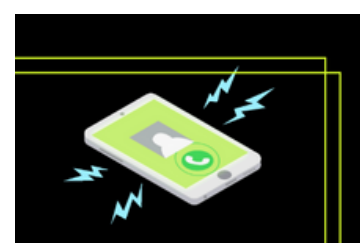


# SCENARIOS

- You are given the option to join a recovery program
  - You are at a recovery group meeting
    - You have to find a job
- Your family invites you to visit them out of town
  - Your child gets sick and needs to see a doctor
- You are given the option to sign up for evening classes at a local college
  - You are evicted
- A family member dies and you have to travel to go to the funeral
  - You are invited to a family member's wedding
- Coworkers invite you to a bar after work
  - Your favorite band comes to town
- A triggering story is all over the news
  - Court case/visit to parole officer
- You are given the opportunity to seek treatment at a local clinic
  - You hurt your back and need to see the doctor
  - You have to go grocery shopping
- You go to the movies, but an unexpected and triggering scene occurs
  - It's your birthday
  - You are laid off from your job
- You must go to the mall to get a gift—environment is extremely overwhelming
- You've been doing great at work and are offered a promotion to a managerial position, but it requires a bigger time commitment
- Your local library is looking for volunteers and your weekends are open
- Your child is failing a class and you're called for a parent-teacher conference
- Your child needs money for a field trip but you don't have any to spare
- Your house is a mess and it's time to clean up
- You are offered the opportunity to receive regular therapy
  - You decide to apply for government assistance for food
  - Your significant other breaks up with you
  - You decide to apply for disability benefits
  - You decide to apply for unemployment benefits
  - Your health insurance stops covering your medication
- Someone breaks into your house and steals your valuable electronics, such as your TV and computer
  - You have a midterm due tomorrow
- You are invited to submit your work to an undergraduate research journal
  - A friend suggests you should join a club

## LIFELINE



If they pick up, you gain resistance points.  
Sponsor  
Friend

## TOOLBOX



Practice your spirituality  
Go to a group recovery meeting  
Breathing/meditation  
Grounding techniques for anxiety

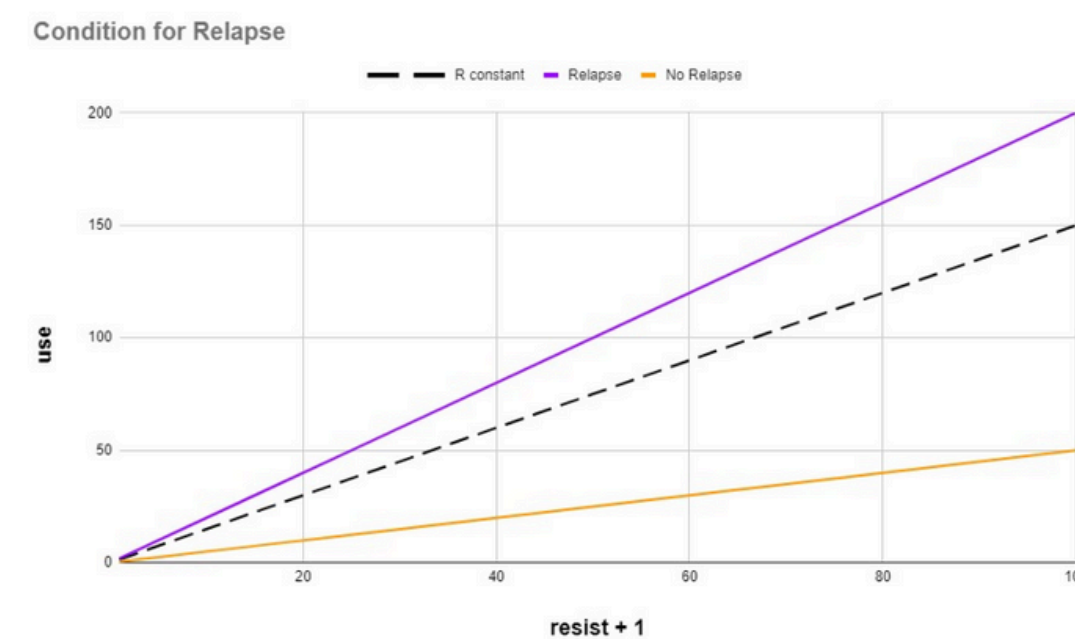
# DETERMINED

## You're determined to stay sober. Will you?

*Determined* is a second-person digital experience that immerses participants in a nuanced narrative about substance use disorder (SUD) recovery. Designed to reduce stigma by fostering empathy, the experience demonstrates the complexity of making the “right” choice in the face of unpredictable chance, limited time and energy, and various social stressors. Participants attempt to navigate a year in the life of someone recovering from SUDs, by keeping their "resist" spectrum stronger than their "use" spectrum. Through dynamic scenarios and impactful storytelling, *Determined* highlights the profound challenges and resilience required for recovery, offering a thoughtful exploration of the human experience behind addiction.



The participant's objective is to avoid relapse by keeping “use” points as low as possible while maximizing “resist” points. The occurrence of relapse is determined by a ratio between these two factors. If relapse occurs, the participant is encouraged to reflect on key statistics related to relapse, overdose, and recovery success rates, and is given the opportunity to restart. This approach promotes an overall optimistic view of recovery while maintaining an awareness of the real and serious risks associated with SUDs, including the potential danger of death.



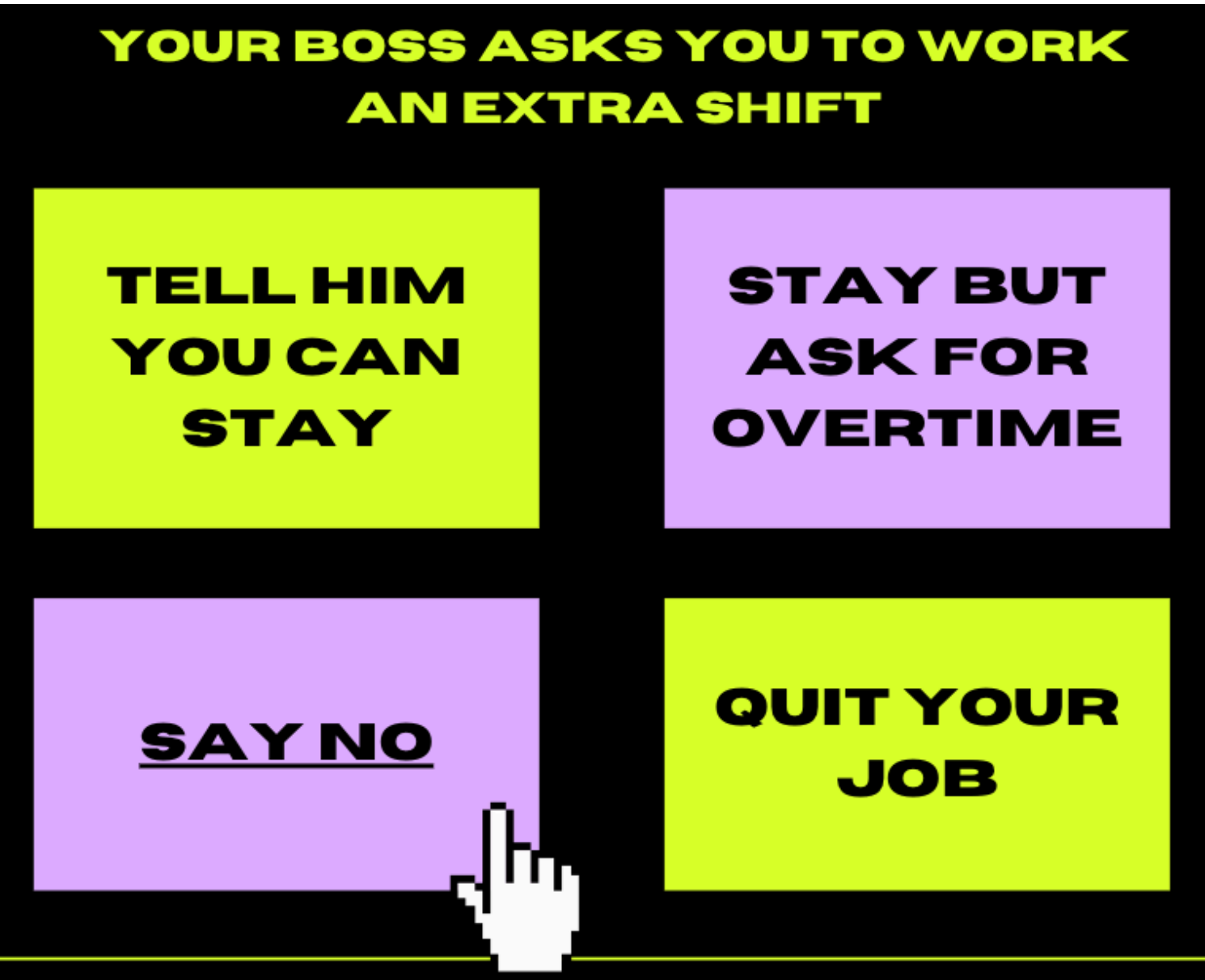
In this graph, the black dashed line represents our agreed upon relapse constant  $R$  in the inequality above. Any slopes calculated from the ratio of *use* and *resist* above  $R$  will lead to a relapse, shown by the purple line. Any slopes below  $R$  will NOT cause a relapse, as shown by the yellow line.

Assuming that  $R$  is a decided relapse constant such as 1.5, relapse occurs if:

$$\frac{use}{resist + 1} \geq R \text{ and } use \geq U_{min} \text{ OR } use > 100$$



Participants encounter a variety of scenarios designed to challenge, uplift, or complicate their recovery journey—sometimes all at once. These scenarios may include neutral events (everyday life tasks), generally negative experiences, triggering situations (without explicit detail), or positive moments.



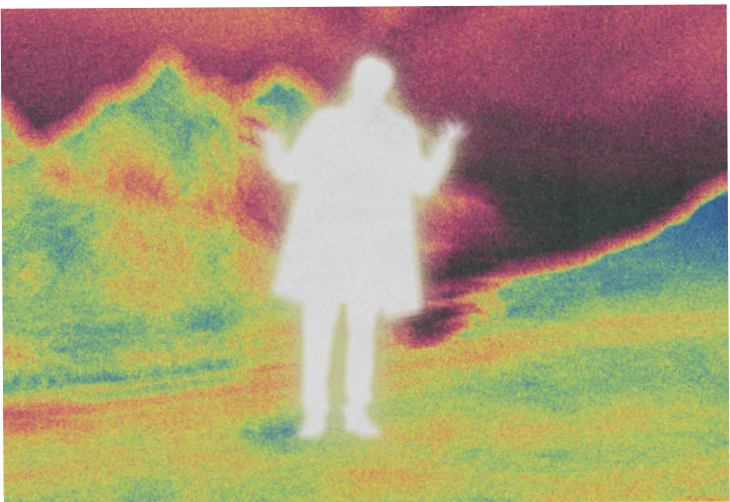
Actions are selected from 2-4 options presented on the screen. After an action is selected, its consequence is revealed. Outcomes involve an element of chance, though participants' predispositions—shaped by their attributes—can influence the results. Consequences directly impact “use” and “resist” levels, shaping the participant's overall recovery trajectory.

# CHARACTER ATTRIBUTES

A character is depicted along four dimensions: **familial, mental, social** and **physical**.

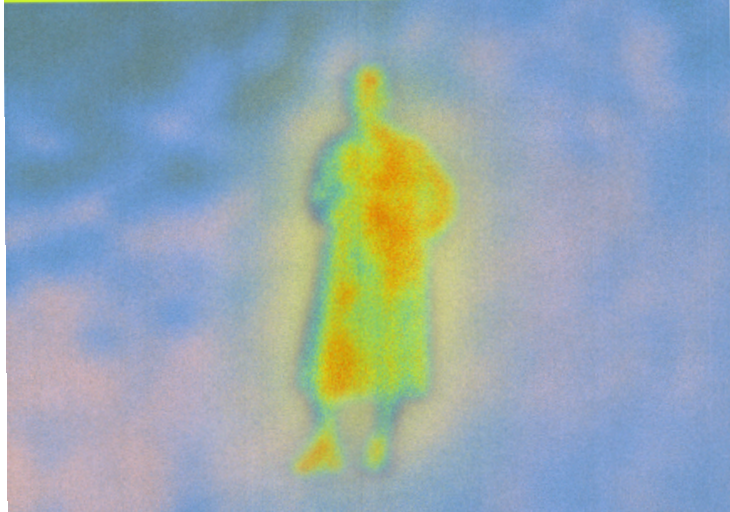
## FAMILIAL

Most in your usual social circle have SUDs  
You have a family of your own  
You have dependents  
You have a good relationship with your family  
You have a tenuous relationship with your family  
You have friends you can lean on for support  
Yave a lifeline (e.g. sponsor) you can call for support



## MENTAL

History of anxiety or depression  
Acute intoxication and/or withdrawal potential  
Mental disability  
Sexual identity and orientation



## SOCIAL

Your gender  
A full time, well paying job  
A full time job  
A part time job  
Currently unemployed  
Unable to work  
Housing insecurity  
Rent your living space  
Own your home



## PHYSICAL

Genetic predisposition to SUDs  
Physical impairment  
Age

*The scenarios, options, and consequences are a function of the character’s attributes along these dimensions.*