

What do you think about the application of Serious Games in psychological therapy?

What are Serious Games?

Serious Games are computer or video games that go beyond the purpose of pure entertainment, and include an educational component (e.g. promote a healthy lifestyle, train cognitive skills, etc.). Serious Games are becoming more popular in many settings, including psychological therapy. We are doing an international survey to find out what patients/clients/mental health service users think.

Who can take part?

You can take part if you are between the **age of 18 and 85** and **have experienced any form of psychological therapy** (i.e. any form of “talking therapy” such as cognitive behavioral therapy/CBT, psychoanalysis or other forms of psychological counselling) in **the UK**.

Even if you **haven't** played any Serious Games in psychological therapy, your views are important and we want to hear from you.

How long is it?

The survey takes about **10 minutes** to complete.

To start the survey, please click here or copy the link:

<https://www.surveymonkey.com/r/BGX5RWG>

This study is being conducted by Clinical Psychology Doctoral student, Jessica Huss (jessi_huss@web.de) under the supervision of Professor Christiane Eichenberg from the Sigmund Freud University in Austria (christiane@rz-online.de) and Professor Heidi Möller, University of Kassel in Germany and in cooperation with the University of Plymouth in the UK.

Thank you for your support!