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Department: Computer Science

Program: PhD

Project funded by: The Games Institute and The HCI Games Group

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Above Water is a digital/physical hybrid game to inform people about the available strategies to cope with two types of Anxiety Disorders - Generalized Anxiety Disorder and Panic Disorder. The game is designed to inspire players with these disorders to share their experiences and develop their own personal narrative. For players without an anxiety disorder, the game teaches about existing treatments, intervention information, and ways to support those with mental health disorders.