

XR-based Project Design Document

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Project Concept

1 Player Control

You control a **Different animals based on the environment selected:**

Tiger (Greenery Forest)
Penguin (SeaSide Beach)
Deer (Mountain Valleys)
Horse (Breezy Open Fields)

in this **Third person perspective (TPP) game**

where

WASD keys and Spacebar are utilized.

makes the player

Move smoothly across a maze-like scene, exploring environments while interacting with elements.

2 Basic Gameplay

During the game,

Exploring areas and interactables such as hourglass or crystals

appear

Different area(s) that are scattered throughout the scene.

and the goal of the game is to

Explore the maze with interactive gameplay and listen to different calming sounds.

3 Sound & Effects

There will be sound effects

When the player interacts with objects, and these sounds will vary depending on the chosen environment

and particle effects

Are present in each selected environment.

There will also be

Movement animations for each specific player.

4 Gameplay Mechanics

As the game progresses,

The relaxing gameplay and calming mechanics are designed to help players unwind.

making it

an experience that promotes stress relief, though we cannot directly measure stress levels.

There will also be

The player's progress will be determined by the number of game objects they collect with.

5

User Interface

The Counter for the number of game objects interacted with.	will Increase	whenever The player interacts with game objects.
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At the start of the game, the title

"Euphoris"	Will appear	and the game will end when <i>The player collects all the collectibles throughout the scene.</i>
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Other Features

Using the left shift key, the player's speed enhances player mobility and speeds up the exploration.

(While this feature was optional, we chose to apply and integrate it into the game.)

Problem:

Many people face stress and anxiety in their daily lives but struggle to find engaging and accessible ways to relax. Traditional relaxation methods like meditation apps or nature walks may not be immersive enough to fully calm the mind. There is a need for an interactive, soothing experience that combines exploration, peaceful visuals, and ambient sounds to help players unwind.

Objective:

The team created "Euphoris," a third-person exploration game where players control different animals in environments. The game aims to provide relaxation through:

- movement controls (WASD, Spacebar, Left Shift Key)
- Interactive objects (hourglass, crystals) that trigger with sounds
- Four unique environments (Forest, Beach, Mountain Valleys, Open Fields)
- A simple UI showing interaction progress

Solution:

1. Immersive Environments – Each environment has its own visuals, sounds, and interactive elements.
2. Animal Selection – Players choose from animals (tiger, penguin, deer, horse) that fit each environment
3. Sound and Visual Feedback – Interacting with objects plays relaxing sounds and subtle particle effects.
4. Stress-Free Gameplay – No time pressure or penalties; the players can explore freely, with progress tracked through interactions.

The game is designed for relaxation but does not include medical or scientific stress measurement tools. It is an experiential aid rather than a therapeutic solution.

References:

Jingili, N., Oyelere, S. S., Nyström, M. B. T., & Anyshchenko, L. (2023). A systematic review on the efficacy of virtual reality and gamification interventions for managing anxiety and depression. *Frontiers in Digital Health*, 5. <https://doi.org/10.3389/fdgth.2023.1239435>

Shaw, A. J., & Lubetzky, A. V. (2021). A short bout of exercise with and without an immersive virtual reality game can reduce stress and anxiety in adolescents: a pilot randomized controlled trial. *Frontiers in Virtual Reality*, 1. <https://doi.org/10.3389/frvir.2020.598506>

Github Repository:

<https://github.com/dreiiuu/Euphoris---Scripts-and-Codes>

Unity Game Link:

<https://play.unity.com/en/games/b6d80584-b2bf-46c7-af04-667bd0845c26/euphoris>

YouTube Video Demo Link:

<https://youtu.be/HrH8-Ld4pBU>

Project Timeline

Milestone	Description	Due
#1	<p style="text-align: center;">(Completed)</p> <ul style="list-style-type: none">- Create a basic scene with player movement (WASD + space bar) in a test environment. Set up Unity project folders and basic scripts.	4/14-19
#2	<p style="text-align: center;">(Completed)</p> <ul style="list-style-type: none">- Build one environment (Forest or Beach) with basic maze layout. Add one working interactable (e.g., flower that plays sound).	4/21-26
#3	<p style="text-align: center;">(Completed)</p> <ul style="list-style-type: none">- Implement an environment selection system. Add basic UI (title screen + counter for interactions). Add finish zone logic.	4-5/28-3
#4	<p style="text-align: center;">(Completed)</p> <ul style="list-style-type: none">- Add the remaining 3 environments with their player models and particle effects. Integrate ambient sounds and polish interaction scripts.	5/5-10
#5	<p style="text-align: center;">(Completed)</p> <ul style="list-style-type: none">- Full playtest, optimize performance, fix bugs. Prepare final Unity build and assets.	5/12-17
Backlog	--	--

Project Build (Unity Play)



Figure 1. Main Screen

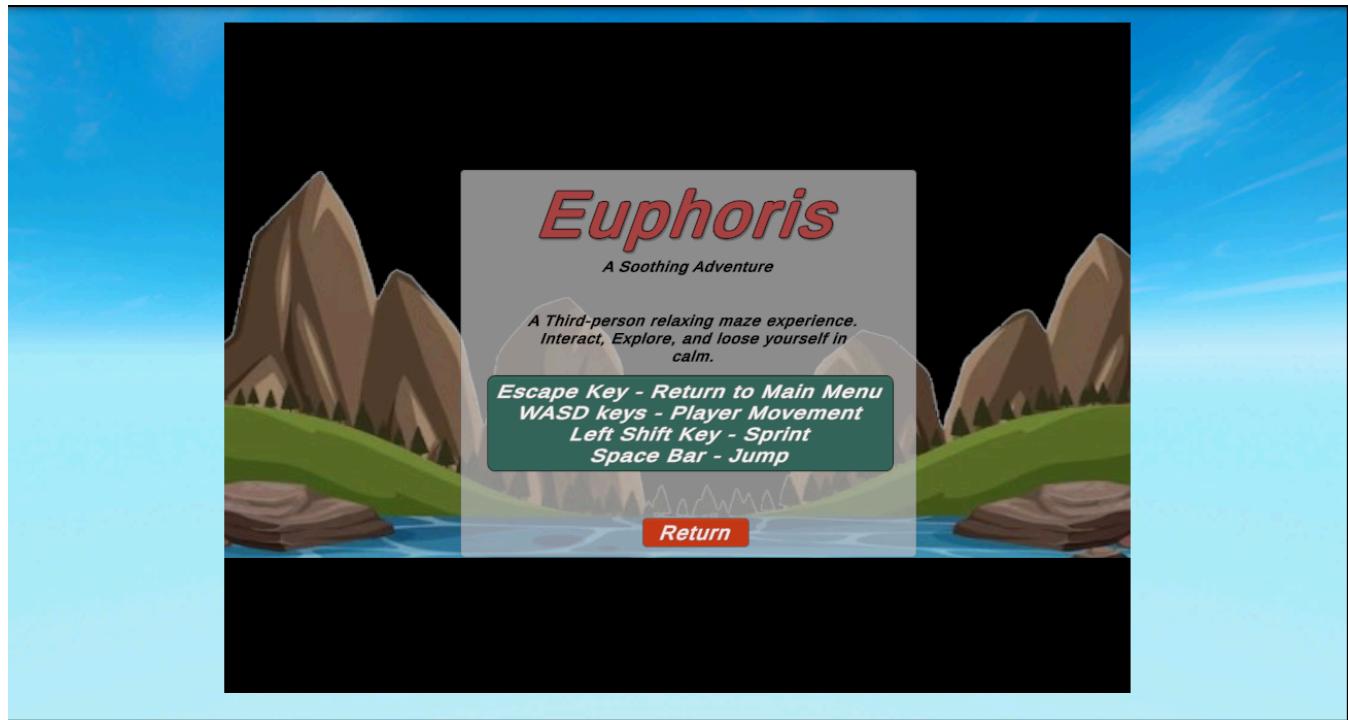


Figure 2. Controls Menu

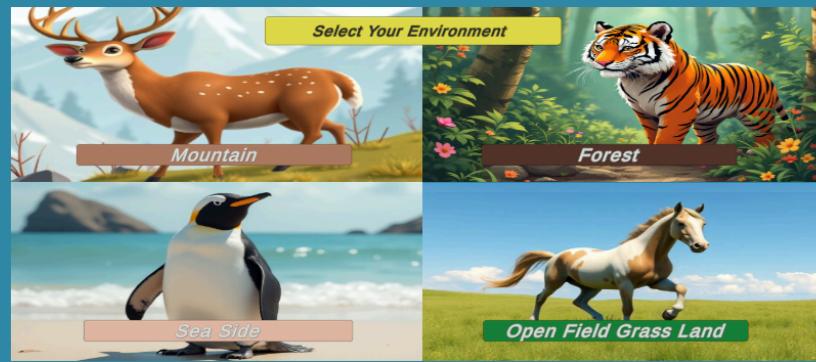


Figure 3. Selection of Environment



Figure 4. Mountain Scene



Figure 5. Forest Scene



Figure 6. SeaSide Beach Scene



Figure 7. Open Field Grassland Scene