How to make sure to have permanent results.

By doing research in a proper way, you can gather reliable information. That means, that we're not using Wikipedia but use platforms like Google scholar to gather information. The goal of this research is to get methods to improve the mental health of the people that are subjected to this method.

The best way to prove that the game will have permanent results is to actually test it in a work environment. Since we don't have enough time to do that, we will have to figure out another way to prove that the method will last.

When you assume the methods used in our game will work by doing good research there is one important issue we have to consider. The longer we can have the people subjected to this method interested the more effect it will have in the long term.

In conclusion, we can do a test about how enjoyable and how long people stay interested in our game.