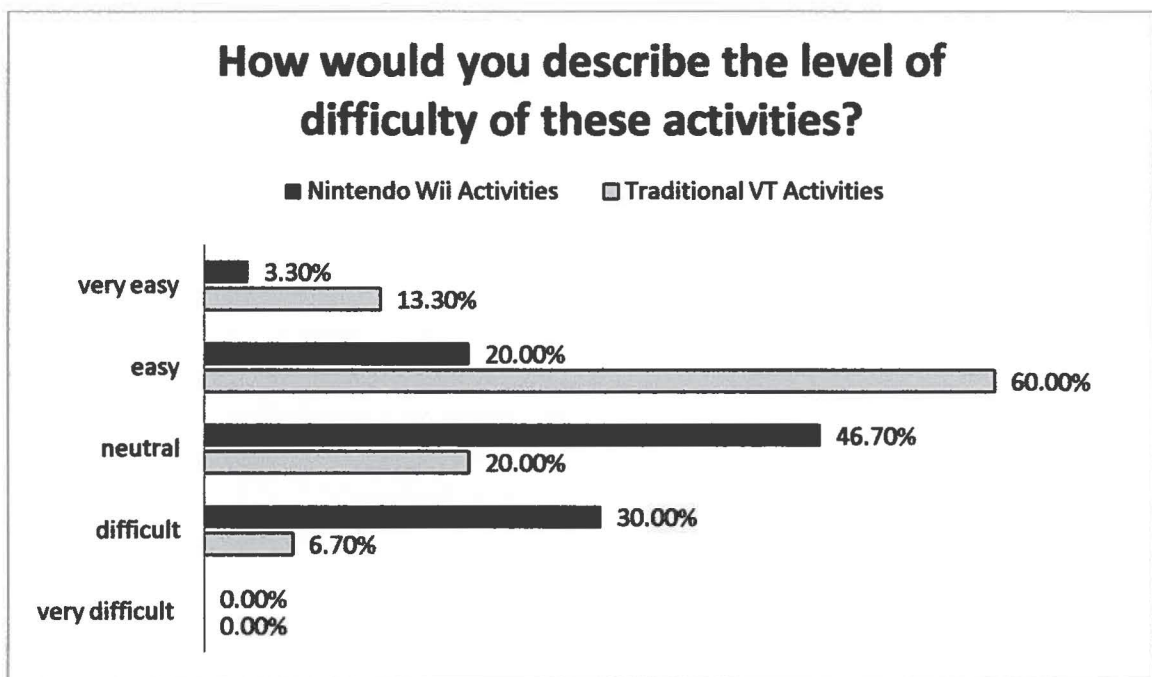


Figure 3

Survey results from the participants for the question, *how would you describe your level of enjoyment during these activities?* (fig.4) Showed that for traditional VT activities a mere 6.7% responded *very enjoyable*, whereas, a significantly larger amount (43.4%) responded the same for the Wii activities. A third of the responders found the traditional VT activities simply *enjoyable*. The majority (53.3%) however found the Wii activities also simply *enjoyable*. Less than a third (30%) reported neutral in terms of the traditional VT activities and 27% responded with *somewhat enjoyable* for the traditional VT activities. An equal split with a minimal response of 3.3% responded *very unenjoyable* for both traditional VT activities and Wii activities.

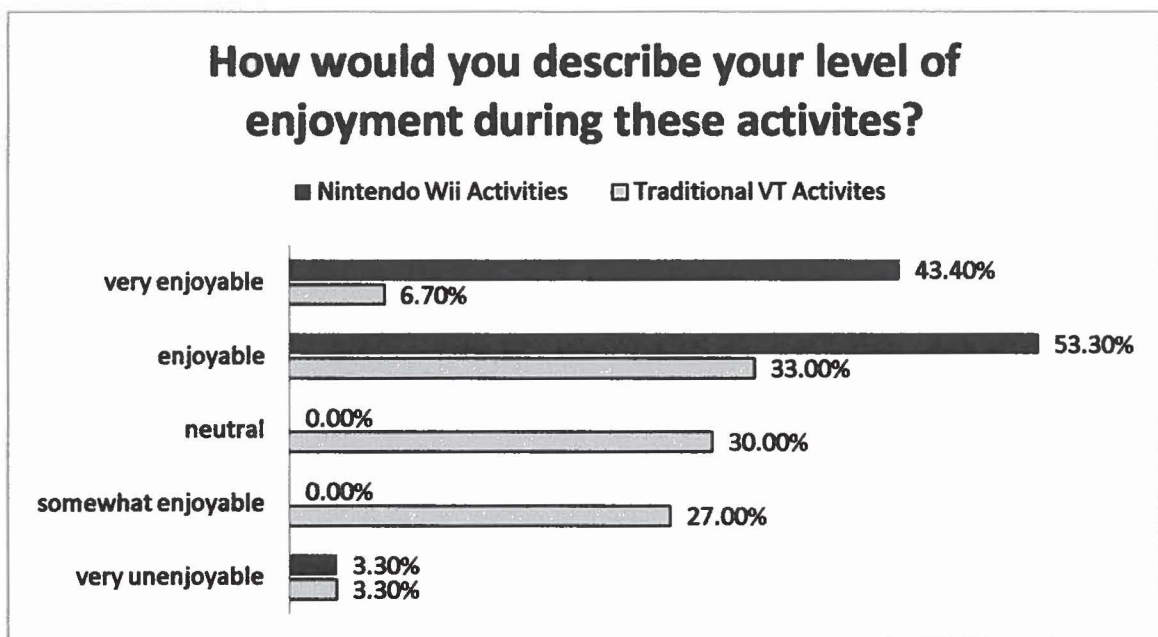


Figure 4

Survey results from the participants for the question; *at the end of the activity duration, how would you describe your level of interest?* (fig.5) Showed that for traditional VT activities 6.6% stated they were *very engaged* and would like to continue compared with 40% with Wii activities. A majority of the responders, 60% said they *were engaged* with the Wii versus only 40% with tradition VT activities. No one stated they *were bored* with the Wii activities, whereas 26.7% of the responders said they *were bored* with the traditional VT activities.

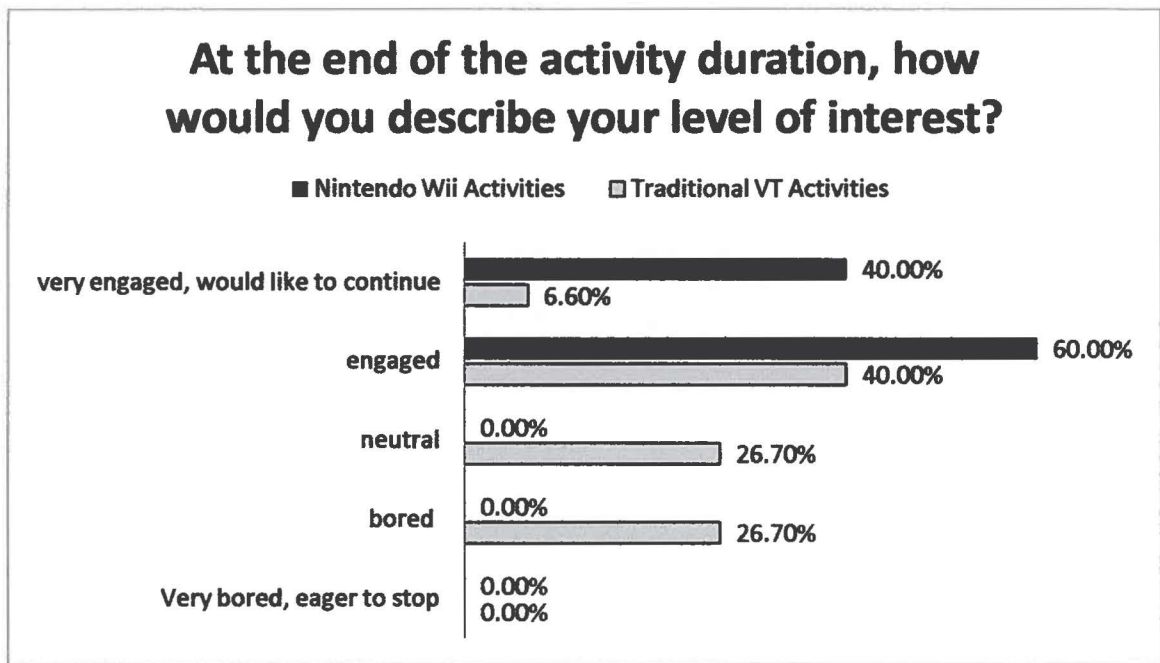


Figure 5

Survey results from the participants for the question; *would you be willing to purchase this equipment for your own home?* (fig. 6) Showed that 40% of the responders were *very likely* to or already own the Wii. While no one stated they were *very likely* to purchase traditional VT equipment, 13.3% said they were *somewhat likely* to purchase it, but a majority, 56.7% said they *were likely* to purchase the Wii. A high number of responders said they *were unlikely* to or *definitely will not purchase* traditional VT activities, 53.3% and 33.4% respectively, whereas only 3.3% stated so of the Wii.

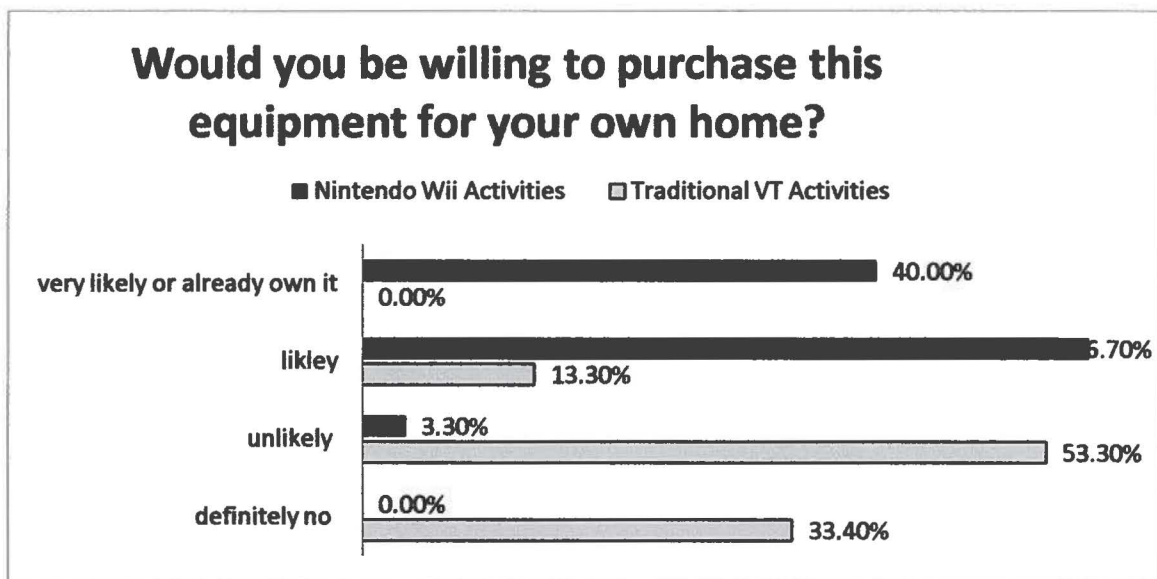


Figure 6

Survey results from the participants for the question; *if you had access to this equipment how often would you engage in this activity during your free time?* (fig.7) Showed that 10% would use the Wii activities *very frequently* and 63.3% would use it *frequently*, whereas only 6.7% would use traditional VT activities *frequently*. A majority of the responders, 46.0% said they *would participate* with the traditional VT activities *occasionally* compared to 23.4% with the Wii activities. A small percentage of the responders said they would almost never (3.3%) or *never* (0%) use the Wii activities, whereas 37.3% said they *would almost never* use traditional VT activities and 10.0% said they *would never* use it.

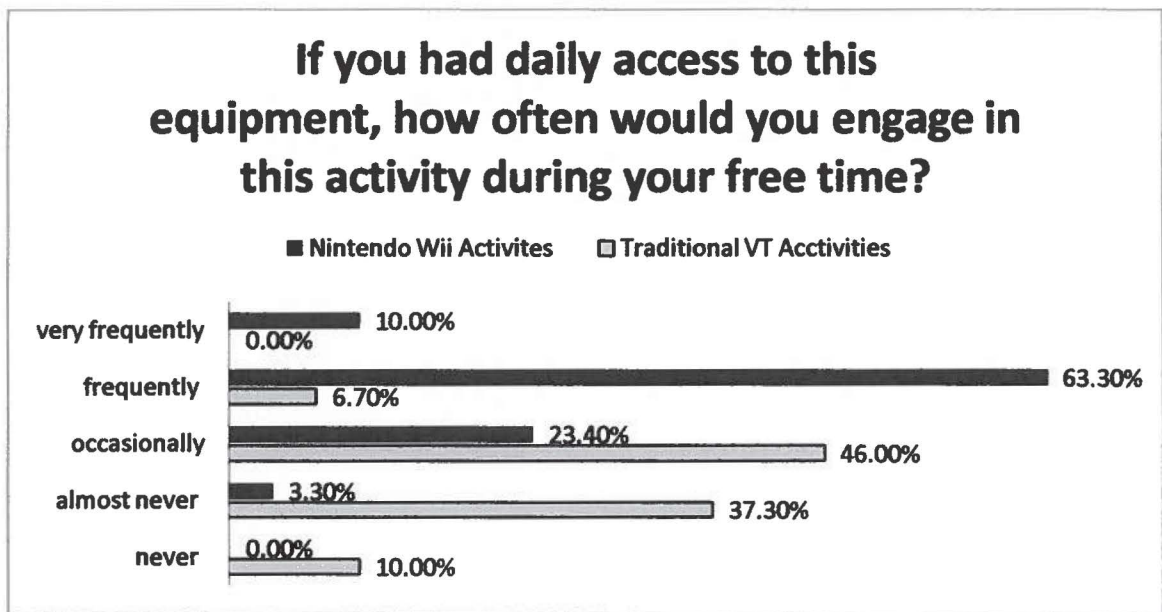


Figure 7

DISCUSSION

Participants in this study did have significant exposure to classic VT activities, (optometry students), but many had little experience with the Nintendo Wii. Our results indicated that the Nintendo Wii was more enjoyable and engaging than the classic VT activities. Our results showed that people would be more willing to purchase Nintendo Wii equipment for future use, than the classic VT “tools”.

Maintaining patient interest in the activity at hand is a positive and significant factor for vision therapy, thus the interest and enjoyment associated with the Wii could potentially lead to improved therapy outcomes. Increased patient compliance with home therapy assignments could also show improved outcomes associated with stronger patient interest and enthusiasm.

Various studies have sought to understand the connection between visual skills and athletic performance. A 2009 study of Little League baseball players suggested that visual performance on the Keystone Telebinocular, Acuvision, and Visagraph II had a correlation with their season batting performance.¹⁶ Bulson et. al. investigated the influence of binocular vision for golf putting. They also showed a correlation between VT and efficiency of ball catching and hitting.¹⁷ The physical sports-related activities available on the Nintendo Wii would be expected to call-upon similar visual skills and are used in many family homes even at the present time, without an Rx.

Vision therapy has been discussed, researched, criticized and yet used to remediate multiple anomalies of functional vision for many years. Various current methods of therapy have undergone at least rudimentary standardization and studies of

effectiveness. In order to gain acceptance as a valid VT “tool”, Nintendo Wii activities like the ones utilized in the study at hand will have to undergo further scrutiny regarding the precise visual challenges each poses.

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*Nintendo games are property of their respective owners. ©2010 Nintendo.

**Nintendo Wii is a trade mark of Nintendo Inc.

***Nintendo Corporation declined to collaborate with this project.

APPENDIX A

Traditional Vision Therapy Instructions

Wayne Saccadic Fixator

- Activity is to be preformed for 3 minutes. Each round is 60 seconds each; three rounds therefore need to be preformed.
- Objective for activity:
 - Depress illuminated red buttons as fast as you can.
- Stand in a comfortable position within arm's length of the WSF.
- Maintain head in a stable position utilizing eye movements to find your target.
- Use both hands for this activity. Right hand for the right side of the board and left hand for left side of board. Either hand may be used for buttons located in the center of the board.
- Press green button when ready to activate the program.
- Have fun!

Peg -Board Rotator

- Activity is to be preformed for 3 minutes.
- Red/Green glasses need to worn for this activity.
- Objective for activity:
 - Place pegs into holes as specified by vision therapy coach.
- Track specific location with your hand and peg directly over the hole for half a rotation. Use your eyes to track not head movements.
- Listen to vision therapy coach for direction.
- Task should be done both with both right and left hand equally.

Marsden Ball

- Activity is to be preformed for 3 minutes.
- Objective for activity:
 - Match color on ball with color on stick as directed and tap ball as it passes the midline of your vision (ball swings perpendicular to the subject).
- Follow swinging ball with your eyes not your head.
- Listen to vision therapy coach for directions. Coach will call out a color on the ball followed by a color on the stick.
- You may move around to find your target.

APPENDIX B

Vision Therapy Purpose

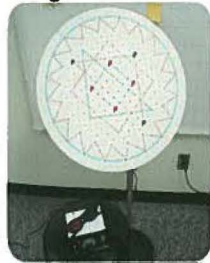
Vision Therapy Purpose

WSF



To evaluate eye-hand coordination, visual reaction times, peripheral awareness, and saccadic eye movement skills.⁷

Peg Rotator



For developing accurate following of a moving target with your eyes and hand. This type of integration, called visual motor, of looking at a target and then accurately placing an object on that target develops the necessary skills considered as a foundation for writing and sports activities.¹⁸

The inhibition of the suppression process while building the ability of peripheral awareness to peripheral fusion skills.¹⁸

Red/green glasses and filters

Marsden Ball



To develop smooth, controlled and efficient pursuit and saccade eye movement skill while emphasizing eye-hand coordination and balance.¹⁸

Wii Tennis



Pose Mii



Find Mii



Vision Therapy Survey

Traditional Activities: *Marsden Ball, Peg Rotator, Wayne Saccadic Fixator*

Part I: Traditional Activities

Had you ever used this equipment before?

never a few times several times

Were the instructions for these activities easy or difficult to understand?

very difficult difficult neutral easy very easy

How would you describe the level of difficulty of these activities?

very difficult difficult neutral easy very easy

How would you describe your level of enjoyment during these activities?

very unenjoyable somewhat unenjoyable neutral enjoyable very enjoyable

At the end of the activity duration, how would you describe your level of interest?

very bored, eager to stop bored neutral engaged very engaged, would like to continue

Would you be willing to purchase this equipment for your own home?

definitely no unlikely likely very likely or already own it

If you had daily access to this equipment, how often would you engage in this activity during your free time?

never almost never occasionally frequently very frequently

Comments: _____

Nintendo Wii Activities: *Tennis, Pose Mii, Find Mii*

Part 2: Nintendo Wii Activities

Had you ever used this equipment before?

never a few times several times

Were the instructions for these activities easy or difficult to understand?

very difficult difficult neutral easy very easy

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definitely no unlikely likely very likely or already own it

If you had daily access to this equipment, how often would you engage in this activity during your free time?

never almost never occasionally frequently very frequently

Comments: _____

Vision Therapy Survey

Traditional Activities: Marsden Ball, Peg Rotator, Wayne Saccadic Fixator

Part I: Traditional Activities

Had you ever used this equipment before?

never a few times several times

Were the instructions for these activities easy or difficult to understand?

very difficult difficult neutral easy very easy

How would you describe the level of difficulty of these activities?

very difficult difficult neutral easy very easy

How would you describe your level of enjoyment during these activities?

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At the end of the activity duration, how would you describe your level of interest?

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never almost never occasionally frequently very frequently

Comments: Peg Rotator + WSF are good, Marsden is frustrating

Nintendo Wii Activities: Tennis, Pose Mii, Find Mii

Part 2: Nintendo Wii Activities

Had you ever used this equipment before?

never a few times several times

Were the instructions for these activities easy or difficult to understand?

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Comments: wayne saccadic maybe

Nintendo Wii Activities: Tennis, Pose Mii, Find Mii

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Comments:

I was waiting for the time to end because I lost interest.

Nintendo Wii Activities: Tennis, Pose Mii, Find Mii

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Comments:

Never lost my interest during the time I played it.

Vision Therapy Survey

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Comments: The WSP is fun!

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How would you describe the level of difficulty of these activities?

very difficult difficult neutral easy very easy

How would you describe your level of enjoyment during these activities?

very unenjoyable somewhat unenjoyable neutral enjoyable very enjoyable

At the end of the activity duration, how would you describe your level of interest?

very bored, eager to stop bored neutral engaged very engaged, would like to continue

Would you be willing to purchase this equipment for your own home?

definitely no unlikely likely very likely or already own it

If you had daily access to this equipment, how often would you engage in this activity during your free time?

never almost never occasionally frequently very frequently

Comments: _____

Vision Therapy Survey

Traditional Activities: Marsden Ball, Peg Rotator, Wayne Saccadic Fixator

Part I: Traditional Activities

Had you ever used this equipment before?

never a few times several times

Were the instructions for these activities easy or difficult to understand?

very difficult difficult neutral easy very easy

How would you describe the level of difficulty of these activities?

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never almost never occasionally frequently very frequently

Comments:

Nintendo Wii Activities: Tennis, Pose Mii, Find Mii

Part 2: Nintendo Wii Activities

Had you ever used this equipment before?

never a few times several times

Were the instructions for these activities easy or difficult to understand?

very difficult difficult neutral easy very easy

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If you had daily access to this equipment, how often would you engage in this activity during your free time?

never almost never occasionally frequently very frequently

Comments: Not much into video games but this was fun.

Vision Therapy Survey

Traditional Activities: Marsden Ball, Peg Rotator, Wayne Saccadic Fixator

Nintendo Wii Activities: Tennis, Pose Mii, Find Mii

Part I: Traditional Activities

Had you ever used this equipment before?

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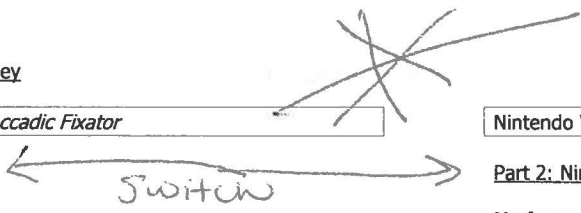
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Vision Therapy Survey

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Nintendo Wii Activities: *Tennis, Pose Mii, Find Mii*

Part 2: Nintendo Wii Activities

Had you ever used this equipment before?

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Comments: Much more engaging and fun!

Vision Therapy Survey

Traditional Activities: *Marsden Ball, Peg Rotator, Wayne Saccadic Fixator*

Part I: Traditional Activities

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Comments:

Four horizontal lines for writing comments.

Vision Therapy Survey

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Nintendo Wii Activities: Tennis, Pose Mii, Find Mii

Part 2: Nintendo Wii Activities

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very unenjoyable somewhat unenjoyable neutral enjoyable very enjoyable

At the end of the activity duration, how would you describe your level of interest?

very bored, eager to stop bored neutral engaged very engaged, would like to continue

Would you be willing to purchase this equipment for your own home?

definitely no unlikely likely very likely or already own it

If you had daily access to this equipment, how often would you engage in this activity during your free time?

never almost never occasionally frequently very frequently

Comments: _____

Nintendo Wii Activities: *Tennis, Pose Mii, Find Mii*

Part 2: Nintendo Wii Activities

Had you ever used this equipment before?

never a few times several times

Were the instructions for these activities easy or difficult to understand?

very difficult difficult neutral easy very easy

How would you describe the level of difficulty of these activities?

very difficult difficult neutral easy very easy

How would you describe your level of enjoyment during these activities?

very unenjoyable somewhat unenjoyable neutral enjoyable very enjoyable

At the end of the activity duration, how would you describe your level of interest?

very bored, eager to stop bored neutral engaged very engaged, would like to continue

Would you be willing to purchase this equipment for your own home?

definitely no unlikely likely very likely or already own it

If you had daily access to this equipment, how often would you engage in this activity during your free time?

never almost never occasionally frequently very frequently

Comments: _____
