



### **Research Shows the Benefits of Starlight's Programs Include Decreased Depression, Anxiety, Pain and Isolation**

Starlight is continuously conducting clinical research to evaluate and analyze our programmatic efforts to help seriously ill children and their families cope with their pain, fear and isolation. Following are the overarching summaries of the results from the latest research studies on Starlight's programs.



- Research studies indicate that Starlight's programs help seriously ill children and their families: experience less depression, anxiety, pain and isolation; better handle, understand, and manage their illnesses; and bond as a family.
- Research studies at institutions across North America have demonstrated the benefits of Starlight's programs including improved self-efficacy, self-esteem, coping, knowledge, child responsibility, parent-child relationships, adherence; family cohesiveness and willingness to return for treatment; and a reduction in symptoms, depression, feelings of isolation and negative coping behaviors.

For more information or to view longer summaries, research findings on specific programs, a bibliography of publications on Starlight's research, or an explanation of how we do research, contact Donna DeDario at [donna.dedario@starlight.org](mailto:donna.dedario@starlight.org).



### **May is Asthma & Allergy Awareness Month – Refer a Child to Starlight's *Quest for the Code* Asthma Game**

Asthma is the most common chronic disorder in childhood, currently affecting an estimated 9 million children under 18 years. It is the leading cause of school absenteeism, one of the leading reasons for emergency room visits, and a major reason that parents miss work. There is a huge need to educate children and parents about how to manage and reduce asthma attacks, which can be deadly, and Starlight's [\*Quest for the Code\*](#), an

online interactive asthma management game featuring some of your favorite celebrities, can help! *Quest for the Code* helps kids and teens find out more about:

- Early warning signs and symptoms
- Identifying and avoiding asthma triggers
- Myths about asthma
- How asthma affects the lungs
- Proper use of asthma medication devices
- Long-term control medicine and quick-relief medicine
- How to talk to peers about asthma and ask doctors the right questions

Everyone knows a child or teen that has asthma. Refer them to Starlight's *Quest for the Code*! The game has been shown to improve children's self efficacy, knowledge, quality of life, asthma symptoms, medication adherence, and avoidance of asthma triggers. It can also reduce school absenteeism and emergency room visits!

"My daughter was on the borderline of being diagnosed with asthma, and then our eldest daughter accessed *Quest for the Code* for her sister," said Chris Lewis. "Our daughter played the game over and over again helping her to understand what may be going on and how to deal with it. It made such an incredible difference when she was finally diagnosed. She was able to comprehend what the doctors and nurses were telling her, and it helped her deal with her disease in a most positive way. She is not scared and is very knowledgeable about what she needs to do and what to watch out for. While our daughter's asthma is nothing compared to what some children and families have to deal with, your program was a great help!"

For more information about asthma prevention and Starlight's *Quest for the Code*, go to [www.starlight.org/asthma](http://www.starlight.org/asthma).

To view the resource guide designed for parents of children with asthma, go to [www.starlight.org/asthma/parentsglossary](http://www.starlight.org/asthma/parentsglossary).

To play Starlight's *Quest for the Code*, go to <http://asthma.starlightprograms.org>.



### **Be a Friend of Starlight**

Are you a fan of LinkedIn, MySpace, Facebook, YouTube or Flickr? Join Starlight on these social networking and sharing platforms and help spread the word about Starlight to your friends, families and contacts!

On MySpace and Facebook, add Starlight's fundraising application powered by "Causes" (visit Starlight's profile and add the Causes Application to your own). On LinkedIn, add Starlight's badge to your personal profile. On YouTube, subscribe to Starlight's channel. And on Flickr, browse our photos and leave your own testimonial!

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