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**Department:** School of Public Health and Health Systems  
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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.