



An Interactive Measure of Children's Wellbeing

What is Rumble's Quest?

An interactive game for tablets and computers that:

- provides a valid, robust, and reliable measure of wellbeing for children in prevention programs, schools, and communities
- is suitable for use in non-clinical settings with large numbers of children.

Who is it for?

Children aged 5-12 years

Advantages

- gives children a voice
- promotes children's active involvement
- accessible format and language
- low literacy requirements



What does it do?

The game presents children with an opportunity to report their own feelings and sense of wellbeing in relation to:

- their attachment to school (educational wellbeing / motivation to learn)
- their experience of supportive home-family relationships
- their social and emotional confidence in regard to their capabilities, self-worth and peer relationships, and
- their self-regulation and prosocial behaviour (i.e. how we act in accord with a capacity to keep our impulses in check and understand other people's feelings and perspectives).

The quest incorporates tasks that challenge children to exercise:

- impulse control and the ability to inhibit impetuous reactions
- focused attention and the ability to ignore distraction
- working memory and ability to use the information we hold in mind to plan ahead and solve problems.

These types of skills are executive functions that underpin: learning, forward planning and the ability to set and achieve positive goals, the ability to manage our behaviour and emotions and to consider the consequences before engaging in action. They are fundamental to making responsible decisions, getting along with others, and coping with difficult circumstances.

Why is it useful?

Rumble's Quest is a multi-use tool for needs assessment, responsive program planning, and program evaluation: at individual, school, or community levels.

It is a **Tool for Prevention Research** that can be used:

- to assess levels of social and emotional wellbeing within child populations as part of a school or community's planning when developing strategies to support children's learning and positive development
- as an outcome measure of change related to program implementation
- To identify and respond to the needs of children who may be vulnerable or at risk of poor outcomes

Who is it useful for?

Anyone who needs reliable tools to measure child wellbeing for planning policy and service provision, and evaluating outcomes of preventive initiatives. This includes the development of community risk profiles analogous to the types of profiles that underpin Communities That Care and similar programs for adolescents.



Data Management

The measure is linked to a secure database housed in accordance with strict ethical and privacy rules. Registered users can generate reports based on the data collected for children in their care.



Reporting Functions

Registered users have the ability to sort, filter, and group records to create their reports.

- Simple, user-friendly interface for managing data
- Report builder function facilitates report generation
- Reporting function allows for the filtering of results based on categories such as age and gender
- Reports for individuals aggregate responses to specific items into a Total Wellbeing score and four subscale scores
- Reports for groups can highlight the percentage of children in the group who respond in specific ways to specific questions.



User Support

Rumble's Quest does not stand alone. A comprehensive package of tools in the form of on-line resources will be available to support organisations and practitioners.

Reference:

Freiberg, K., Homel, R. & Branch, S. (under review). The development and psychometric properties of an interactive measure of social and emotional wellbeing for middle childhood

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