ONLINE WORK-IN-PROGRESS

PRESENTATION 1

FURTHER RESEARCH ON
COGNITIVE BEHAVIOURAL THERAPY

Cognitive Behavioural therapy is known to be one of the most effective ways of treating social anxiety disorder without any use of drugs. Therapy can help not only the symptoms of the problem but also dig into the underlying causes of your worries and fears.

I did some research on how cognitive behavioural therapy methods could interwine with the app.

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realistic thinking
1. Pay attention to inner thoughts
2. Identify thoughts that lead to feelings of anxiety
   - "What am I thinking right now?"
   - "What is making me feel anxious?"
   - "What am I worried will happen?"
   - "What bad thing do I expect to happen?"
3. Challenge your anxious thinking.
   - coping statements.
   - positive statements.
   - alternative balanced statements
   - balanced thoughts.

Goal setting
think of things you would like to change
   - relationships, career/school, finances, health, lifestyle, personal development.

imagine a life without anxiety.

Be realistic about your goals!

Be concrete & specific
eat better → eat atleast 1 piece of fruit a day.
write down your goals!

- break goals into steps.
- identify obstacles
- schedule your goals.
- carry an alternative plan.

make rewards for yourself.

Face your fears
- make a list of things you fear.
- build a fear ladder from least to most scary.
- facing fears (exposure).
  e.g saying "hi" to bus driver.

Improving social skills
- identify trouble spots.
  - do I have trouble with eye contact?
  - do I have a timid voice?
- tips to keep convo going
  - don't say too little or too much
  - disclose some personal info
  - ask questions about other person.
- try giving a compliment.
- speak to a stranger.
- observe.

Identify
- make list of things you fear
- build fear ladder
- identify thoughts that lead to feelings of anxiety.
- think of what you would like to change & how.
- imagine life without it and what you would like to do.
- make a chart
  → situation & symptoms.
  then
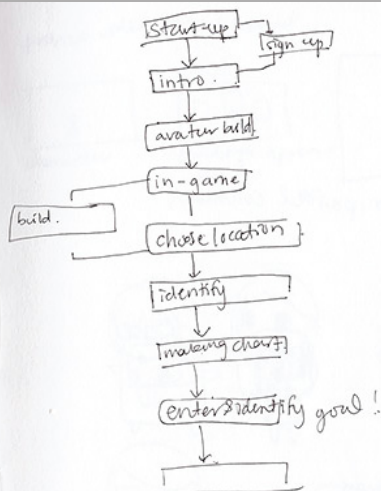 → goal is little step on how to improve →

Play
- play out visually - calming

challenges?

prizes → smth that motivates the user.
- virtual pet

Start-up | sign up
intro.
avatar build
in-game
build. → choose location
identify
making chart
enter & identify goal!

Solution: identifying their weak points and thinking of solutions.

Identify.
-Severeness
-What affects them
-Why this happens
-Causes of their anxiety

Understand.
-Extra documentary
-Articles
-Origins

Build.
-Make your own avatar/character (Understand that everyone is unique.)-Comparable to sims
-User is encouraged to custom build it so it looks like themselves
-Rank your fears by situation

Write.
-Journal of facing your fear.
Date.Situation.Symptoms.
e.g date jan 8, situation: talking to professor anxiety symptoms: rapid heart rate, upset stomach, shaking

-What was so particularily frustrating about this situation?
-Why was this giving me a hard time?
-What can I do next time?

Evaluate. (Visually laying out/building life)
-Play your situations out visually
-Enter your response to social situations
-write out your ideal response
-Compare this to your experiements/situations in real life
-Rehearse your situations
-Evaluate your situation
-Suggest things the individual could do (ie join a swim group...etc_

Reward.
-Points and Awards/Items
-Positive Quotes
-Achieve your goals

FIRST IDEA/CONCEPT:

Targeted exclusively towards young adults who have social anxiety disorder, this concept is a game app where the user creates their own avatar that resembles them in real life. Then, they are able to make a world where their social anxiety virtually does not exist. Through this, they can go through interviews, small talk and little challenges and learn ideal conversations they would like to have in real life.

The problem with this concept:
-Too many possible scenarios
-Very narrow demographic (young adults with social anxiety who live in the city)
-Extremely complex

"Fearless" is a game that metaphorically depicts social anxiety disorder. As a character in an unknown, quiet city, he/she will play as Fearless and meet unique characters that represent different symptoms of the disorder, including emotional physical and behavioural symptoms. The user will communicate with each character and do small tasks that will help these characters out. This brings awareness to social anxiety as well as suggest methods of self therapy, commonly derived from cognitive behavioural therapy sessions.

This will be accompanied with calming music and graphics.

WHY I CHOSE THIS IDEA:
-More simplistic
-Wider Audience

Main Target Audience: Young Adults with social anxiety, looking for comfort.

Secondary Target Audience: Anyone who is curious about the illness.

Flowchart:

- Starting Page
- Intr
- Save and Quit — Begininng Page — Item Storage

Characters:
- Jobless Character- who can't go to interviews or talk to authority figures
- Forever Alone- Character who can't go on dates
- Character who overdoses on alcohol
- Character who is unproductive

Each character path:
- Challenge 1
- Challenge 2
- Prize

- End Portal
- End Credits
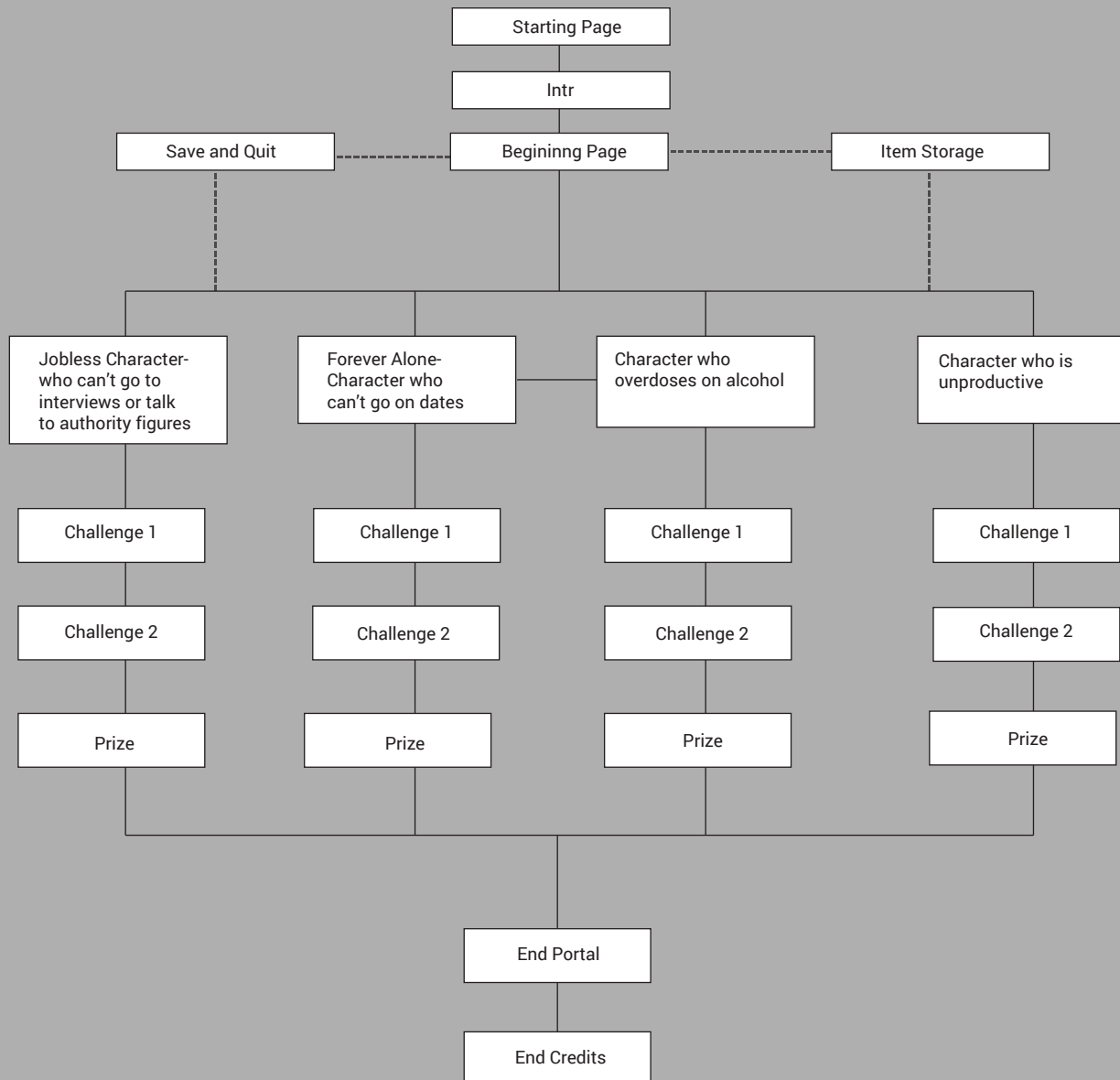
Elude

Journey

Neko Atsume

Monument valley
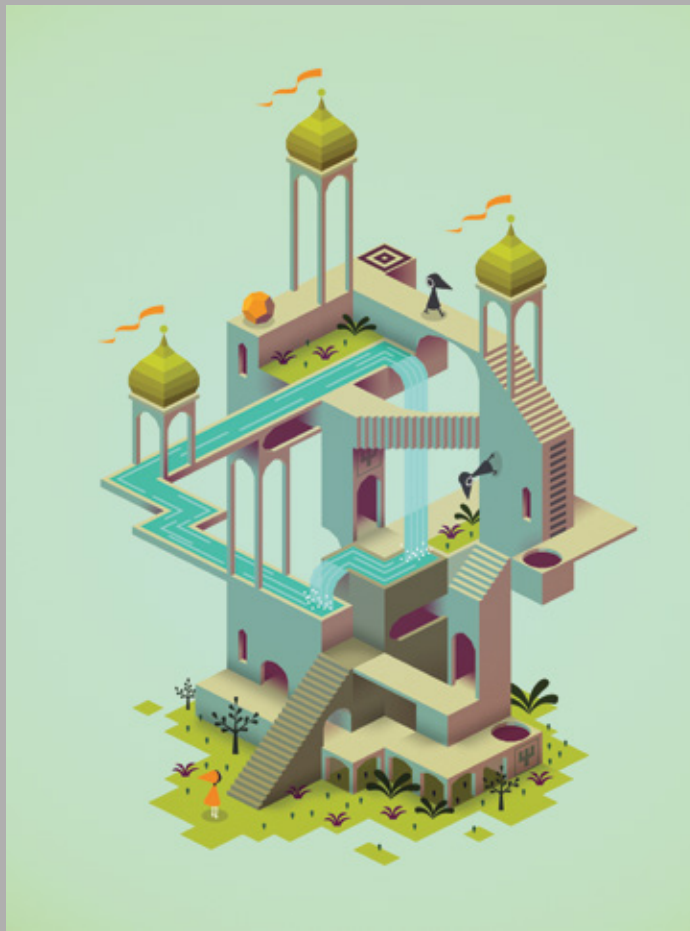
Superbrothers Sword and Sworcery
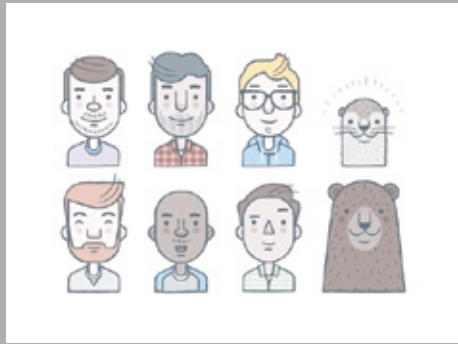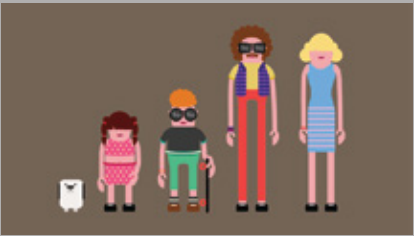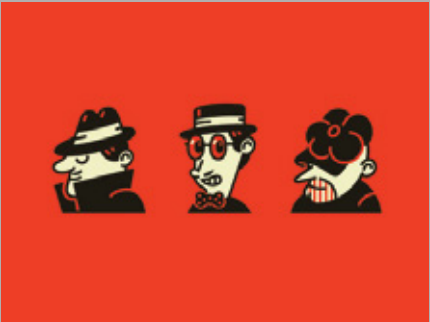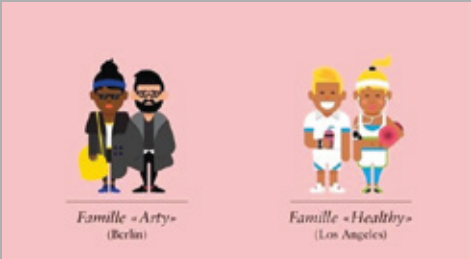
RESEARCH

I wanted to have a calm, dreamy mood to the app. I researched this right away and from the critiques and my own research, I found 5 existing apps that are good examples:
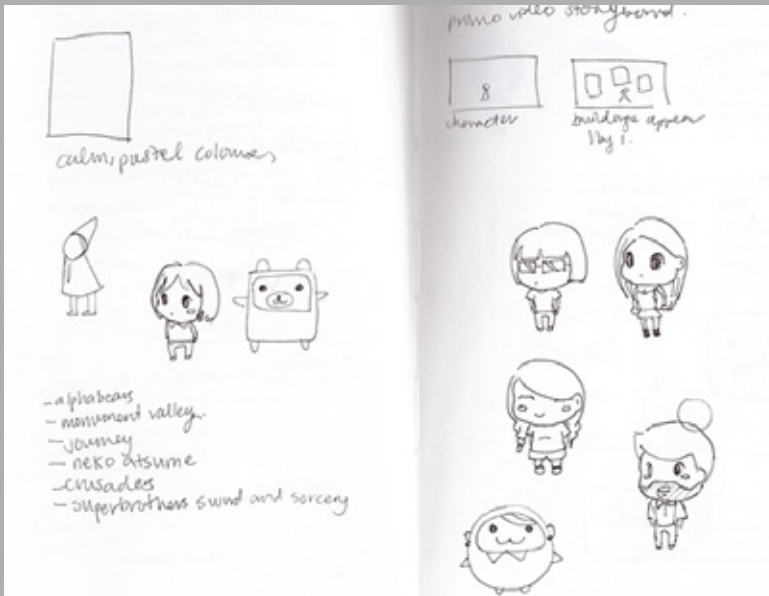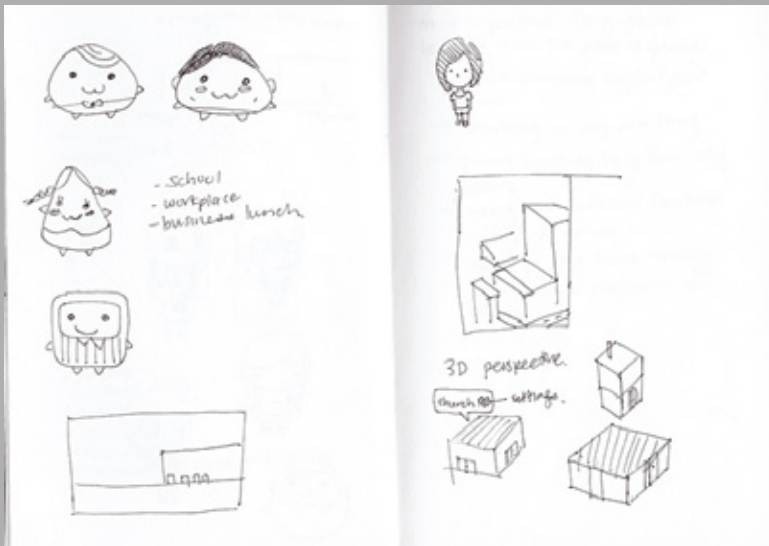
-Monument Valley
-Journey
-Neko Atsume
-Elude
-Superbrothers Sword and Socery

RESEARCH

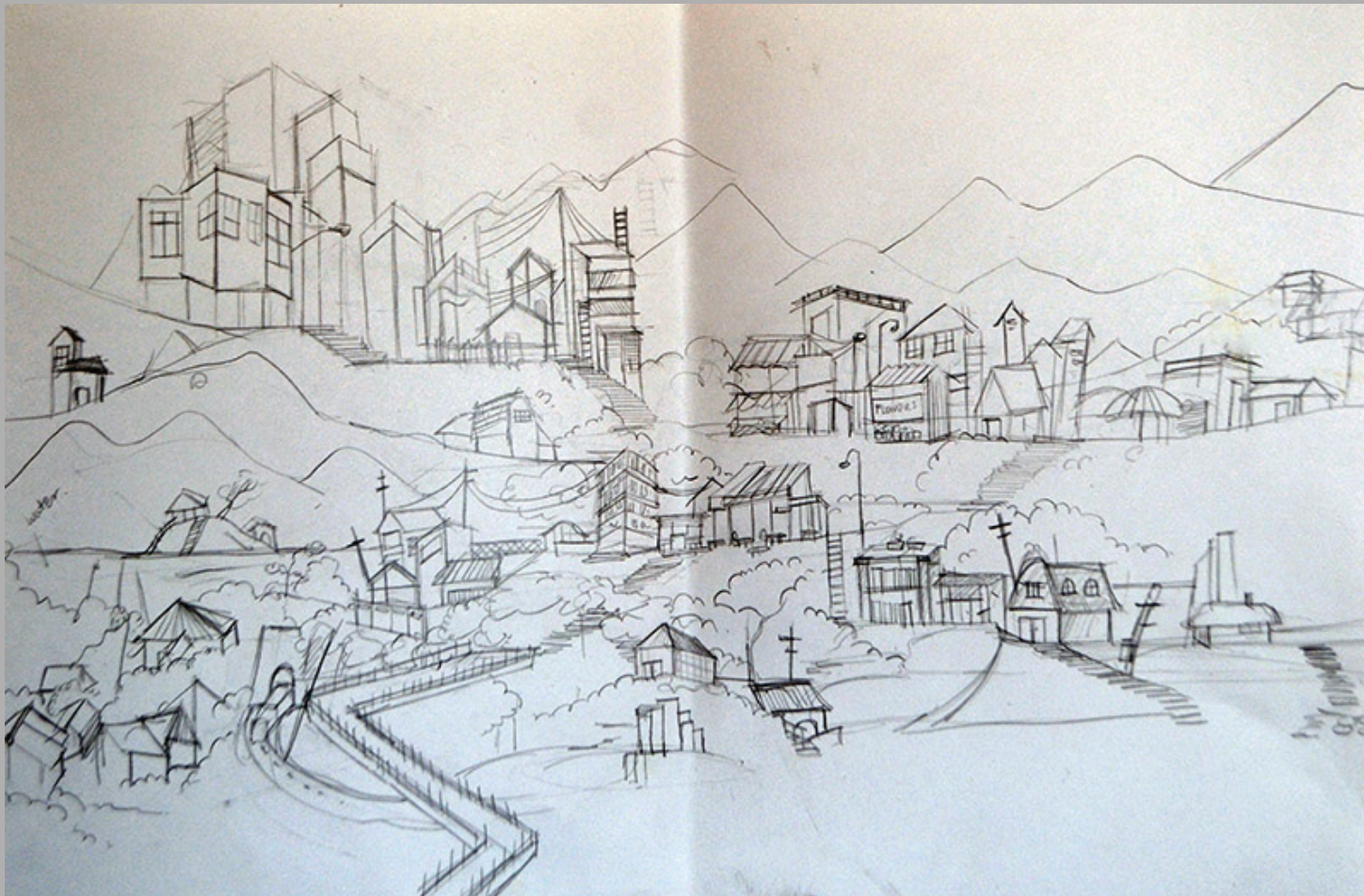Since my concept is character based, I researched some simple characters designs too.

SIMPLE CHARACTER SKETCHES

With a broad image of the app in my head, I experiemented by sketching different types of characters.

BACKGROUND/ LANDSCAPE SKETCH

I sketched a concept for the app, a calm old looking town.

NAME SUGGESTIONS

| Key Words Related to Social Anxiety	Overcoming Social Anxiety	Examples of Anxiety/Social Anxiety App Names
Observe	Joyful	Amwell
Introvert	Empowered	Headspace
Comfort Zone	Overcome	Joyable
Wallflower	Relax	Inner Balance
Outsider	Change	Mindshift
Fright	Convert	TalkTo
Judging	Identify	Anomo
People	Establish	Shy No More
Follower	Change	Pacifica
uncertainty	Proactive	Operation Reach Out
misery	Journal	The Worry Box
watchfulness	Write	Personal Zen
hush	Fearless	Happify
Afraid	Practise	Elude
Fears	Situation	
geek/nerd	inspire	
sickness	influence	
depression	prevail	
	tranquility	
	benefit	
	lift	
	cure	
	guidance	
	love	

EXPLORING THE NAME

I touched on the name of the game app, researching key words related to anxiety, overcoming social anxiety, and examples of anxiety related app names. Out of the random words, the word "Fearless" was brought up during the critique which caught my attention.

COLOUR EXPLORATION

I considered the colour, since I have the mood set - serene and calm.
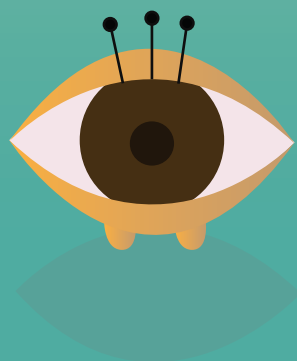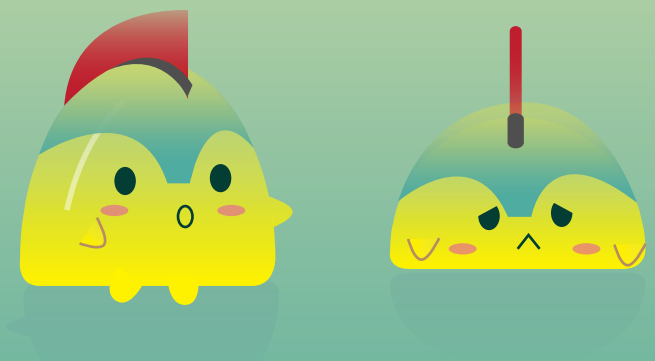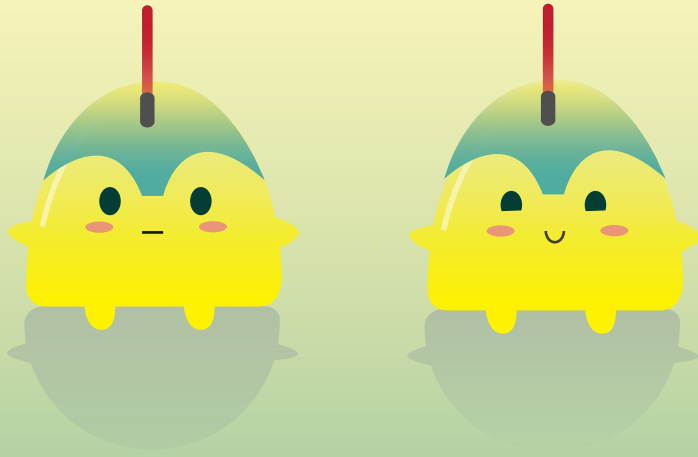
CHARACTER EXPLORATION

MEET FEARLESS.
this is not the final idea. May change.

I experiemented with a character design that is simple but cute. He is wearing a helmet of soldiers in his past to indicate his bravery.

MEET THE ENEMY.

This type of characters is what fearless will fight on the street. They are meant to represent "judging eyes", which are one of the greatest fears of people with social anxiety.

Exit game + Settings
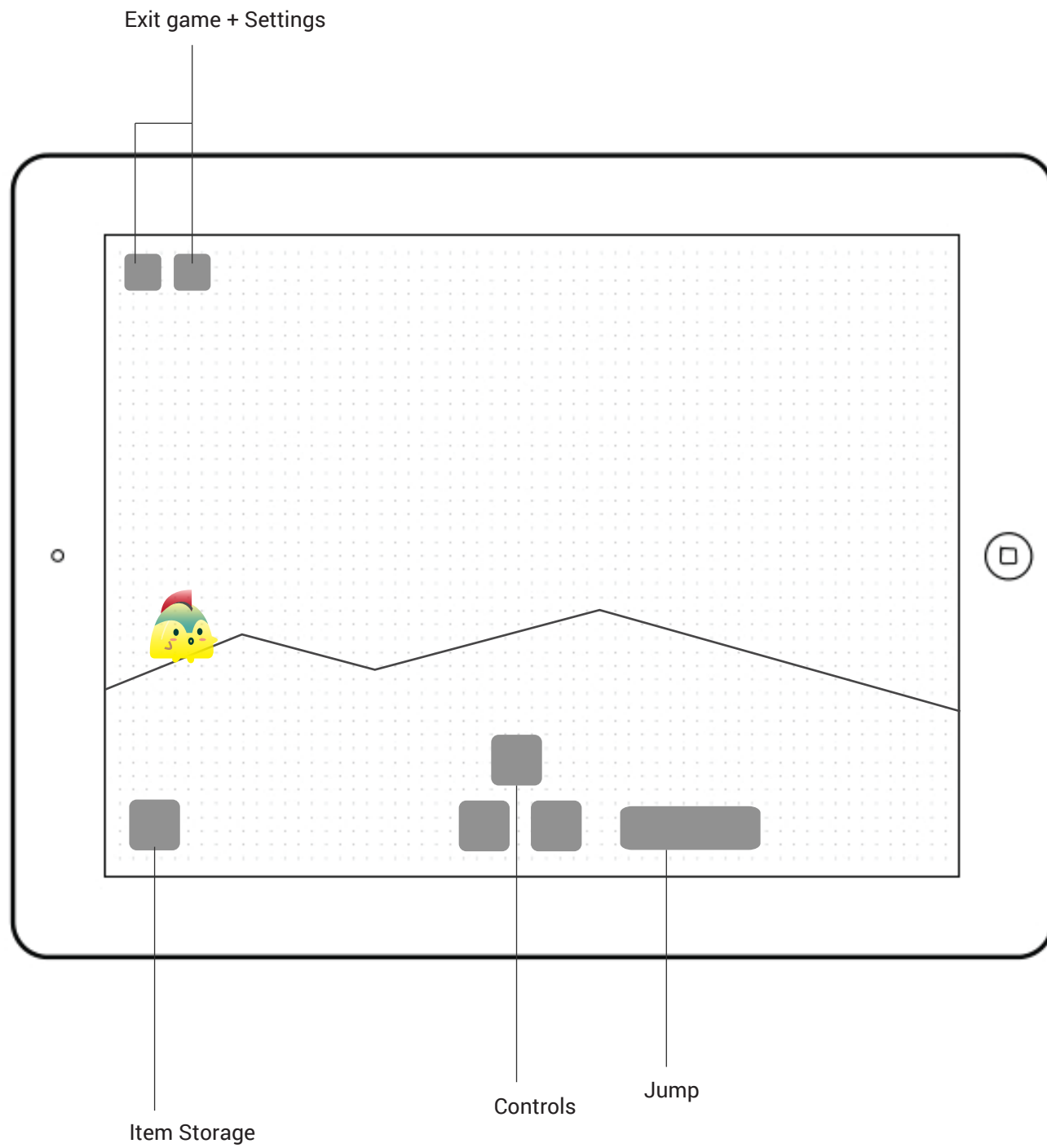
BUTTONS

This is how the app will function.

Item Storage
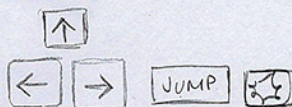
Controls

Jump

intro

1

This is fearless.

introduction

2 ⏻
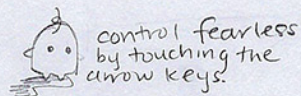
control fearless by touching the arrow keys.

↑
← → JUMP ✦

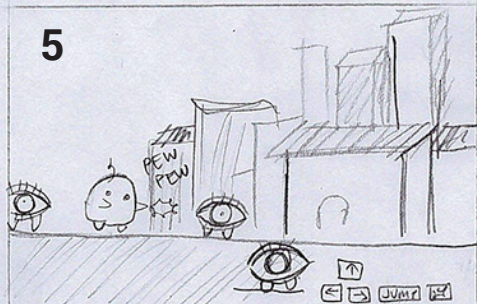how to :- move with arrows
- jump (tap) attack (tap)
exit at the top.

3

↑
← → JUMP ✦

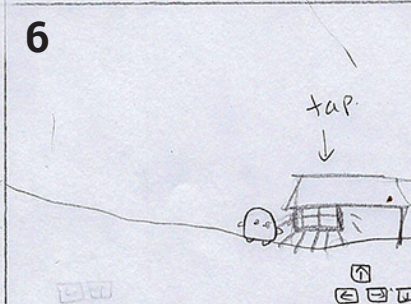- fearless falls into the town / city. Clear, calm music.

4

fearless climbs down from ladders all over the city.

5

PEW PEW

↑
← → JUMP ✦

He sees "judging eyes". They're no good, attack them.

6

tap.
↓

↑
← → ✦

enter houses that glow by tapping it.

7

collect glowing "happiness" balls.

STORYBOARD #1
: INTRO

This is a rough storyboard sketch of the introduction of the game.
image no.1 Fearless will be introduced with a brief description
image no.2 Controls will be introduced. User could go right, left, jump, and attack. Other commands will be triggered on tap.
**image no.3** The game starts. Fearless will be thrown into an unknown universe.
image no.4 The user is able to control fearless to explore the wide city, climbing ladders and going down hills.
image no.5 Fearless attacks the enemy. This is controlled by the user.
image no.6 Any house that glows has an entrance available
image no.7 The user can collect any happiness balls or butterflies, which represent healing and happiness.
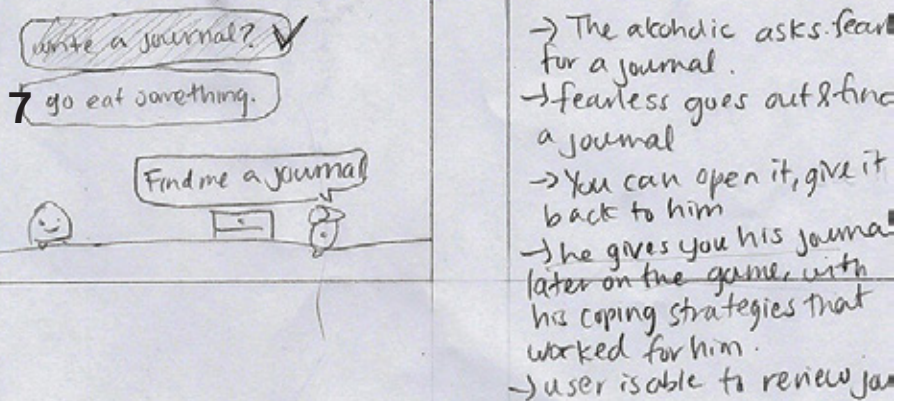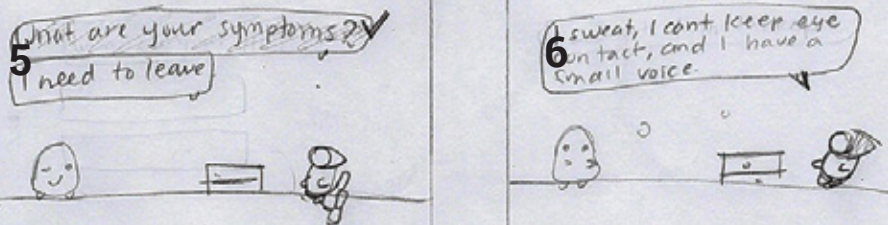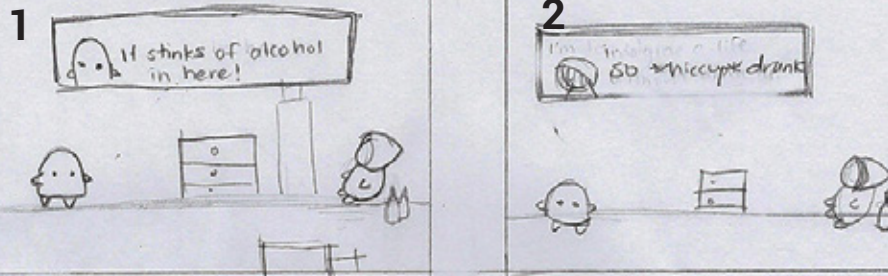
STORYBOARD #2
: SCENARIO

This is a rough storyboard sketch of one scenario of the game.
image no.1 User enters the house
image no.2 Random character talks
image no.3 3 options: >What are you up to right now?
>What is your problem?
>Leave
image no.4 If user chose second option, the character talks.
image no.5 Fearless confronts the other characters.
image no.6 The character tells Fearless about his anxiety issues.
image no.7 Fearless suggests writing his feelings down in a journal.

last: The character asks Fearless to fetch him a journal.
>Fearless goes out and finds a journal.
>He gives it back to him
>Character gives you his journal later on in the game, with his coping strategies that worked for him.
>User is able to review journal

That's it for week 3!