Serious Game for Serious Disease Diminishing Stigma of Depression via Game Experience

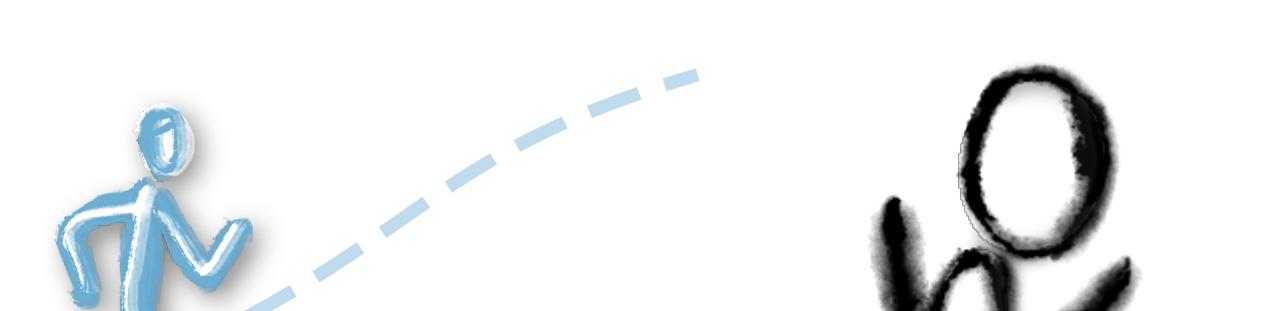
Research Problem

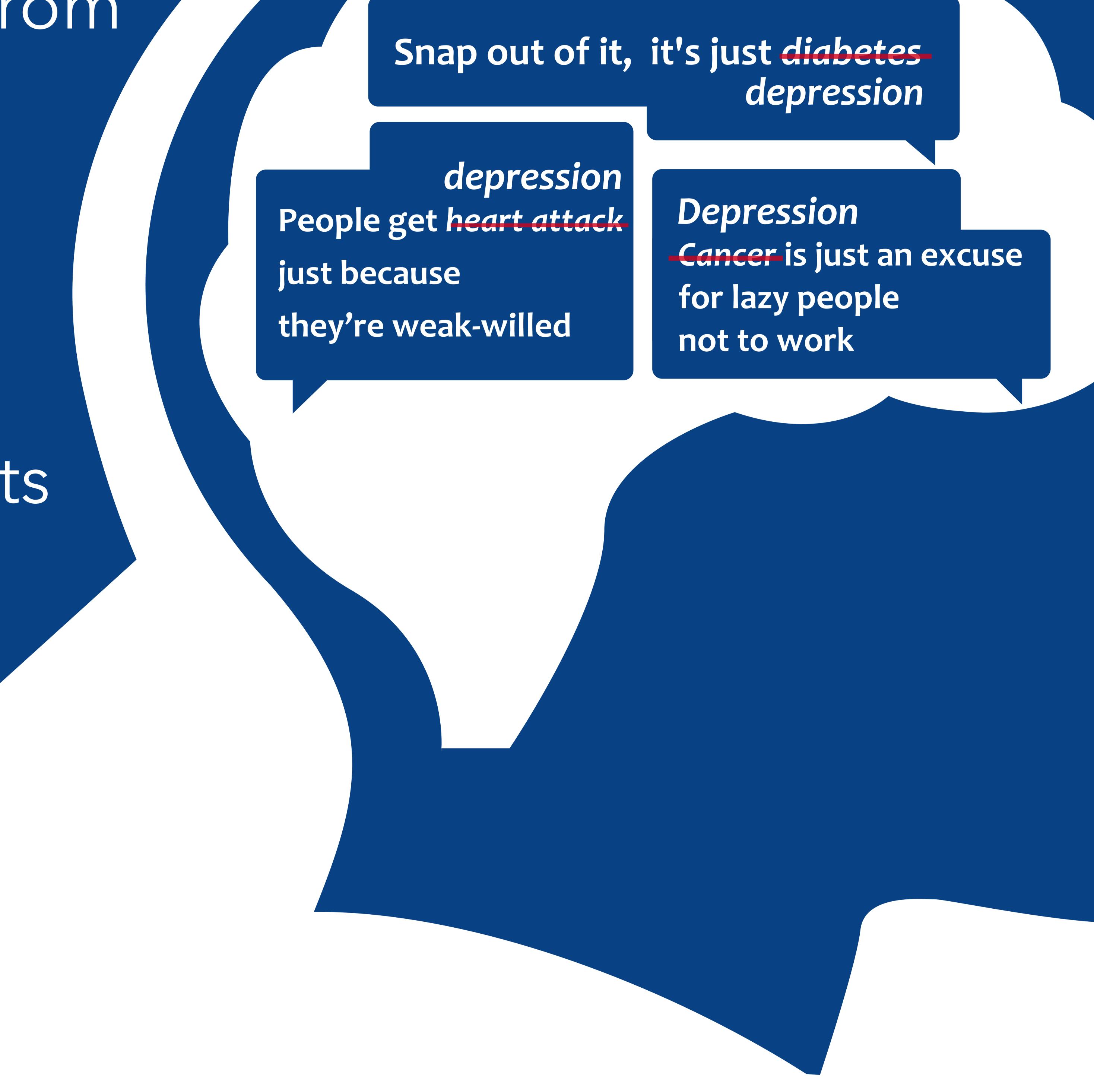
Stigma is a serious issue for patients suffereing from Frederico Machuca, Weina Jin, Diane Gromala

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Our Approach

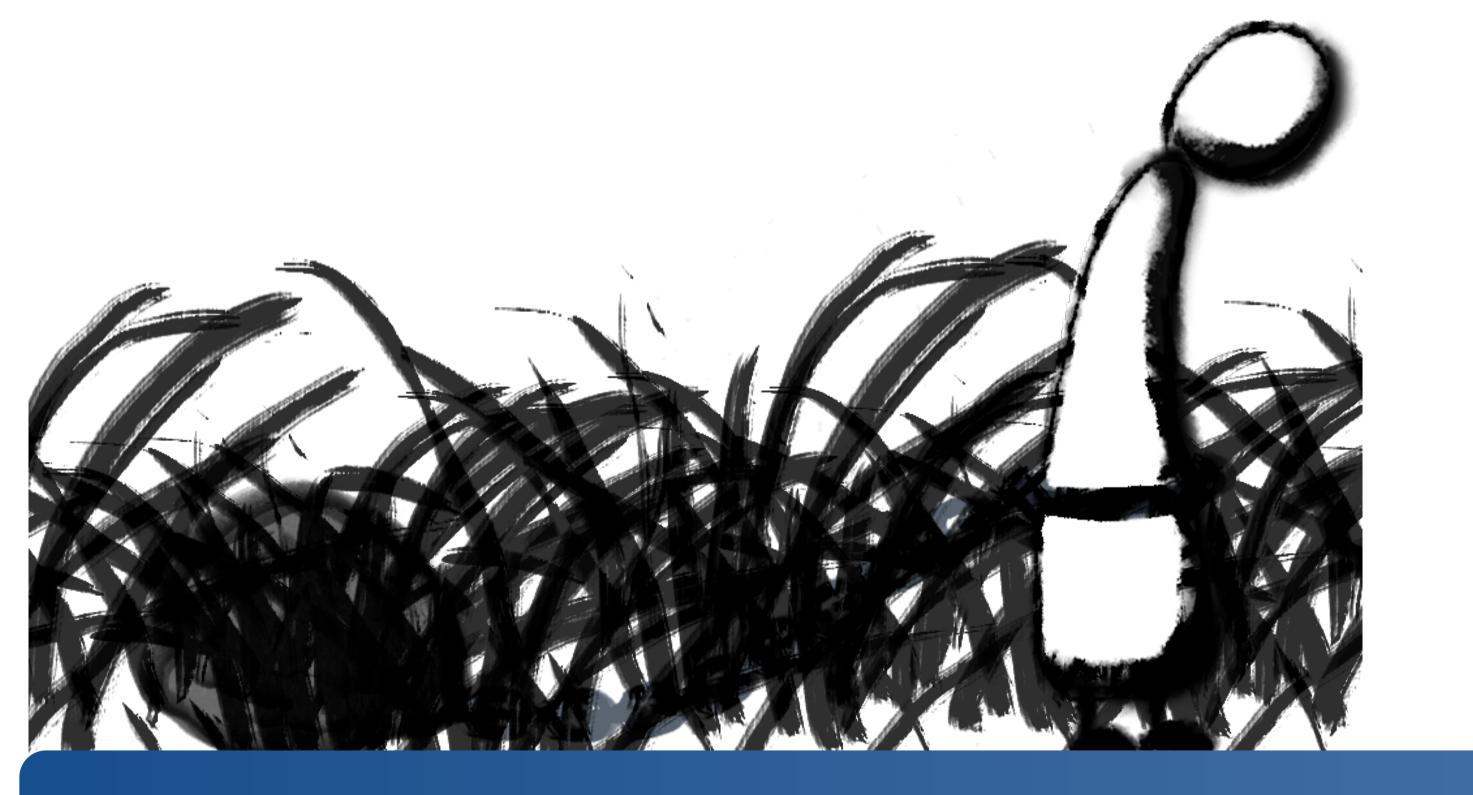
We designed a 2D platform video game. A stone tied to the avatar symbolized the depression burden. In the heroic recovery journey, the player may undergo cognitive changes to reach the idea that depression, like heart disease, diabetes, cancer, or any other serious physical diseases, simply defines what player is suffering, rather than who the player really is.





depression. Patients will easily get moral judgements as being "lazy" or "weak". Stigma prevents patients from getting timely treatment, thus leading to serious consequences such as SUICICE.

> Players collect supportive badges along the recovery journey to help decrease the burden of depression



Experiencing the Disempowerment

When the player tries to pursue happiness and interest, his/her movement

Soon player will notice an overwhelming stone (metaphor of depression) tied to his/her body, which explains player's slowness. The appearance of the

Dispel of Stigma

Recovery Journey

In the 4 challenge stages, the player fully interacts with the depression stone. Before the player gives up the seemingly unattainable goal (which is the usual scenario in depression), a supportive pickup will show up to help.

DISEASE FREE State

By the end of the game, the depression stone will disappear, thus the play achieves his/her full potential, and eventually reaches the depression-free state. The game experience strengthens the message: "depression can not define who you are; it simply defines what you are suffering". The player

becomes extremely slow.

stone explains the

Such experience conveys

learns to treat depression