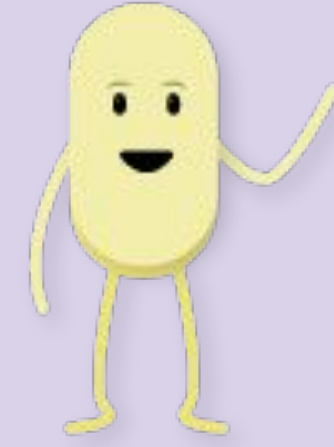


STRESCAPE



A Stress Management Game App

Advised by: Dr. Carol Scott

Designed by: Nikita Badhwar, Anuya Karnik, Ruby Kim, Sushmitha Rao

A Transgressive Play Project for the ACM-CHI 2021 Competition

What exactly is Strescape?

To help high school students recognize and manage stress, we created **'Strescape'**, a game that provides an outlet to students while encouraging development of mindfulness habits.

Try our prototype!

[Click Here to Try the Game!](#)

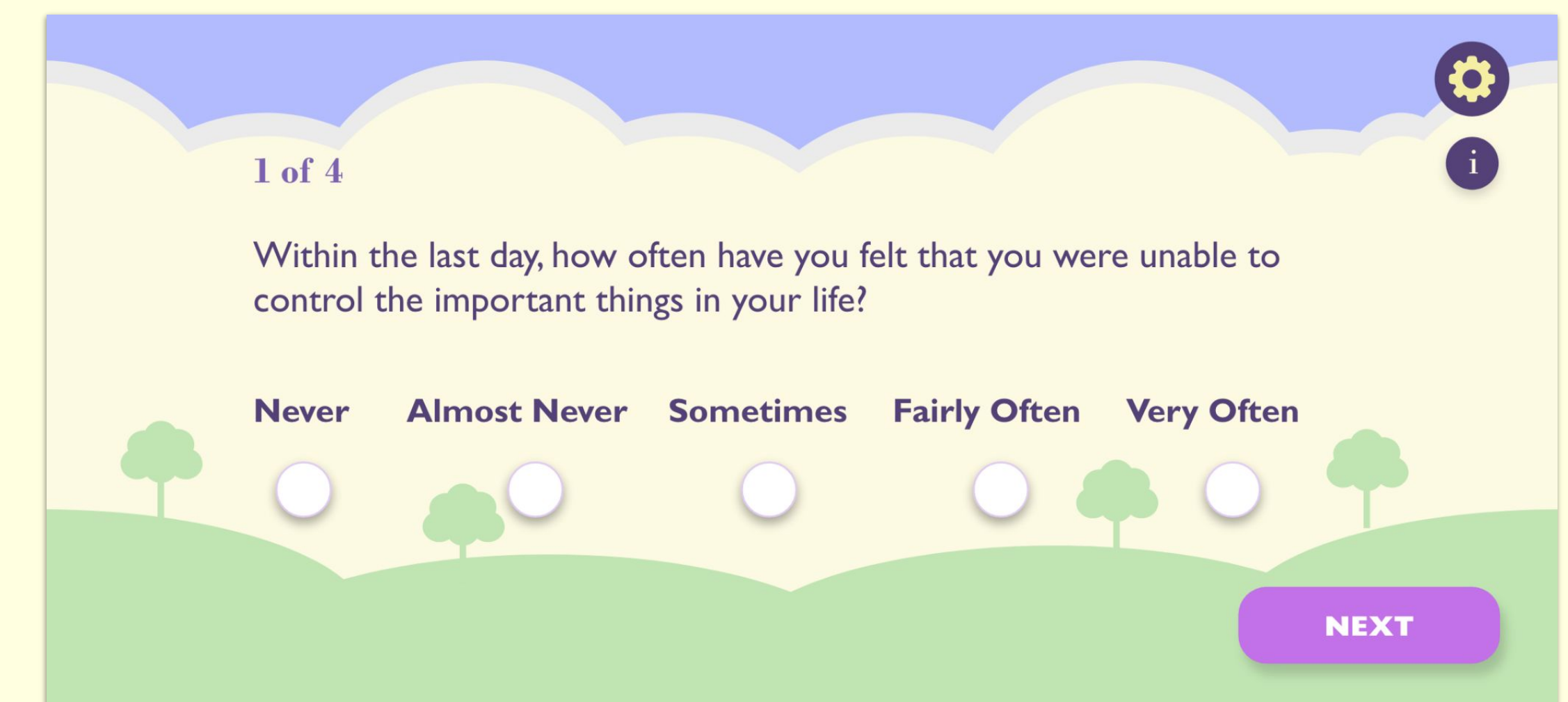
Or Scan The QR
Code to Play on
Your Phone!



How does it work?

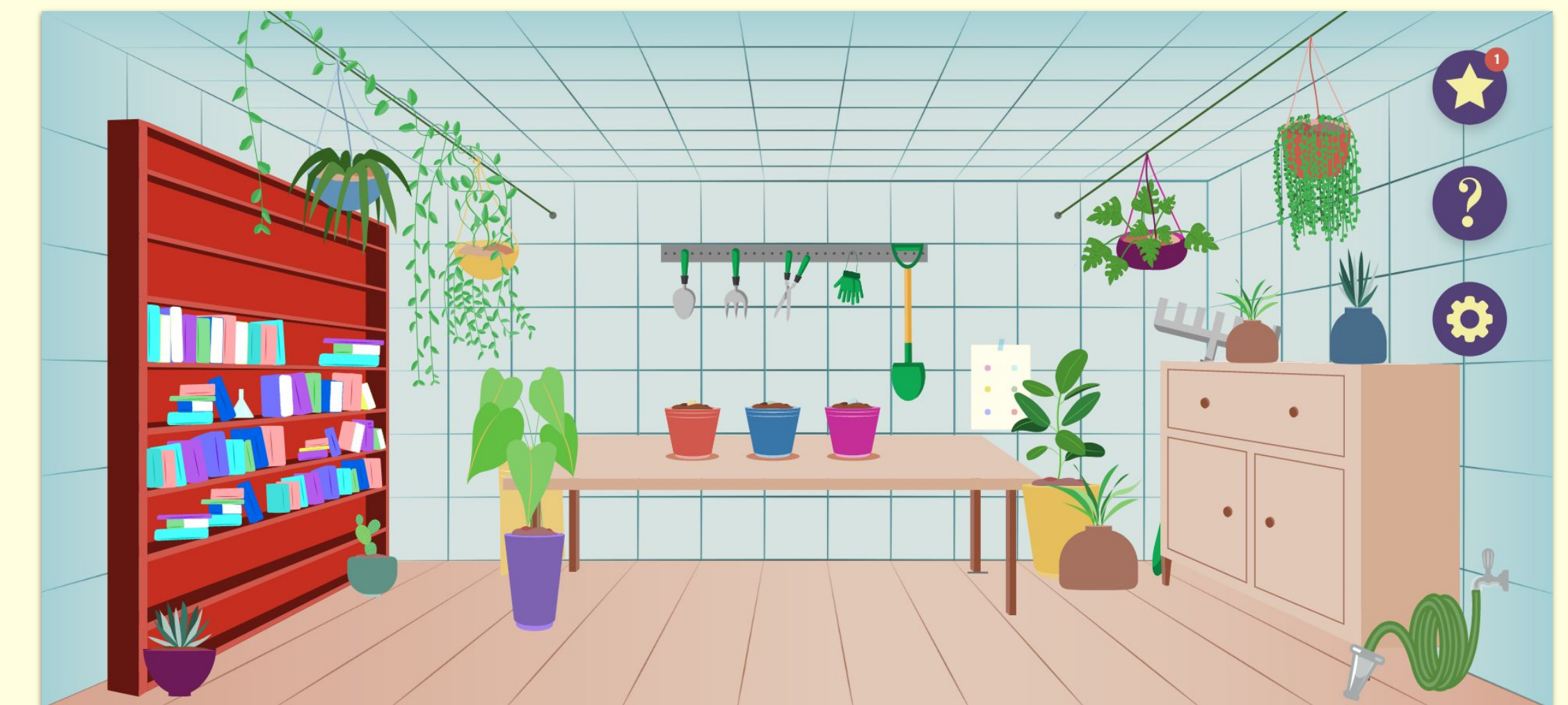
1

Completing a short questionnaire to assess your stress levels



2

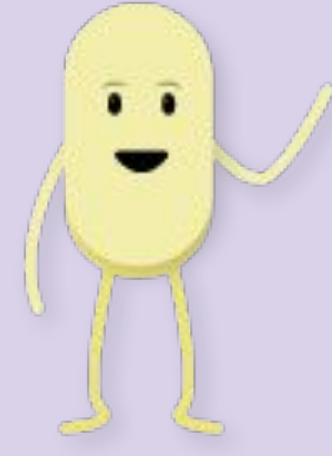
Enjoy playing interesting puzzles in a calming escape room setting



3

Complete various mindfulness tasks between different puzzles to manage your stress





How was Strescape Designed?

1 Conducting A Literature Review:

- Just in time adaptive Intervention
- Mindfulness
- Stress Management Markers and Interventions

2 Creating personas based on the demographics

3 Performing competitive analysis

4 Conceptualizing puzzles and designing the game

5 Adding mindfulness in a Chat Format

Studious Sarah



- Grade 10
- Lives with her Parents and two Siblings
- Plays soccer and a dancer on the high school dance team

Sarah's Concerns

"I usually feel stressed whenever my dance competitions and academic deadlines are very close to each other"

Anxious Alex

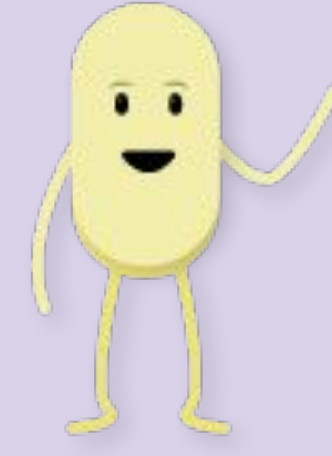


- Grade 9
- Has 1 Younger Sister
- Plays hockey and participates design club

Alex's Concerns

"I am constantly worried about gender dysphoria and worry about if people are making fun of me"

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Why does Strescape matter?

High school students face a lot of stress due to academics, extracurriculars, parents and peers, etc. and currently, there are inadequate ways to recognize and manage it.

Thus, our goal was to provide a **familiar interface to students** like mobile gaming and text messaging while **encouraging mindfulness habits**. And thus Strescape was made!

Future Considerations To Develop Strescape Effectively

Adding adaptive game levels using Artificial Intelligence and Machine Learning to guide mindfulness discussions better

Adding more customizations such as the ability to design and add accessories to the guide character to give user more control

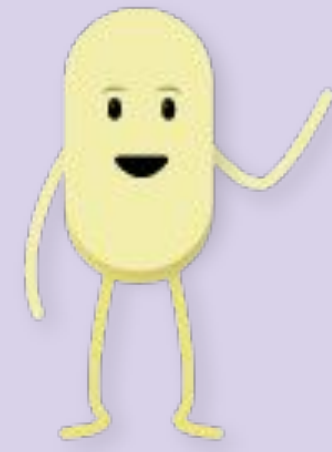
Adding an option to choose specific mindfulness topics to practice on that day like longer grounding sessions, new topics not covered before, etc.

Linking the journal to a licensed therapist which allows therapist to have a real-time quantitative and qualitative analysis of perceived stress levels and other concerns



Strescape Addresses a gap in addressing mental health issues

STRESCAPE



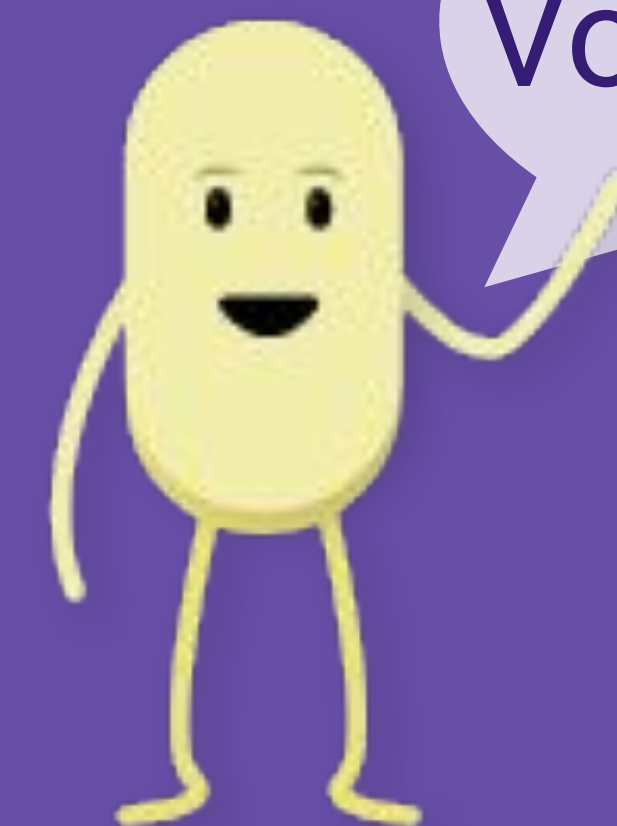
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THANK YOU FOR
STOPPING BY!



Vote for me!

Don't forget to try our prototype!

[Click Here to Try the Game!](#)

Also, we'd love to have your feedback
[at this link](#)

And finally, please vote for Strescape for overall
project and entrepreneurship awards! 😊

