

# TANAFAS



## JOURNEY THROUGH THE MIND

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### ABSTRACT

The rising popularity of video games highlights their impact on youth's physical and mental health. Video games offer an accessible form of entertainment across various devices. However, during the critical developmental ages of 10 to 19, mental health issues have become more prevalent, especially post-COVID-19. Studies indicate that 13% of youth aged 10 to 19 are diagnosed with mental health disorders, with anxiety and depression affecting 40% worldwide. Research in Saudi Arabia suggests that video games can aid in treating psychiatric patients. Aligning with Saudi Arabia's 2030 vision, which includes the development of 30 video games, we propose "Tanafas." This role-playing game aims to raise mental health awareness, focusing on social anxiety, by engaging players in interactive stories and puzzles. "Tanafas" aspires to educate players about social anxiety in an enjoyable and meaningful way.

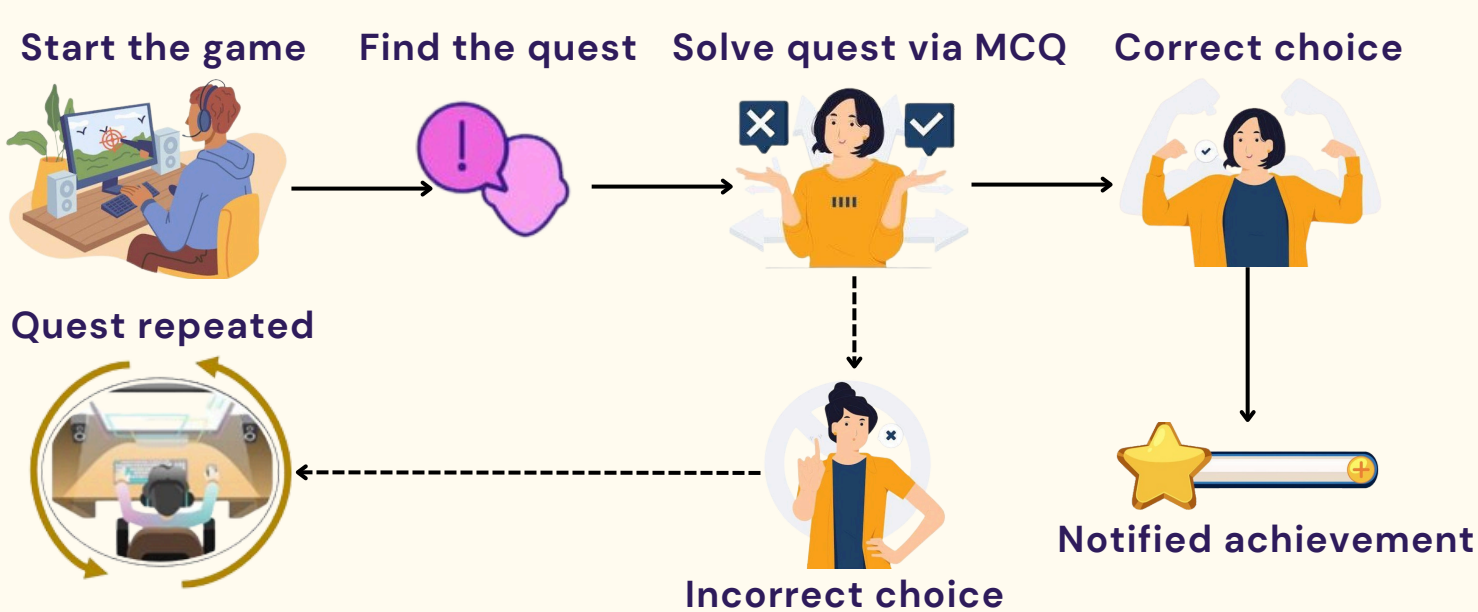
### INTRODUCTION

"Tanafas" is an RPG game that concentrates on interactive storytelling, mental health awareness, and entertaining puzzle-adventure game mechanics. Designed to provide an enjoyable learning experience, "Tanafas" allows players to explore and learn about social anxiety with an RPG focus. The game is composed of puzzles that educate players about social anxiety in the most enjoyable way possible. The quests showcase a social anxiety storyline and the impact of player decisions on the game's outcome. We've implemented four scenarios with help from the Counseling and Guidance department: The Frightened Actor, Missing Sound, The Masked Gardener, and The Lantern Festival. We plan to execute the rest in future work. We believe that "Tanafas" enriches youth knowledge and improves their mental health.

### OBJECTIVES

- 1 Combat social anxiety.
- 2 Employ RPGs for education.
- 3 Integrate entertainment and learning.
- 4 Enhance Saudi Arabia's 2030 vision gaming strategy.
- 5 Implement interactive storytelling.

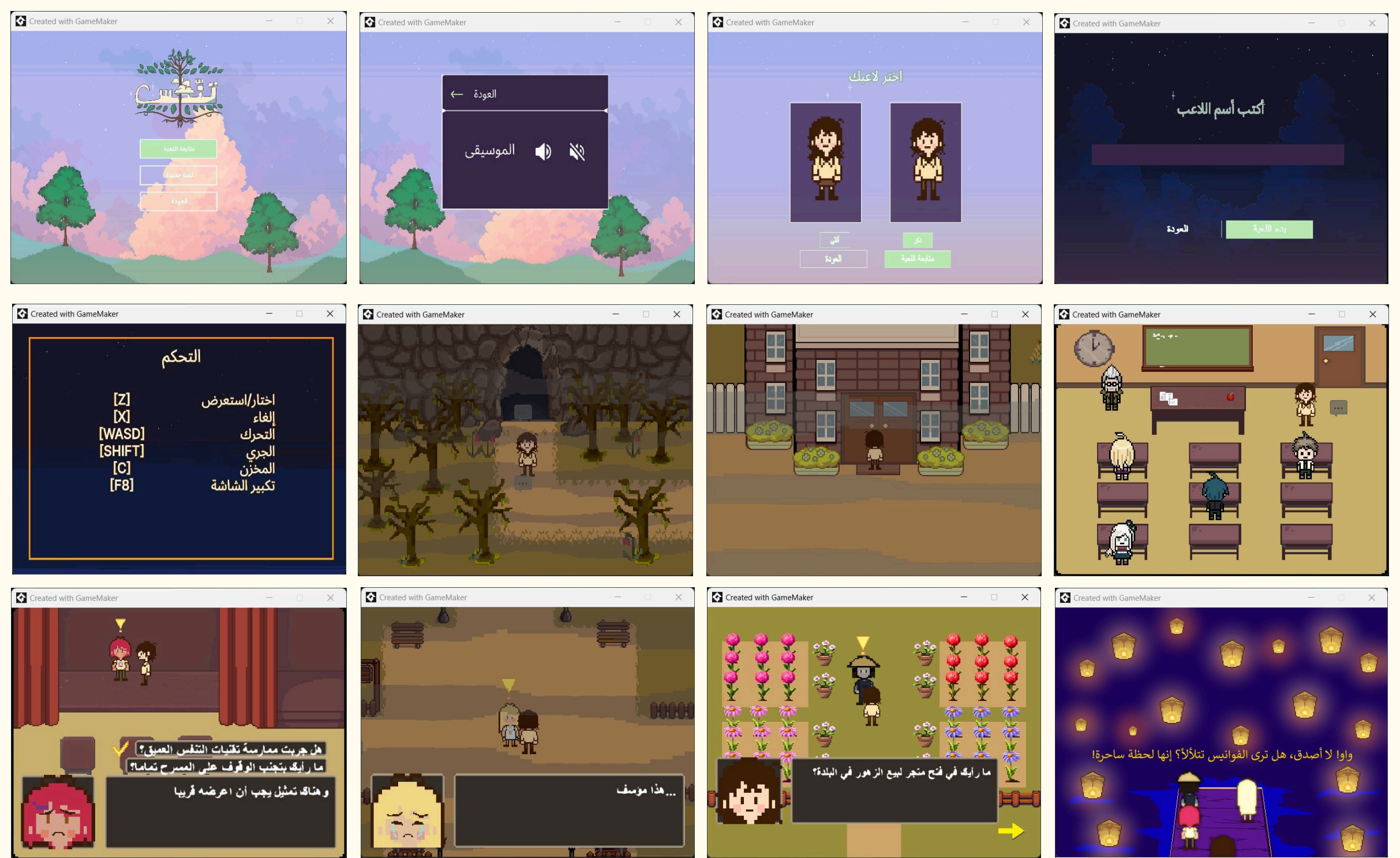
### SYSTEM ARCHITECTURE



### TOOLS

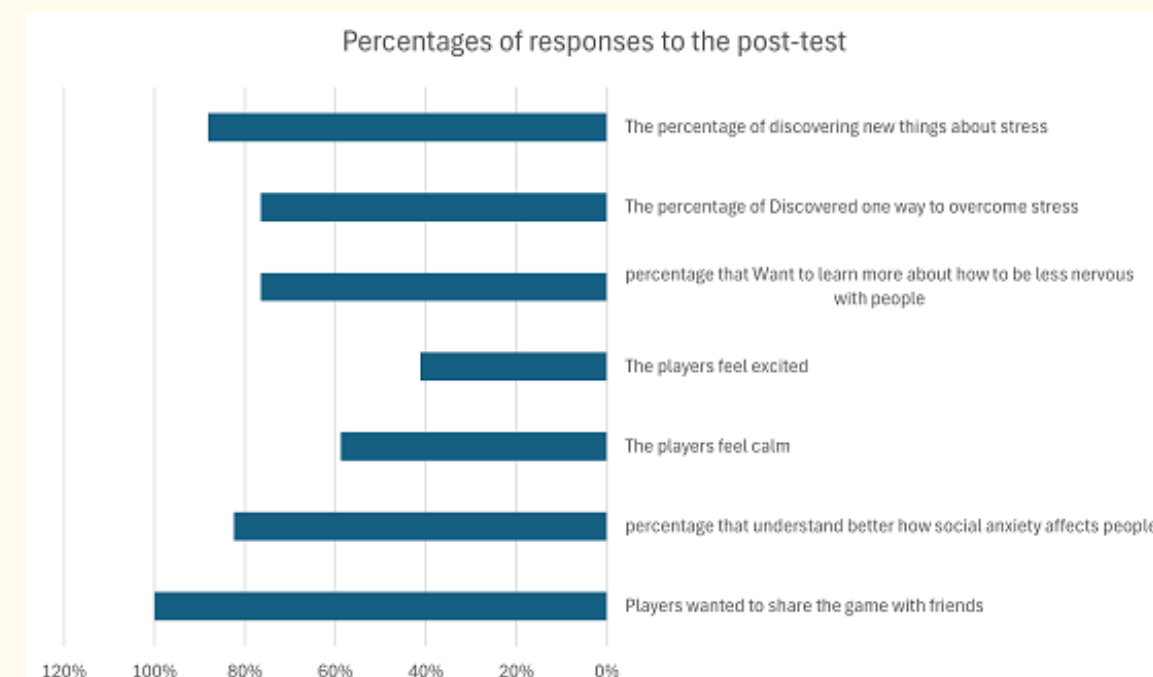


### PROTOTYPE



### EVALUATION

To evaluate effectiveness, players completed pre-test and post-test surveys, providing data on the game's impact on their knowledge and emotional well-being. The post-test showed high rates of understanding social anxiety in players after playing the game.



### FUTURE WORK

- 1 Introduce additional levels, each focusing on a specific mental health concern.
- 2 Support the English language to reach a broader audience.
- 3 Offer the option to choose a female character, promoting inclusivity.
- 4 Integrate visual elements such as images into the puzzle-solving experience.
- 5 Complete the remaining storylines and scenarios of the game.

### CONCLUSION

This RPG educates young people in Saudi Arabia, aged 10 to 19, about social anxiety and equips them with coping mechanisms. Through interactive storylines in Arabic, it addresses social situations like public speaking and social events, offering tools for coping. The game's functionalities include launching, menus, settings, character management, game structure, items, NPCs, audio, inventory, achievements, and exiting. Non-functional requirements focus on usability, security, performance, and portability, with Windows as the target OS and GameMaker Studio as the development tool.

### DEMO:



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