

DIPPAO randomized controlled trial: study protocol

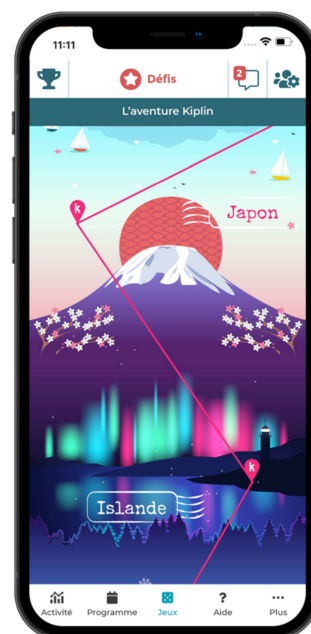
SUPPLEMENTARY ONLINE MATERIAL 4

Kiplin Games

The Kiplin app collects the daily step count of participants by joining the API (Application Programming Interface) of the application used by the participants to track their activity (in the case of our study, the Kiplin app will use the Garmin Health API to collect the data measured via the Garmin Vivofit 3).

The adventure

Through their journey, participants will be invited to be part of “the adventure”, where the objective is to reach steps goals in order to collectively get to the final destination (players can visualize their progression on a map with checkpoints schematizing the remaining distances between different cities of a digital world tour; Figure 2B).



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*The investigation*

The second game will be “the investigation”, where participants will have to be physically active and succeed in collective challenges to unlock cues and try to solve the mission (Figure 2C).

The board game

Finally, “the board game” will put participants in the shoes of forest rangers having to put out a fire. Once again, the achievement of step goals will allow participants to progress by team on the board squares and to reach the next levels of the game to put out all the fires and save the forest residents (Figure 2D). The aim will be to put out as many fires as possible and save as many forest residents as possible by the end of the time limit.

