



A virtual oasis designed for only one

Virtual **Application** **3D**

Period 2021.01 - 2021.03, 2022.10 - 2022.12

Roles Planning, Interview, Logo design, UX/UI design, 3D Modelling, Unreal level design

Tools Photoshop, Blender, Unreal Engine

Collaboration A clinical and counselling psychologist, an art therapist, and a Unreal developer

BACKGROUND

Where is an **oasis** just for me
that I can **go at any time?**

* Oasis : a calm, pleasant place in the middle
of somewhere busy and unpleasant



**Heal your mind
at the Virtual Space!**

Since the COVID-19 pandemic, people's need for healing places to relieve stress has increased. The place has expanded from personal spaces such as homes to quiet nature and virtual spaces in games.

USER RESEARCH

I need a **special and private healing space**

I want to have a 'my own healing space' where I can only focus on myself without other people.

I hope to understand **what my mind needs**

I want to know my state of mind and what I need from myself. I am also considering seeing a professional for psychological counseling.

I need a **shelter I can go to anytime, anywhere**

It's hard to heal my mind in the hustle and bustle of everyday life. I need a place to care for my mind regardless of time and place.

SOLUTION

Tailored

Fully reflect
each user's needs

Reliable

Based on experts'
psychological analysis

3D Virtual

Accessible from
anywhere, anytime

“
OWN,
a dedicatedly tailor-designed virtual space,
an innermost world where the user can reflect
the self and release the stress
”

To design 'OWN', we recruited three users who were looking for their own therapeutic space. Their needs are described below.



Mindelle

Age 27
Artist



MYN

Age 25
Graduate
Student



T

Age 24
Undergraduate
Student

**I want to express
myself freely**

**I need a place to
focus on myself**

**I'm afraid of
being alone**

**I need a space
that's 'just for me'**

**I feel peaceful
when I'm alone**

**I need a place
to relax**

DESIGN PROCESS

* Roles of the designer

OWN is based on a thorough analysis of each user's psychological state. The process below was carried out individually for each user.

1

Data collection from the user

Pre-survey question development with Experts

Interview Questions development with Experts

Drawing

Image Collection

Pre-survey

Each user answered questions about themselves and their environment.

In-depth Interview

Each user told us how they understood themselves and their environment through the 1:1 in-depth interview.

Drawing

Each user drew 'My home' and 'Me in the room'. This is an adaptation of the H-T-P test used in art therapy.

Image Collection

Each user collected images that made them feel positive or negative emotions. They also provided us with photos of the rooms they currently live in.

2

Psychological Analysis

Based on each user's data, our experts (a clinical and counselling psychologist, and an art therapist) prepared a psychological analysis report and proposed a design requirement for each user's mental well-being.

3 Sketch OWN

Design Concept Guide

Visual Mood Board

OWN Collage Sketch

A designer sketched OWN based on each user's data and experts' analysis reports and suggestions. The design was finalised with feedback from each user and experts.

4 Build OWN

3D Modelling

Unreal Level Design

c# Scripting

A designer created OWN in 3D virtual space using Unreal Engine. And a Unreal developer to implement some interactions features in C# scripting.

Sketch OWN for Mindelle

This page shows part of Mindelle's data and how we designed OWN based on it.



Drawing of 'Me in the Room'



Photo of her room

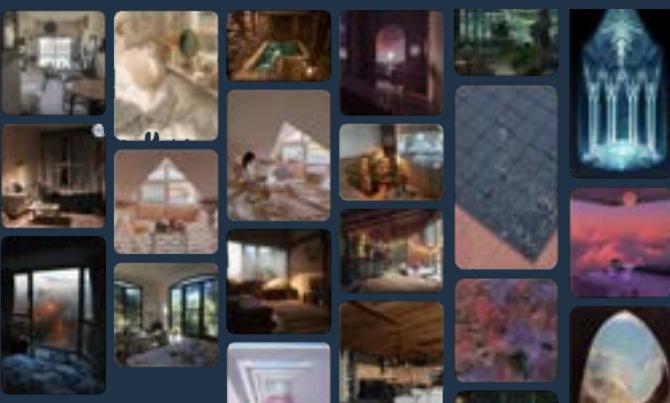


Image collections : Preferred places

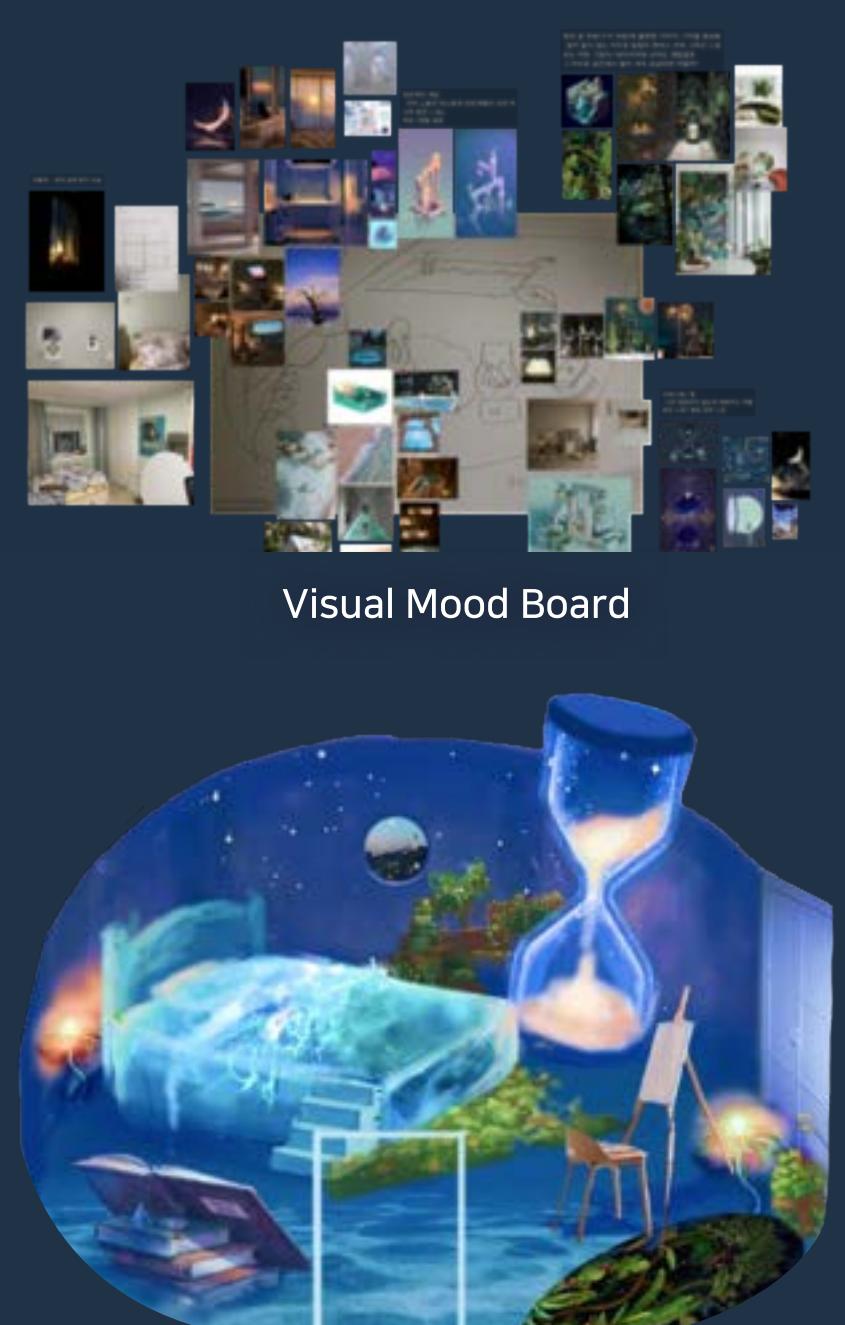
Mindelle's OWN concept guide

Summary of psychological analysis

- Own time and space** is the most important : Bed, Mood lighting, Diary, Book
- Too much pay attention in other's opinion** Small window: aim loose relationships
- Enjoys thinking with the mood lighting** in calm atmosphere of Night ~ Dawn time
- Desires to express pressured emotion** : Express by art / Dreaming freedom

Requisites for Mental Well-being

- The space where could only focus herself** : Dark green or blue can imagine the deep sea
- The most comfortable space, bed is a door of deep the thought**
- She can swim in the wide sea of thoughts**
- Should keep balance not sink into the abyss** : Clock - an alarm when to get out of there



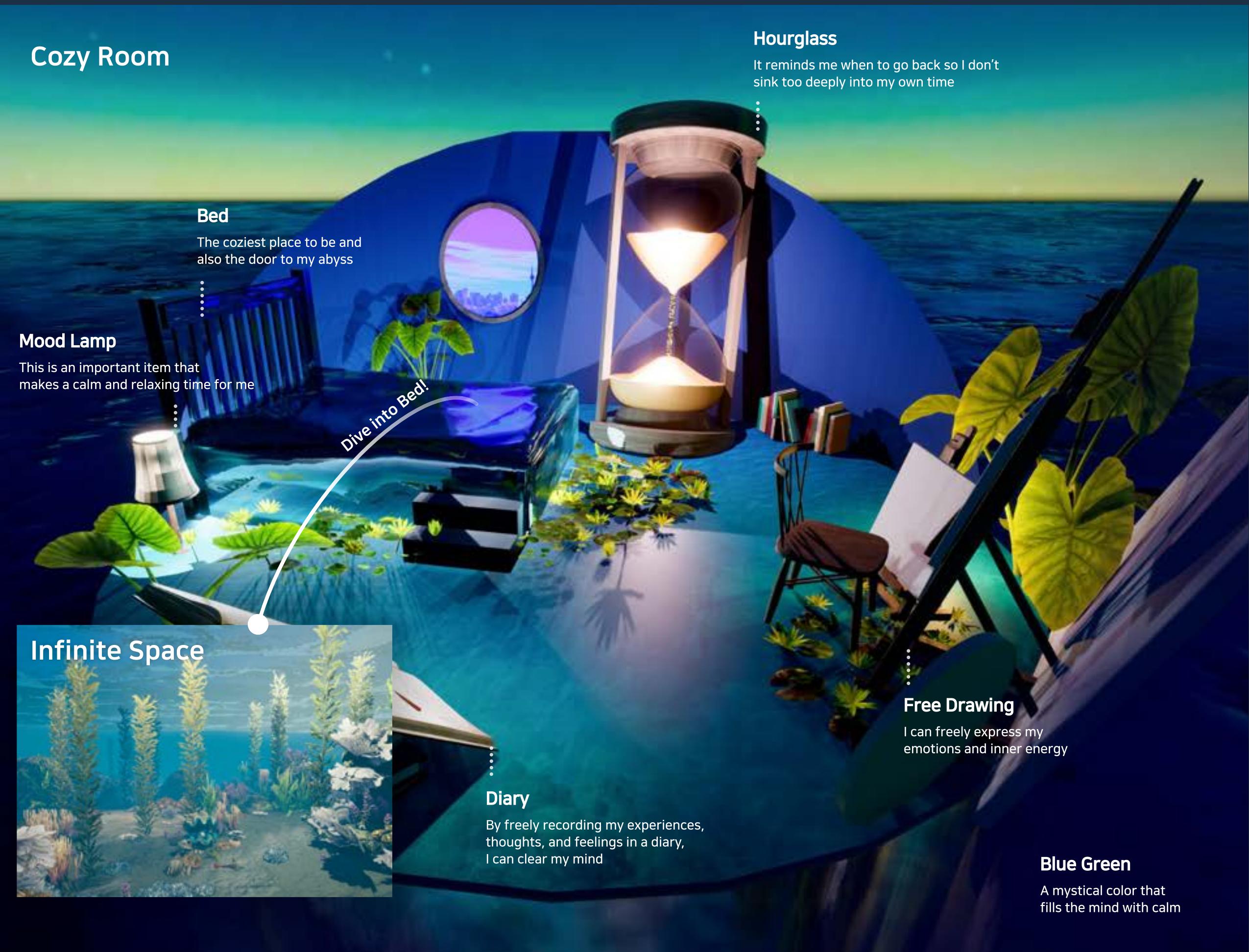
OWN Collage Sketch

Build OWN for Mindelle

⌚ Video of Mindelle's OWN

OWN, a 3D virtual space, was developed using the Unreal Engine, a game engine. It supports real-time rendering, making OWN come alive with 3D motion, such as wind and water flow, and allowing the user to explore the virtual world freely.

OWN consists of two rooms in total. One is a **Cozy Room** with walls or doors that separate it from other rooms. The other is an **Infinite Space** that can be immersed in the user's contemplation. The division of OWN into two levels is intended to allow the user to go deeper into their inner self. In addition, a **simple text annotation** appears near essential visual symbol elements so the user can reflect on the self.



OWN for MYN

Cozy Room

Bunch of Negative Memories

Keep memories, both happy and painful, together. To heal wounds, taking care of them is better than ignoring them

...



Evening Sunshine

It gives me positive energy and makes me look back on my day

.... Brown and Soil

They help reduce obsessiveness

Go for a walk !



.... Music

I make music and play guitar to express what I want to say. It's also a moment to forget about my worries



Big Window

Being in my own space too long can be lonely, so I get energy from interacting with others

...

Infinite Space



⌚ Video of MYN's OWN

Gradients and Intermediate colors

Everything has a middle ground as well as two extremes

...

OWN for MYN

Cozy Room

© Video of T's OWN

Strong Sense of Control

It's easy to blame herself when she are stressed or fail

 She needs to practice recognizing what she has contributed and the range of what she can control

Pool

The calm water brings peace to my mind and I can reflect myself like a mirror

Bed

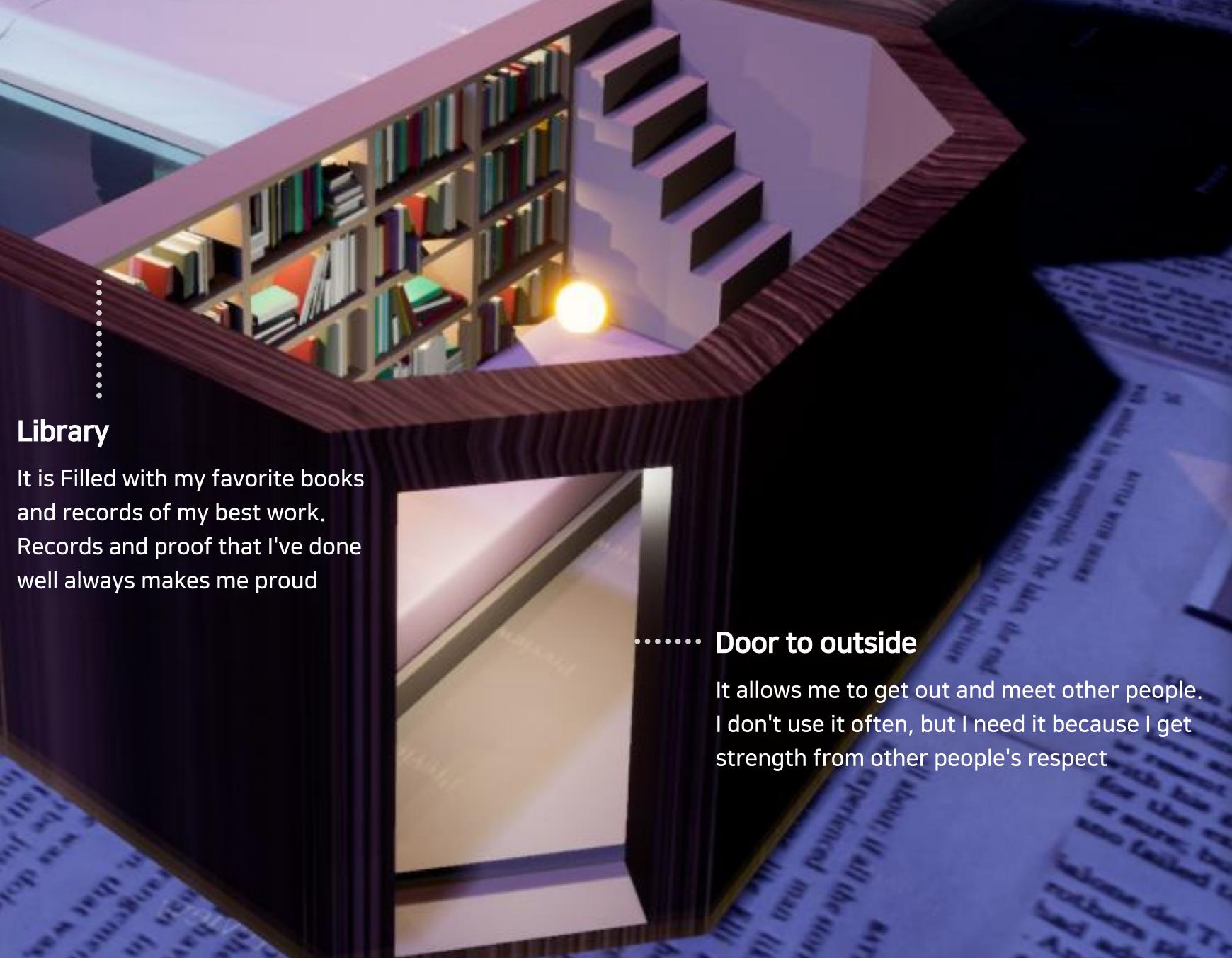
My happiest moments are when I'm relaxing in a fluffy bed but I have to be careful not to be there too long

Treasure Box

Filled with things I value and want to protect. I can feel secure by keeping my preferred appearance of self

Library

It is Filled with my favorite books and records of my best work. Records and proof that I've done well always makes me proud



..... Door to outside

It allows me to get out and meet other people. I don't use it often, but I need it because I get strength from other people's respect

Infinite Space



Enter the mirror!

RESULTS

After each user was provided with OWN, a one-hour post-interview was conducted individually via Zoom. In the post-interview, we asked how OWN affects their perception of mind and how they interacted with OWN.



Mindelle

Introspect into the mind

"It gave me a chance to **reflect on myself** I hadn't thought of before."

"Necessary **elements suggested by the expert** in OWN help me to **think objectively** about myself".



MYN



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Peaceful and Heal the Mind

" When I feel hard or stressed, OWN **comes to mind to soothe** me."

"OWN is where I can **go to recover** when my heart is broken by others. I want to **keep it with me** at all times."

I **turn to OWN** when I want to be alone or when I'm exhausted. It's like finding **my peace of mind** and my lost **childlike spirit**.

Needs

"I hope to see **other people's OWNs**, not just mine. I'm curious about their needs and how they look."

"It might be **more accessible** with mobile approach."

"I would like to **modify some parts** **myself** to have the look I want."

I want to **interact directly** with the symbols in OWN, like activating the playground equipment myself.