

# The use of Serious Games for emotion regulation

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**Our project concerns the development and testing of a cognitive behavioural therapy (CBT) serious adventure game. The game integrates contemporary psychological theory into a hero narrative and incorporates key CBT educational content to enable players to regulate though more aptly, emotion, and behaviour. In essence, the proposed game will teach players (via interactions with NPCs, problem solving, self-discovery, and didactic mechanisms) important CBT concepts and skills to enable greater emotion control. At present, the project team have developed a game prototype utilising inhouse expertise. We wish to use this prototype to obtain proof of concept data across three main activities: 1) engaging with adolescents in the community to garner their feedback on the playability and concept of the prototype, 2) undertaking laboratory testing to assess the effects of the prototype on psychological variables of interest, 3) engaging with CBT experts to gain insights into the game's congruence with CBT, the potential impact and utility of the game, and the game's potential place with health settings.**

***Keywords—serious games, applied games, games for health, games for CBT***