MERLYNNE

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Thesis Project

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Merlynne is a single player role-playing game that asks the player to advance the narrative
by offering support, advice, and encouragement to non-player characters by using techniques
from cognitive behavioural therapy (CBT). In the narrative, the player acts as a foreign advisor
to the heroic knights, wizards, and kings of Khamelot, as a mysterious plague of negativity
starts to hinder their daily lives.

Merlynne is designed to explore how gamification with narratives and avatars can influence
motivation in online peer to peer (P2P) support platforms. The goal is to identify innovative ways
to increase engagement in P2P CBT platforms, and explore whether presenting mental health
tools with creative mediums can attract diverse individuals to the mental health conversation.

Interesting fact: Merlynne is designed to explore *The Proteus Effect*, the phenomenon
where the player adopts stereotyped traits of their avatars.