

The Utilization of an Escape Room in Dietetic Internships

Roxanne Kingston¹, Thomas Lipscomb²

^{1,2} College of Education and Human Sciences, The School of Education,
The University of Southern Mississippi, United States

Abstract

The purpose of this research was to examine the use of gamified practices for alternate supervised practice in dietetic interns to see if there was any causal effect on knowledge advancement and motivation from the gamified platform. The study utilized a randomized experimental posttest control group design. The variables of the research study were independent variables of a treatment group (gamified education/escape room) and a control group (traditional teaching method), and the measurement of a dependent variable by posttests. A convenience sample from three dietetic internships was used with random assignment to the treatment of the escape room or a traditional lecture-style approach. The escape room had knowledge questions throughout the activity and the traditional curriculum had knowledge questions at the end of the activity. Motivation to learn was assessed with the Activity Perception Questions of the Intrinsic Motivation Inventory utilized as a post-test. The results of this study indicated that there was no statistically significant difference between the mean knowledge scores of the experimental group and the control group. In addition, there was no statistically significant difference between the three subscales of the motivation inventory of the experimental group and control group. These findings suggest that the treatment of the escape room did not increase knowledge or motivation in this group of participants. With the increase in gamification for learning, it is advantageous to see that not all aspects are found to produce positive results. In conclusion, more experimental research needs to be completed to determine if virtual escape rooms do have a positive impact on increasing knowledge and motivation.

Keywords: Virtual Escape Room, Experimental Design, Simulated Learning