

Panik - User Manual

1.1 About

Panik is a game about social anxiety. It is coded in Java 8 with the JavaFX GUI interface. With the theme of “overcoming adversity”, Panik has 3 levels aimed at helping youth deal with social anxiety and simply raising more awareness of the issue. More information on each level can be found below in section 2.

1.2 Requirements

Before you install the game, ensure that Java 8 and JavaFX are available on your computer system.

1.3 Installation

To install the game, follow these steps:

1. Download the zipped folder.
2. Unzip the folder.
3. Locate the .exe file and click on it to run the game.

2.1 Main Menu

Once the company logo is shown and loading screen is done, the main menu of the game will be displayed. To navigate, click on any of the 3 buttons. The first button, “play”, will lead to the level select screen. The second button, “about”, will lead to the about screen, with info about the game. The third and last button, “exit”, will display a thank you message and close the program.

2.2 About Screen

After clicking on the “about” button in the main menu, the about screen will be shown, with details on each level of the game, as well as controls. WASD

can be used to move the player around in levels where the player is allowed to move around. Clicking with the mouse is used to interact with certain objects in the game, such as the journal entries in level 1 and the cards in level 2. The arrow button on the top left corner of the screen can be used to go back to the main menu.

2.3 Level Select

After clicking on the “play” button in the main menu, the level select screen appears, with three options that each go to their respective levels. Click on any level to play it. It is recommended that the user play each level in order from 1-3. Each icon also gives a hint at what each level is about. The arrow button on the top left corner of the screen can be used to go back to the main menu.

2.4 Level 1

After clicking on the “level 1” button in level select, level 1 will begin. Level 1 begins with the older sibling searching for a book in the younger sibling’s (you, aka the user) room. The objective of the room is to collect all 3 hidden journal entries written by the younger sibling, detailing their experiences with social anxiety. First, there will be a few dialogue boxes from the older sibling, which can be continued by pressing the space key. After that, there will be a yellow flashing circle on the first journal entry, the one on the book shelf, to hint at the user to press it. After that, the user must locate and collect the remaining 2 entries. To do that, they can move the player around and click on the hidden journals (which can only be clicked when the player is close enough to them). Once all 3 are collected, there will be a few more dialogue boxes from the older sibling, then the game ends with an ending screen, indicating that level 1 is complete. The user can then press space to return to level select.

2.5 Level 2

After clicking on the “level 2” button in level select, level 2 will begin. Level 2 begins with the older sibling asking you to play a card game. Each round consists of one question describing a situation involving social anxiety, with 4

cards, only one of which contains the best option. To select a card, simply click on it, and it will be revealed whether it is correct or not, along with an explanation from the older sibling (which again can be continued with the space key). The green smiley face represents that the choice was correct, and the black octopus represents an incorrect choice that lets anxiety take control over you. The objective of the level is to get as many cards correct as possible. After the game, consisting of 6 rounds, the older sibling reveals that he too had social anxiety when he was younger, which is why he has the card game to help with it. After some more words of encouragement from the older sibling, level 2 ends. The user can then press space to return to level select.

2.6 Level 3

After clicking on the “level 3” button in level select, level 3 will begin. The level begins with the player spawning in the front foyer of the school, simulating a day at school. The objective of the level is to complete the tasks in the agenda by moving through the school, being careful to choose the right options to not raise the anxiety bar on the top left corner of the game. After 3 wrong options, the player will fail to complete the level. To move through the school, the e key can be pressed once the player is near any doorways. Once again, WASD is used to move the player around. To open the agenda, the player can press the paper icon on the top left corner of the screen. Follow the agenda to the indicated locations to complete dialogues and choices with other characters. The options during the dialogue can be selected by clicking on them. The game design is based on the concept of an escape room. After checking off everything on the agenda, the player can find one of two exits (front foyer entrance or school exit) and level 3 ends. The user can then press space to return to level select.



Here is a rough layout of the school map, only used for testing purposes.
Don't look at the map for a better gaming experience of the maze-like layout
of the school.