

Strengthening Youths' Competencies for Mental Health Self-care

FYP 23032
Yau Herman
Supervised by Dr. Schnieders Dirk

This project aims to help youths to incorporate self-care into their daily routine by developing a mobile game as an early intervention measure for mental health.

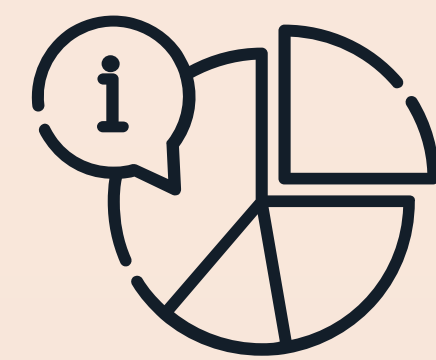
1. Motivation



Mental health problems are **worsening**.



Self-care is an **effective intervention measure**.

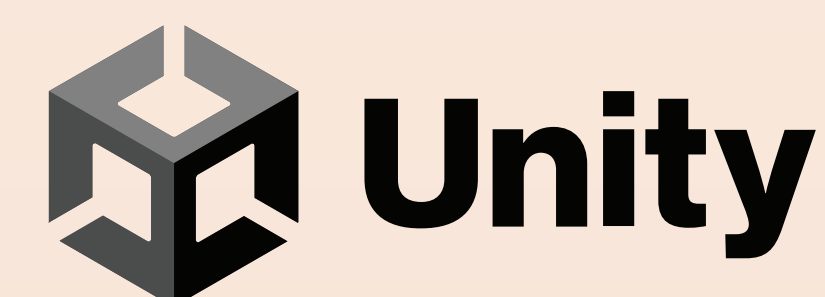


Self-care is **under-utilized**.



Mobiles games are **highly popular** among youths.

2. Methodology



Game Engine & Analytics SDK

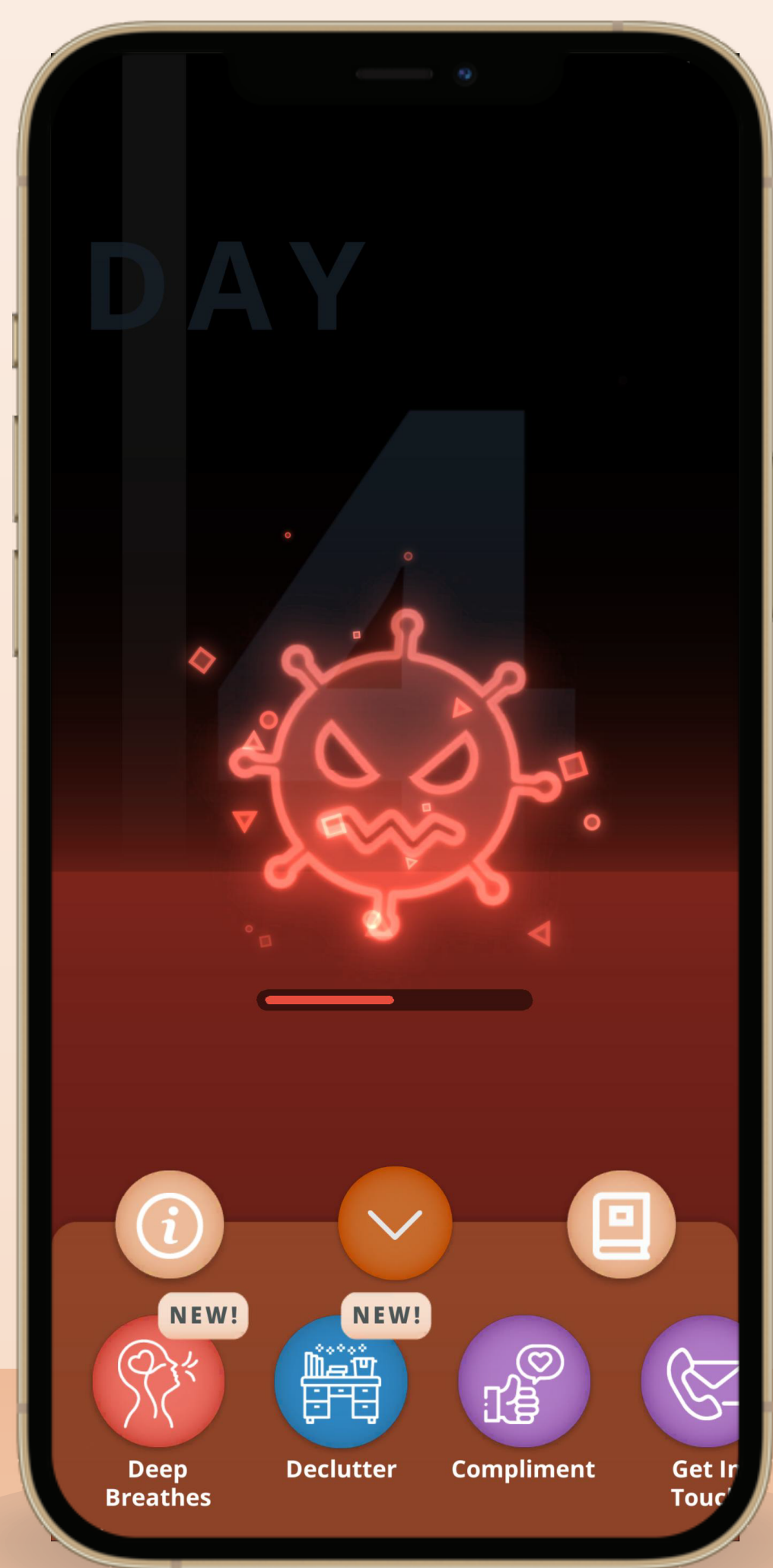


UI SDK



Distribution Platform

3. Product

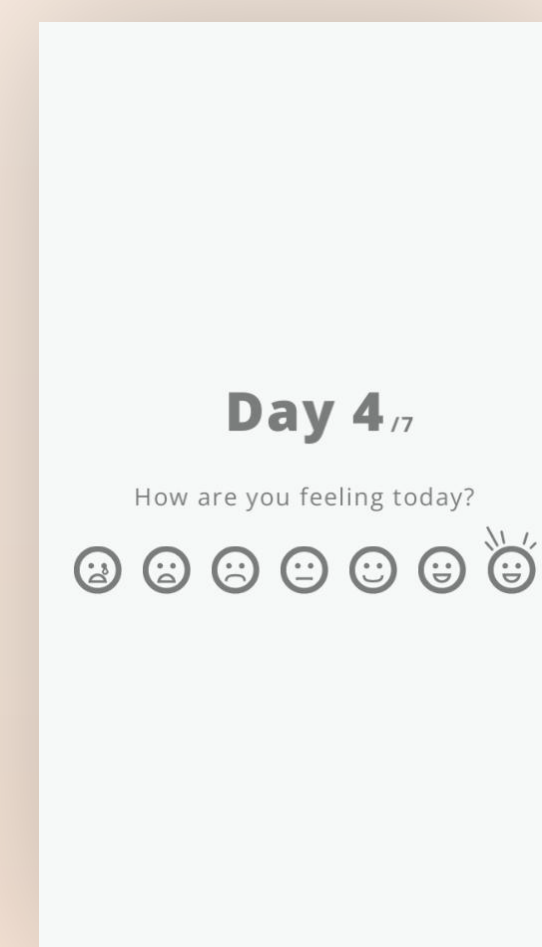


A mental self-care companion game.

4. Features

1 EVALUATE

Give a **score** for how you are feeling every day.



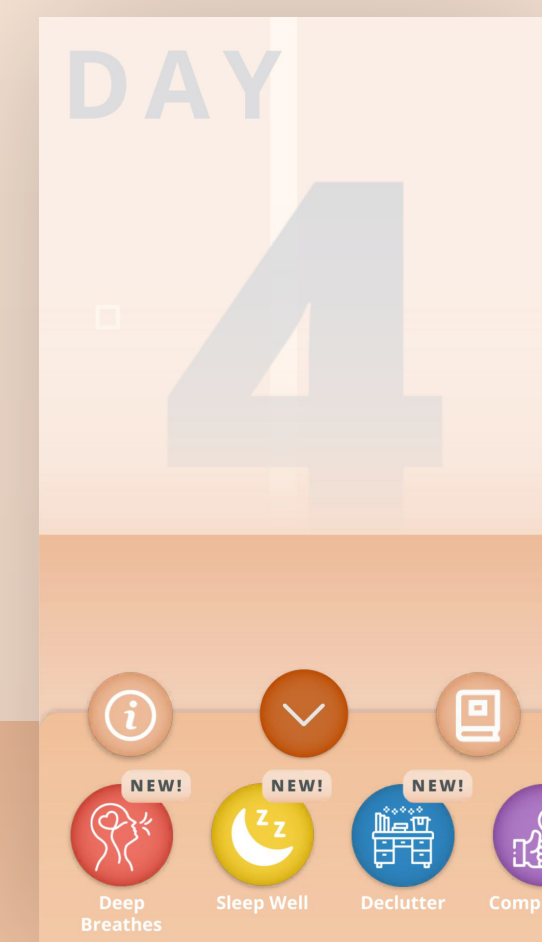
2 LEARN

Defeat in-game enemies by answering simple questions, watching videos or taking photos, and **learn the different kinds of self-care**.



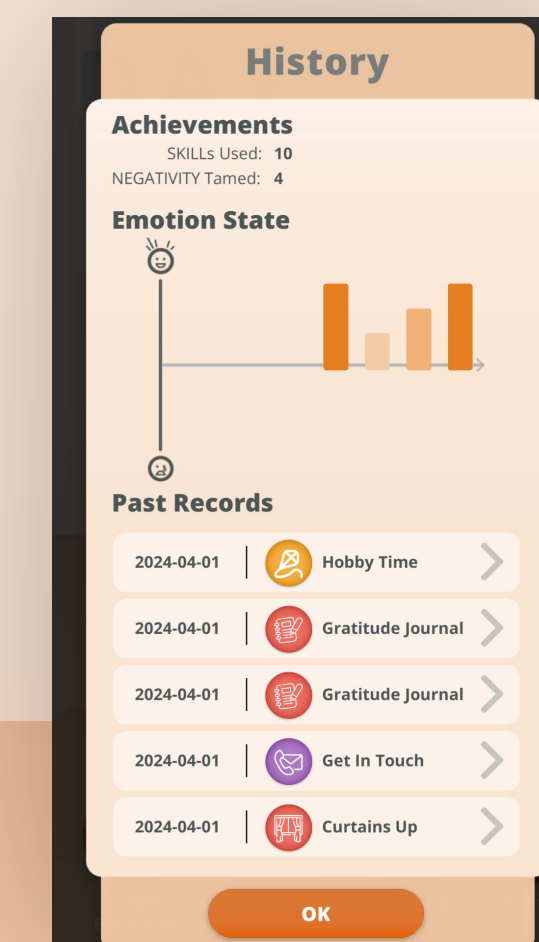
3 COMPLETE

New activities are unlocked when an enemy is defeated. A new enemy will spawn **the next day** for you to defeat once again.



4 REVIEW

Review your current **achievements and progress** through the menu.



5. Results

(As of 14th April 2024)

14

Downloads

1

User defeated the seventh enemy.

+43%

Improvement on emotion state scored by the user.

0

Application crash reports received.

6. Try the Game!

(Android devices only.)



Step 1
Scan the QR code on the left to join the Google group.



Step 2
Download the game through the Google play store.