University of Plymouth

School of Engineering,

Computing, and Mathematics

COMP3000

Computing Project

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Insert your Project Title

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BSc (Hons) Computing & Game Development

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## Acknowledgements

## Abstract

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## 1 - Introduction

Working title - helping.

Managing and looking after mental health is as important as maintaining good physical health, but people aren’t always taught the best practices and techniques to do so. In some cases, this can lead to people only receiving support once they reach a ‘breaking point’, rather than learning preventative and healthy habits early on.

In recent years, more people than ever are playing video games and feeling the mental health benefits - community, relaxation, and rest time. As the industry has grown, so has the number of games centred around mental health, and the wholesome games movement.

This project aims to combine these two elements. Research has been conducted into how media, particularly games, affect their audiences, and how the fields of medicine and psychology approach mental wellbeing and improving mental health. This informed the creation of a game which aims to support the mental health of players, offering both short term benefits of relaxation during play and long-term benefits of learning and adopting healthy habits outside of play.

## 2 - Background, objectives & deliverables

### 2.1 Project Background

Games for wellbeing and mental health fall into the subcategory of serious games (or applied games). There’s no single definition of a serious game, but the most commonly used is ‘Games which do not have enjoyment, entertainment, or fun as their primary purpose’.

Main approaches in serious games

Financial success of serious games

<https://www.frontiersin.org/articles/10.3389/fpsyt.2016.00209/full> - serious games and mental health -segue

mental health and games in general

games for wellbeing

### 2.2 Objectives

The primary objective of this project is to create a serious game that provides entertainment and escapism whilst simultaneously teaching the players good mental wellbeing practices.

To better understand this objective and stay on task throughout development, it has been broken down into smaller, measurable objectives as follows.

* Create a research document on mental health practises and therapeutic techniques informed by psychology. Write up at least 3 techniques that could be applied to the project by February so they can be referenced in the writing portion of development.
* Write at least one character dialogue with a full storyline that they player can interact with. Complete this by 13th February so it can be sent out as a standalone text game to at least 5 testers for early feedback.
* Write at least 5 minutes’ worth of dialogue for the player to read by the completion of the project. Measure this by entering the wordcount into wordstotime.com.
* Make a slice of gameplay that can run from start to end without any major errors or bugs (eg, software doesn’t crash, players can move around and access the storyline as expected).

### 2.3 Deliverables

The deliverables for this project include both the working build of the game and the research that informs it.

The working game will be delivered as an executable which can be played on a PC with mouse and keyboard/keyboard only. The game will be a vertical slice of the game, with limited characters and storyline to interact with, with the intention that it can be built upon and expanded at a later point. All art assets featured will be original, and copies of the original PSD files and PNG files will be saved in a folder in the submission folder.

Alongside the game itself, two small scale research documents will be delivered. These will inform the game, and act as an educational resource available for others. One will detail the steps and methods employed in the development of a serious game, whilst the other will provide a quick reference guide to different mental practises and habits encouraged in therapy.

## 3 - Literature review (if applicable. Most usually found in a research project)

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## Reference list and bibliography