Settings Goals in Psychology Serious Game for Preschool Children

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Outline

- Healthcare serious games
- Serious games in psychology
- Game **Mission – Master Your Fear**
  - Game Idea
  - Game Scenario
  - Implementation
- Summary of design concepts
- Concussions
Introduction

• Serious game
  • entertaining games with non-entertainment goals
  • more serious purposes: education, simulation real world phenomenon, increasing life quality and health, rehabilitation, therapy, raising interest to the problems of our global world

• Healthcare serious games
  • health promotion games
  • training and simulation games
  • rehabilitation games
  • distraction therapy games
  • therapy games (games with psychological content)
Introduction

• Serious games in psychology
  • Offer new ways of treatment
  • Enhance patient cooperation
  • Attractive homework between sessions
  • Better communication
• Features:
  • Goals oriented games → goals oriented therapy models
  • Story with therapeutics component → storytelling
  • Learning – informal, self-regulated, constructive
  • Self-reflection and behavior change by:
    • Provoking emotional reactions;
    • Leading throughout decision making process;
    • Presenting implication of choices;
    • Identification with game character;
  • Limited literature on evaluations of that games
Case Study

Mission – Master Your Fear

Game Prototype

Settings Goals in Psychology Serious Game for Preschool Children
Game Idea

• Issues and problems of preschool children
• Cognitive, behavior and developmental elements
• Psychoeducation game (not a strict therapy game)
  • How to manage with different kinds of fears (fear of weather occurrences, public performance, doctor);
  • Learn ways to overcome fears;
  • Strengthen the feeling of security and courage;
• Game challenge → goals with therapeutic content
Game Scenerio

- Prepared with psychotherapists
- Place – the Zoo
- Main characters:
  - The Player – Boy or Girl in preschool age
  - The Director of Zoo – guide of game
  - The Monkey – assistant of the Director
- Five main episodes:
  - Introduction to the game, picking the character, getting to know the Director and the Monkey and challenge of game
  - Episode with the Monkey who is afraid of storm
  - Episode with the Leo who is afraid of doctor and injection
  - Episode with Seals who are afraid of public performance
  - Episode with the Bat who is afraid of darkness
Psychological Goals

- In every episode the Player has to help an animal to overcome fear so children learn:
  - what is fear and what is its meaning?
  - in what situations we can feel fear?
  - what we can be afraid of?
  - how to identify symptoms of fear?
- "magical" ways to overcome fear:
  - by turning attention by singing, reciting rhymes;
  - by drawing fear and then decorating it;
  - by drawing fear and then burying it;
  - by eating something tasty;
Psychological Goals

• Journal mode
  • After each episode
  • Review (test) new abilities
  • Allows writing by pictograms
  • Questions and problems to conversation with parent or specialist
• Detailed log with record of the Player activity during the game
Implementation

• 3D virtual world
• FRS (Flexible Reality Simulation) engine
• Scripting language the Scriptarain
  • Very fast and easy implementation of scenarios
  • Behaviors of characters
• Main features: state machines and event system

The Scriptarians, 2007
Implementation

• Screens (Polish language version)

Tu jestem, boję się...
Settings Goals in Psychology Serious Game for Preschool Children

Implementation

• Screens (Polish language version)
Implementation

- Screens (Polish language version)
Psychological Goals

• Summary of design concepts
  • the targeted population – preschool children;
• game environment:
  • safe and easy;
  • friendly;
  • challenging, interesting and involving;
  • real;
  • identification player with character;
Conclusions

- **serious psychology aspects of game:**
  - informal learning by solving the psychology goals,
  - story with psychology content,
  - conversation about experiences, fillings in journal

- **work in progress:**
  - implementation of final version
  - evaluation model
  - pilot studies
Contact

• If You have any questions, suggestions...
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Thank you for attention...