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’

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

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