SMILE

Supporting Mental Health in Young People: Integrated Methodology for cLinical dEcisions and evidence-based interventions

Digital solutions offer the opportunity to overcome barriers to treatment and address the complex mental health needs faced by young people in the digital world.

SMILE aims to develop a gamified environment targeting signs of mental distress in young people aged 10 to 24 years old. Drawing from the principles of Cognitive Behavioural Therapy (CBT), the SMILE serious game intends to equip young people with meta-skills required to resiliently cope with day-to-day stressors.

1 Identifying the needs of target users and stakeholders

- Reviewing literature to explore current evidence on young people's most pressing mental health concerns and interventions addressing them, to understand how the SMILE project can be a source of novel insights and innovation.
- Focus groups with target users and different stakeholders to understand their day-to-day difficulties.

2 Game scripting and prototyping

- Translating evidence-based CBT techniques into gamified scenarios.
- Aiming to address the needs of the target users and stakeholders identified in the previous step, making the game relevant and responsive to modern day issues.

3 Building other intervention components

- Companion App will provide users with regular feedback based on in-game metrics, and facilitate Experience Sampling Methodology (ESM) and standardised questionnaire assessments.

4 Prototype feedback and testing

- Consultation workshops seeking target users' and stakeholders' feedback on the SMILE Serious Game prototype.
- Living Labs approach for initial testing of the prototype.

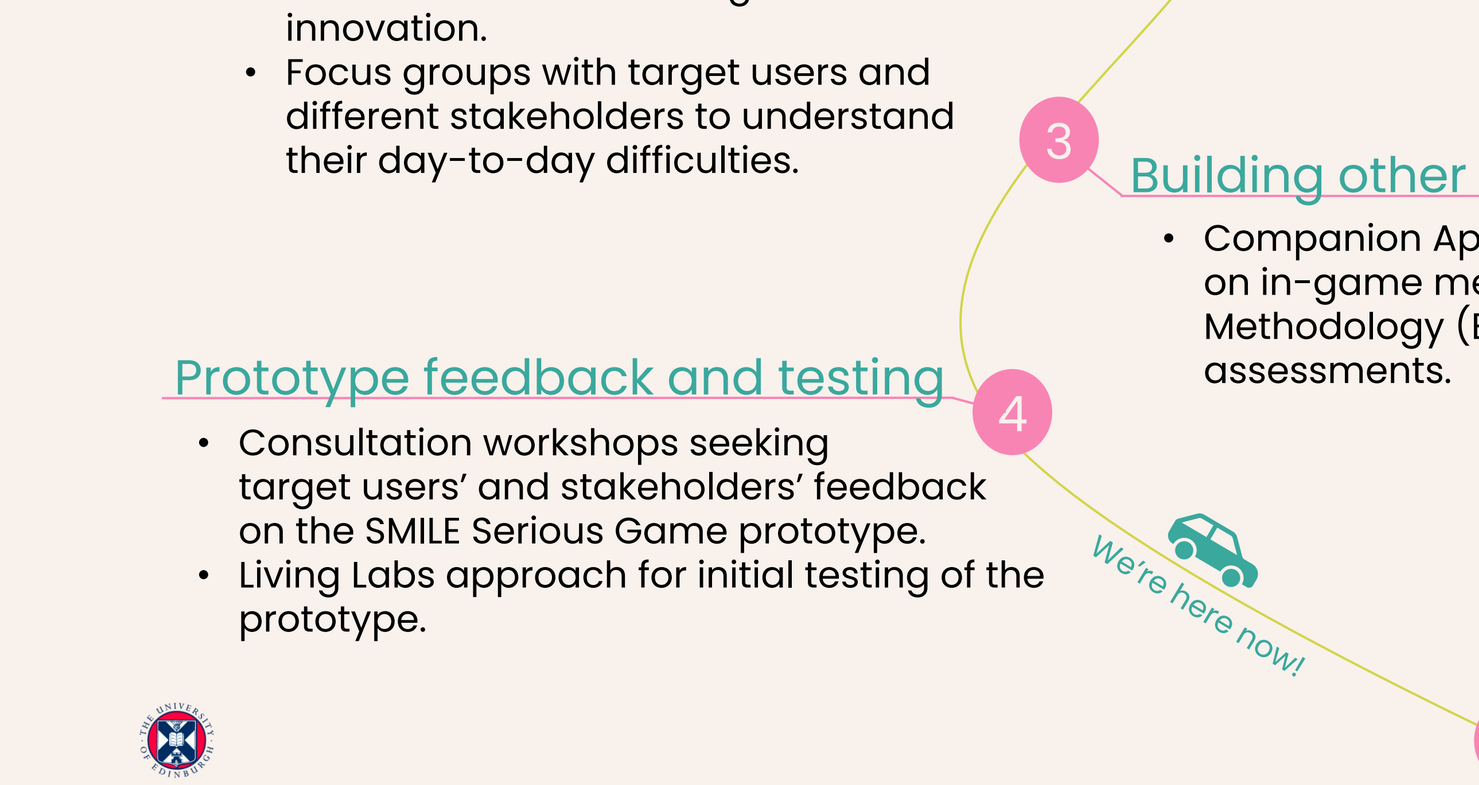
We're here now!

5 Refining the game

- Improving the SMILE Serious Game prototype in line with the feedback.

6 Piloting the intervention

- Testing the effectiveness, acceptability and feasibility of the SMILE Serious Game across sites in 7 European countries.



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This project has received funding from the European Union's Horizon Europe research and innovation programme under grant agreement No°101080923.