Modern society lacks empathy – which is the ability to understand behavior and put themselves in someone else's shoes, sharing the same emotions. These days are marked by the lack of face-to-face interactions, combined with a growth in new problems in the 21st century – such as the emergence of a pandemic, the beginning of a confrontation between Russia and Ukraine, and the increase in Islamic radicalist forces – it is important to promote the development of this skill in citizens, a skill that helps to deal with interpersonal conflicts and live in society, contributing to happiness.

Although there are studies that relate empathy in the context of digital games, the characteristics that a digital game must present to encourage the creation of empathy in an audience are still unclear.

Depression is considered the most common mental disorder in the general population (Stein et al., 2020), a worrying fact given that there is still stigmatization regarding mental health.

Thus, the idea of conceptualizing and implementing a digital game that addressed the theme of depression emerged – by portraying a protagonist with this condition – in an attempt to discover which elements of the game were described for the emergence of the ability to “put oneself in someone else’s shoes.” ”.

Upon completing the investigation, it was concluded that a visual novel adventure game with a deep narrative and important themes in today's society, such as mental health, and simple gameplay can foster the communication of empathy in an audience.