



# Effect of Escape Rooms in Enhancing Students' Motivation and Commitment to Learning Medical Concepts: A Systematic Review

Tayebeh Ramezani<sup>1</sup>, Alireza Rafi<sup>2\*</sup>, Mohammad Hossein Pourhanifeh<sup>3</sup>, Noosha Farzaie<sup>4</sup>, Ghazaleh Golchoub<sup>5</sup>

<sup>1</sup>Student Research and Technology Committee, Behbahan Faculty of Medical Sciences, Behbahan, Iran

<sup>2</sup>Department of Nursing, Behbahan Faculty of Medical Sciences, Behbahan, Iran

<sup>3</sup>Research Center for Biochemistry and Nutrition in Metabolic Diseases, Institute for Basic Sciences, Kashan University of Medical Sciences, Kashan, Iran

<sup>4</sup>Student Research and Technology Committee, Faculty of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences, Tehran, Iran

<sup>5</sup>Student Research Committee, School of Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran

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### \*Corresponding Author:

Dept. of Nursing, Behbahan  
Faculty of Medical Sciences,  
Behbahan, Iran

## ABSTRACT

**Introduction:** Escape rooms are cooperative games involve solving clues, logical puzzles, and completing various tasks within a limited time frame. However, their effectiveness in teaching medical concepts has not been thoroughly investigated. Therefore, this study aimed to explore the role of escape rooms in enhancing students' motivation and commitment to learning medical concepts.

**Search Strategy:** This review study was conducted by searching the WOS, SID, Scopus, PubMed, and the Google Scholar search engine with keywords "medical concepts", "escape room", and "promotion of motivation" from 2020 to 2023.

**Results:** Various studies showed that educational escape arcades were team-based, live-action games designed to teach both general knowledge and specific content-related skills. The objective of these games was to escape from a physical room or to locate a hidden object. Created for educational purposes, their primary advantage lies in enhancing students' participation and motivation to engage with the curriculum. Research indicates that educational escape rooms can positively influence the educational escape rooms can positively influence students' motivation, with statistically significant improvements observed in post-game test scores. Feedback from surveys were used to refine subsequent versions of the software and game design. Additional studies demonstrated that the quantitative results showed a significant enhancement in class engagement, academic performance, and classroom atmosphere, as well as improved score in social and antisocial behaviors. Qualitative findings further elucidate these results and support this conclusion. Given the versatility of escape rooms, they may also serve as effective team-building tools in healthcare settings.

**Conclusion and Discussion:** Escape rooms effectively enhance knowledge across various subjects, and students of all types welcome their use. However, there is a need for further research to evaluate the ideal group size for using escape rooms in educational settings. Additionally, more rigorous study designs are necessary to determine the effectiveness of escape rooms in producing learning-focused outcomes, as well as greater consensus on appropriate theoretical frameworks that can be implemented and implemented. A comprehensive guide for study is also needed.

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