

AUGMENTED REALITY BOARD GAME TO IMPROVE ADOLESCENT WELLBEING

The Proposed Wellbeing Game Trial

Providing adolescents with knowledge and skills to improve their wellbeing is important, as it can promote better mental health and prevent psychological problems. Research shows that playing games is good for wellbeing (Ruiz-Ariza et al., 2018; Koivisto et al., 2019).

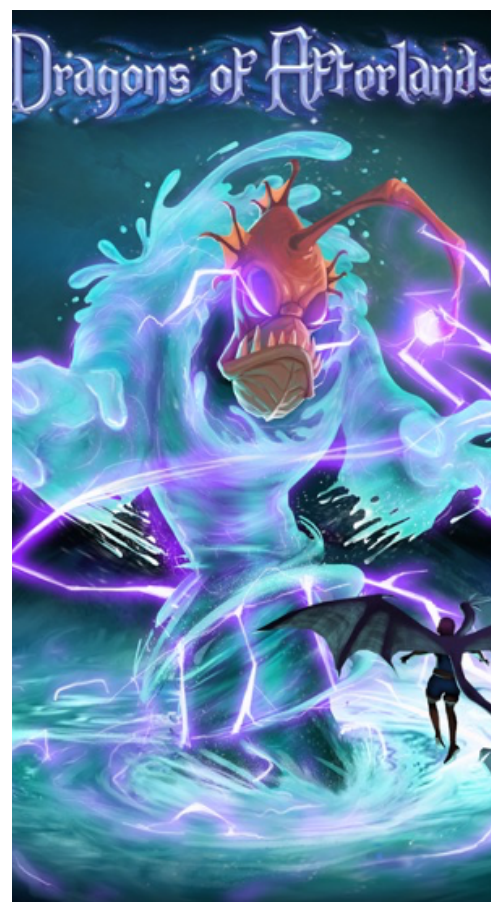
We designed a board game for adolescents, using augmented reality technology to create an immersive and engaging experience. Students play the game with their peers and complete various tasks to progress in the game. The game tasks are based on PSHE wellbeing curriculum and are grounded in well-established psychological models to promote learning. In this proposed wellbeing game trial, we aim to evaluate if this game is successful in improving wellbeing in adolescents in a school setting.

Benefits of Participation

The game intervention offers a novel method of encouraging students to participate in wellbeing skills development during their PSHE lectures. This can potentially make teaching both more fun and effective. School based mental health interventions can play a preventative role and increase students' ability to function better academically and socially in schools, decreasing negative outcomes, such as bullying or non-attendance (Lindsey, 2017). Participating schools will have the opportunity to offer a unique learning experience to their students and contribute to research on improving adolescent mental health. Participating students will be included in a prize draw (one 50 pound voucher, two 25 pound vouchers).

Who are we?

The research team includes Idil Kilinc (trainee clinical psychologist at RHUL), Helen Pote (clinical psychologist with 20+ years of experience of working with young people & a professor at RHUL) and Sarah Campbell (founder & director of Play Well for Life, which develops educational games).

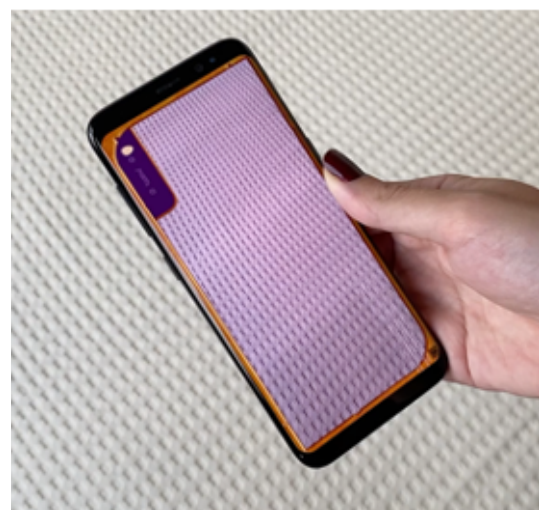


Who are we recruiting?

We will recruit students between the ages of 13 and 18. We are looking to recruit 10-15 students.

What does it involve for the school?

- The wellbeing game trial will run over 6 weeks.
- The trial will take place during regular PSHE hour.
- We will meet with teachers and students in the first session to introduce them to the game and to facilitate the completion of baseline questionnaires.
- Students will play the game with their peer groups during PSHE hour for 6 weeks.
- Students will complete questionnaires at the end of 6 weeks and one month after that. These will be facilitated by us.
- A control group will run alongside the game intervention group. The control group will be attending their regular PSHE classes and will be asked to complete questionnaires at the same time points outlined above.
- We will be contactable throughout the trial should any questions or difficulties arise.
- All necessary equipment will be provided.



We asking interested schools to please contact **Idil Kilinc (Trainee Clinical Psychologist)** (idil.kilinc.2019@live.rhul.ac.uk).