



**Starlight Children's Foundation
Research Studies on *Starbright World*®**

2006

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Individual Research Study Findings:

A study conducted at Mount Sinai School of Medicine showed that hospitalized children experienced significantly less pain intensity, pain aversiveness and anxiety when using *Starbright World* compared to when they were engaged in alternate educational activities.

Research conducted at Stanford University School of Medicine suggests that an interactive network such as *Starbright World* may serve as an effective non-pharmacological therapy to improve pain control in hospitalized children kept in isolated environments, and that such a network may also improve depressive symptoms, anxiety, and self-esteem in the same group.

Research conducted at the Clinical Center at the National Institutes of Health found that children using *Starbright World* experienced decreased loneliness and withdrawn behavior, and an increased willingness to return for treatment.

A study conducted at Hackensack University Medical Center found that *Starbright World* helped to facilitate self-competence and mastery, understanding of illness and treatment, and communication with others. *Starbright World* was also found to provide a tool for fostering therapeutic relationships with psychosocial staff, serving as a catalyst for discussion about aspects of illness that may otherwise have been more remote.

A study conducted at Hughes Spalding Children's Hospital, an inner city hospital serving economically disadvantaged, primarily African American children, showed that participation in *Starbright World* resulted in a trend toward greater increases in knowledge for teens with asthma, decreased negative coping among teens with

sickle cell disease, and more perceived peer support for children with sickle cell disease.

A qualitative study conducted at University of West Florida with a group of children diagnosed with end-stage renal failure showed benefits of *Starbright World* use including an internal locus of control, peer support, and distraction.

A study conducted at Emory University with children with sickle cell disease found significantly greater improvements in parent-child relationship than wait-list group, with a trend toward greater decreases in child depression.

Brief Findings:

Research studies conducted at institutions across North America have found that children using *Starbright World* experienced significantly less pain, anxiety, loneliness and withdrawn behavior; improved self esteem, communication, parent and caregiver relationships, peer support; and an increased willingness to return for treatment.