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ORIGINAL DRAFT

The game Logic of our game For hackathon

Logic is based on exposure and response prevention that tries to stop a non-stop continued behaviour of people. Our game focus on restrictive anorexia and so we try to base it on behaviour that does not allow weight gain even on non supporting BMI. Our game made use of some imaginal exposure in various examples of stimulus that will be discussed more, to cause repetition distres withing the individual followed by prevention of compulsive behaviour that follow the distress. From this method of repeated exposure to stimuli, the accompanying distress will reduce.

Eventhough this concept is commonly used in anorexia, a limitation is inidividuals reject engaging in it due to fear of exposure. This shows there is need for better engaging and captivating therapy for our target adolescent to increase their will to engage in therapy.

The game work on basis of allowing player to revisit inner perceptions that self starving is the good and sole way to maintaining low BMI to achieve perfect body. When player start game, he put various data to calculate his current BMI then based on that we calculate the target bmi required to complete the stages of game. After, he assign sud value to different foods that he will see inside game. During game player go through obstacles and must pick all foods in course to attain required increased bmi and proceed to stage next. Sud is compiled and showed to player to show quantity idea of how food consuming maintained good bmi and we manage sud through exercise, music and motivate quote.

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The Logic of Our Hackathon Game

Our game utilizes the concept of Exposure & Response Prevention (ERP) therapy which seeks to target the cessation of repetitive behaviors. Since our game focuses specifically on that of restrictive anorexia, repetitive behaviors in this context would involve persistent behavior to prevent weight gain even if the individual's body mass index (BMI) indicates that the person may be severely underweight. Our game makes use of the aspect of imaginal exposure through various types of stimuli that will be elaborated upon further later, to evoke repetitive distress within the individual followed by prevention of the compulsive behavior that would usually accompany this distress. Through this method of repeated exposure to the stimuli, the associated distress would decrease.

While this concept of ERP therapy is commonly applied in the treatment of anorexia, one significant limitation is that individuals often refuse to engage in ERP therapy due to their inherent fear of exposure. This highlights the pertinent fact that there is a need to make therapy more engaging and attractive for our target group of adolescents to increase their willingness to engage in therapy.

The game functions on the basis of allowing the player to revisit innate perceptions that self-starvation is the optimum and sole way to maintain a low BMI to achieve a 'perfect body'. When the player starts the game, he inputs various data to calculate his current BMI, then based on that we can calculate the specific target BMI required to complete each of the stages. After this, the player assigns a specific SUD value to the different foods

that they would see in the game. What happens during the game itself is that the player goes through various obstacle courses and they must be able to pick up all the food items in that course. This way, the player can attain the required increase in BMI and proceed to the next stage. With respect to the idea of SUDs, it would be compiled and shown to the player to give them a quantitative idea of how what they have consumed has allowed them to still maintain a healthy BMI. We can manage this SUD through buttons for exercise, relaxing music and motivational quotes.