

Individualized videogame for the development of coping strategies the anxiety by psychological tools: TidRunner

Dr. Leticia Neira; Angélica Quiroga; M.C, Ing. Juan Manuel Méndez Villarreal
Universidad de Monterrey (UEM)

Abstract. *TidRunner is a game where computer science and psychology join together to make the first step to understand the human emotions and behaviors looking to prevent and treat social mental disorders.*

Keywords: *VideoGame, Anxiety ,Interactive control, psychology, computer science*

I. INTRODUCTION

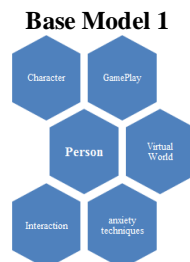
The Game is focused on developing different strategies that help to confront the anxiety, using psychological tool around the stage, which is represented by scenarios outside of everyday life and a central character with which the user is represented and share his anxiety level. The intervention on the different levels of anxiety are carried out through the different in-game situations that test the user abilities. This with the intention to get the skills and strategies necessary to confront the anxiety

Anxiety is considered important because it has unpleasant consequences that directly harm the lives of sufferers and even from those around them (Ellis, 2001; Moon, 2002; Spielberg, 1998)

II. PROPOSAL STATEMENT

This research aims to get the way to integrate psychology therapies with computer science and videogames, in order to create a virtual world that fosters the development of skills and strategies to deal with the anxiety

Develop a serious game accessible to all people between 12 and 40 years that have access to a computer and internet connection, that in a fun way helps reduce the anxiety level in the user and improving their subjective well-being and acting as prophylaxis against other mental health problems.



III. ABOUT THE GAME

A. Introduction

TidRunner is a computer game created with the objective of treating anxiety in a fun way, adjusting depending on your level of anxiety in which the user is setting.

B. GamePlay

The first stage of development of TidRunner has 3 games, which were designed to generate Anxiety in a controlled environment.

The first game put you on an unusual situation in which you have to collect the best objects for your travel from a lot that have fallen because of your shipwreck, with the challenge of time counting down and the limit amount of movements.

The second game tests your skills and coordination as without the correct combination of momentum and speed your climb up the cliff truncated stay, making you come back again and again, causing Frustration and Anxiety in the user.

The third game tests your reflexes as without them you can't dodge the obstacles and cliffs, the mountain has prepared for you.

Results:

Although the gameplay in the game included moderately anxiogenic, such as challenges and an open structure and semi situations - board, at this stage the second stage of Stress Inoculation Therapy was not included. Similarly, while the responses of the player to the initial self-assessment were not recorded by the computer, at the first level, but were collected manually, the game system will not automatically skewing some answers of the participant in the game, which in this first level is considered adequate in both the challenges and proved difficult for players unfamiliar.

Given the challenges and mini-games presented in the gameplay all participants answered at some point with transient reactions of frustration, however, there were those who persisted in:

Frustration and who was especially hard to stay motivated for the challenges and errors, therefore the nature of play and their own lack of expertise in controls, and by the desperation with which they reacted to a greater or lesser extent

While a couple of participants found the challenge to be an incentive, showing:

Persistence to continue to obstacles given its assurance that there was an achievable solution to every challenge.

The results suggest that even users with no diagnosis of anxiety, the combination of narrative and game mechanics favor observable decrease nervousness and increase the perception of being pleasantly excited at a statistically significant level. Also, although the difference was not statistically significant, the degree of perceived anxiety was reduced ".