

GAMES FOR HEALTH EUROPE

2026



GAMES FOR HEALTH
EUROPE

DISCLOSURE SLIDE
for presentations at the

GAMES FOR HEALTH EUROPE 2026 CONFERENCE

I herewith confirm that there is not any conflict of interest with the conference organization or any of its sponsors.



Designing meaningful games for mental health

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About me

PhD candidate at TU/e

Design researcher of games for mental health

The role of game characters in identity development



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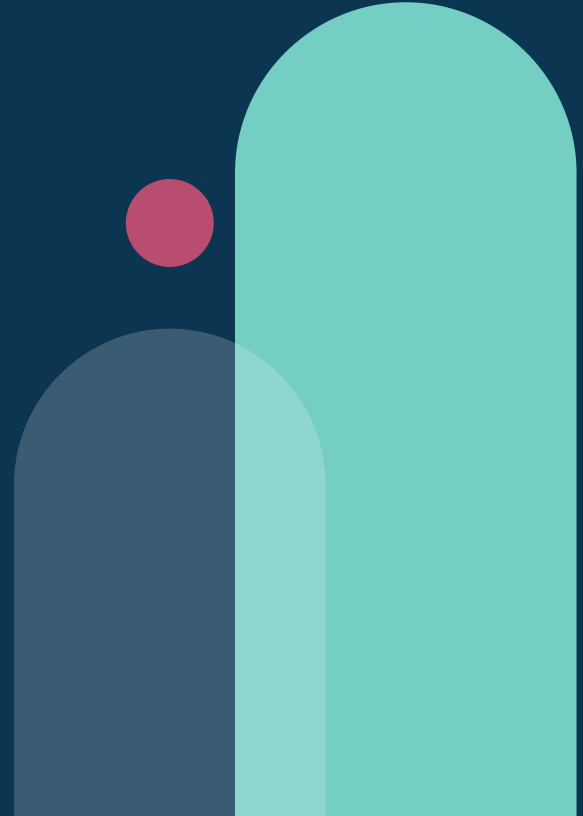
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Closing

01

Background

Why do we design games for
mental health?



Background

Treatment gap



**Digital
interventions**



Games



Guardians: Paradise Island

- Behavioral activation
- Real life quests
- Collect guardians



Source: (The Guardians, n.d.)

Sparx

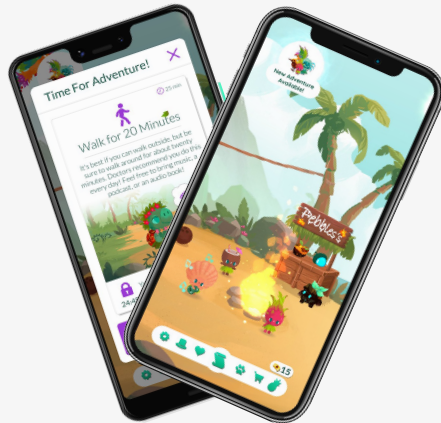
- CBT
- 7 modules
- Negative automatic thoughts



Source: (SPARX, n.d.)

Problem

These games still struggle in the field
Enjoyment is rarely a focus when testing the effectiveness

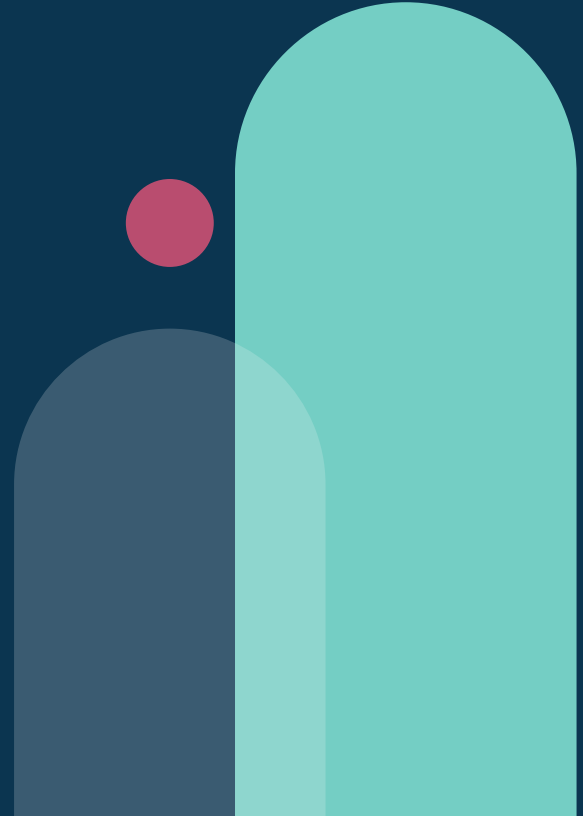



Source: (The Guardians, n.d.; SPARX, n.d.)

02

Eudaimonia

Meaningful game experiences





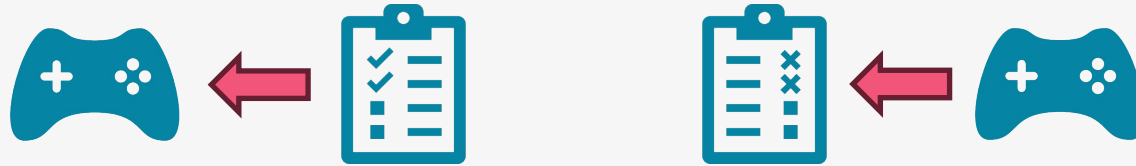
“**Eudaimonia**, in Aristotelian ethics, the condition of human flourishing or of living well”

—**Britannica**



Eudaimonic experience

- Make engaging games meaningful instead of bringing game elements to an inherently boring task



Eudaimonia and Mental Health



Reflection



Personal growth



Life satisfaction

(Daneels et al., 2021; Raney et al., 2019)

03

Design

Design of meaningful games for
mental health





ROBIN

a narrative videogame about living with Borderline Personality Disorder

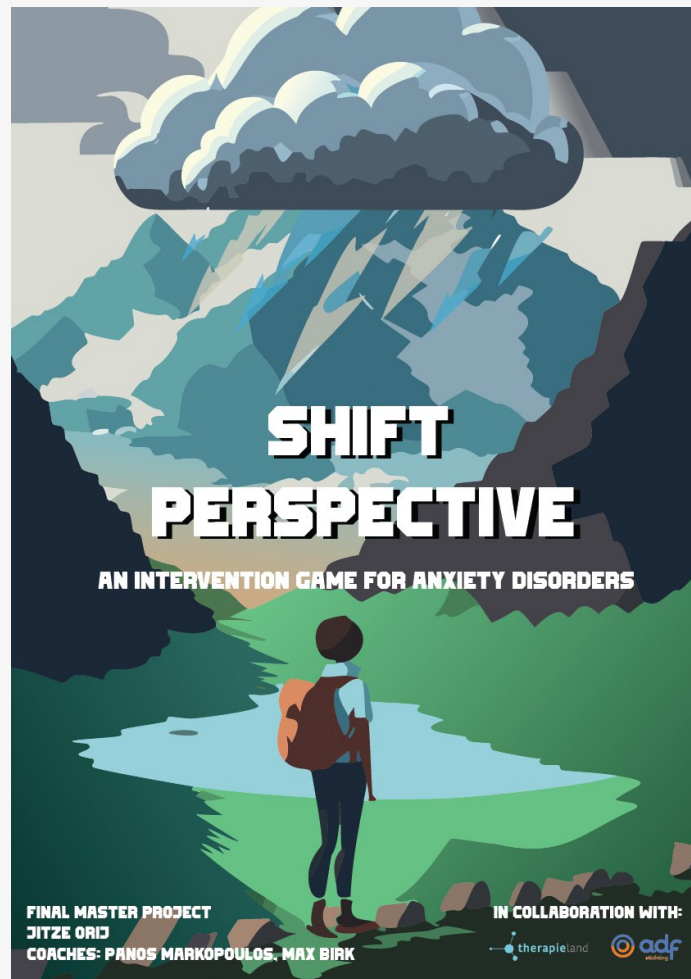


M1.1 Project Emotion Enabled Design
Jules van Gurp, Jitze Orij, Els van Raaij
Coached by Max Birk

TU/e



special thanks to





ROBIN

a narrative videogame about living with Borderline Personality Disorder



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Robin

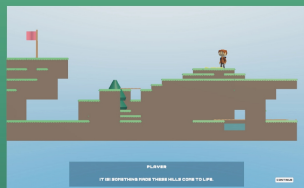


Robin



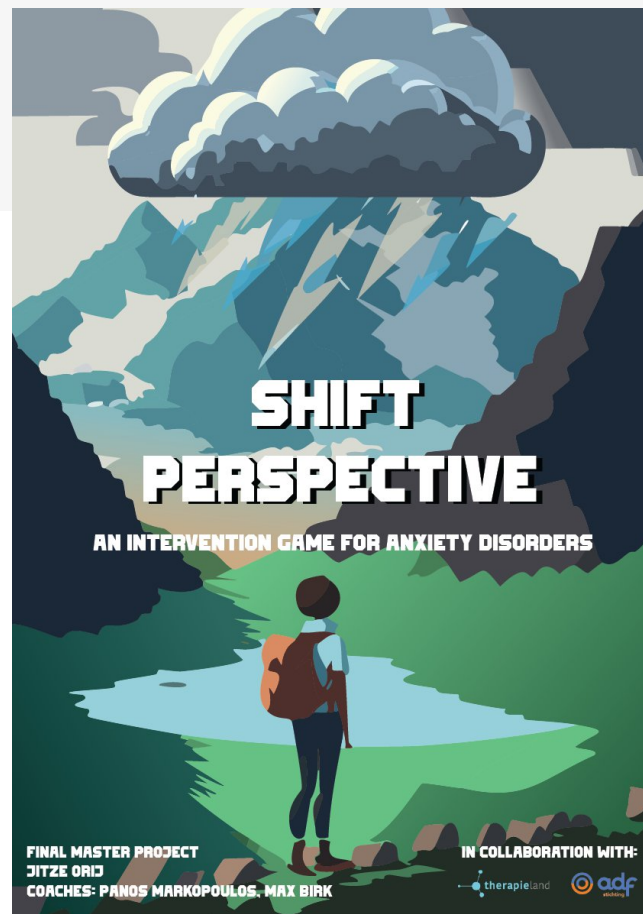
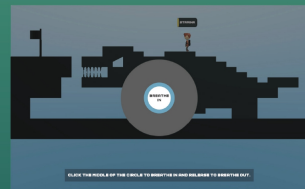
Shift perspective

EXPLORE

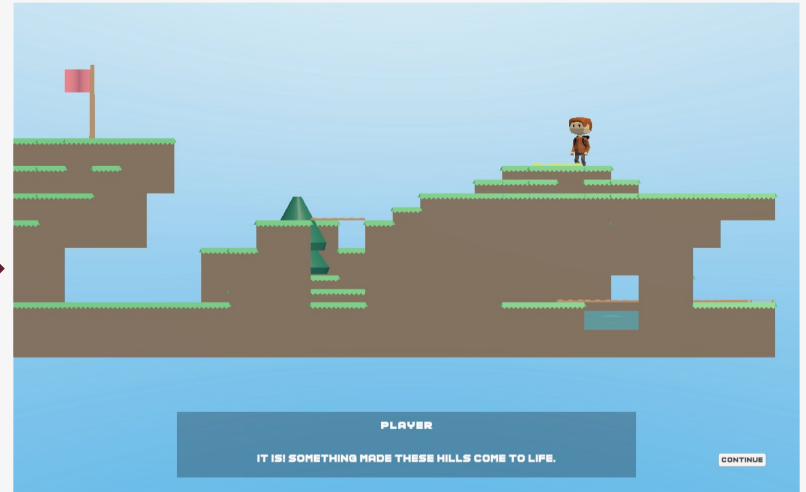
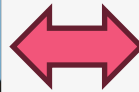


**SHIFT
PERSPECTIVE**

**CHALLENGE
YOUR ANXIETY**



Shift perspective

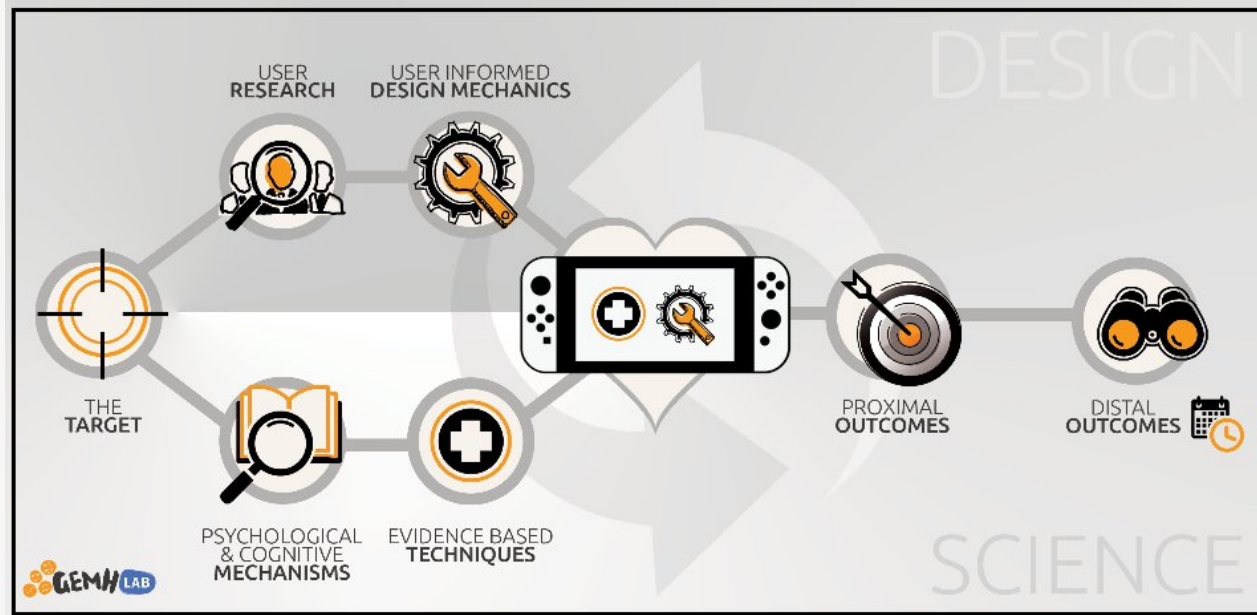




WHAT ABOUT YOUR OWN THOUGHTS? DO YOU ONLY LOOK AT IT FROM ONE SIDE? WHAT ARE YOU LEAVING OUT OF CONSIDERATION?

ENTER TEXT...

Design and research processes



<https://bloombox.tools/>

Source: Games for Emotional & Mental Health Lab

Closing remarks

Meaningful game design

Use narrative and game mechanics to create a coherent meaningful experience

Core of intervention

Get to the core of the intervention and translate it to a meaningful game mechanic

Enjoyment

Test enjoyment and iterate to get both intervention and enjoyment right

Thanks!

Do you have any questions?

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