

Supplementary Material S1

Database-Specific Search Strategies

The following database-specific search strategies summarize the core search structure used to identify studies related to game-based interventions for health promotion in older adults.

PubMed

((("Aged"[Mesh] OR elderly OR "older adults" OR ageing OR aging)

AND

("Health Promotion"[Mesh] OR "health promotion" OR "health education")

AND

(game* OR gaming OR gamification OR "serious games" OR exergam*))

Filters applied: English and Portuguese language; publication years 2014–2026. The final search was conducted on 31 May 2026.

Scopus

TITLE-ABS-KEY (elderly OR "older adults" OR ageing OR aging)

AND TITLE-ABS-KEY ("health promotion" OR "health education")

AND TITLE-ABS-KEY (game* OR gaming OR gamification OR "serious games" OR exergam*)

Filters applied: English and Portuguese language; publication years 2014–2026. The final search was conducted on 31 May 2026..

Web of Science

TS=(elderly OR "older adults" OR ageing OR aging)

AND TS=("health promotion" OR "health education")

AND TS=(game* OR gaming OR gamification OR "serious games" OR exergam*)

Filters applied: English and Portuguese language; publication years 2014–2026. The final search was conducted on 31 May 2026.