BACHELOR THESIS ABSTRACT

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Title: Designing and Pilot Testing an Interactive Game That Aims to Assist with the Recovery of People with Mental Illness

Abstract of the Thesis:

The thesis explores the connection between the theme of recovery and interactive games, which represent an innovative tool with the potential to serve as a supplement or alternative to traditional therapeutic methods for people with mental illness. The thesis was based on the fact that there is no board game available in the Czech Republic that focuses on supporting the recovery of individuals with mental illness and is suitable for use in occupational therapy practice. The aim of the thesis was to create such a game, test its functionality with the target group, and gather feedback for its further development.

The developed cooperative game is based on the CHIME model of personal recovery. It is designed as a narrative game, with the theme of an adventurous sea voyage, referencing the recovery journey experienced by people with mental illness. The game was tested in a pilot study with two mixed groups, comprising a total of 13 participants. These groups included clients in social rehabilitation at an organization focused on supporting individuals with mental illness, their social workers, and a peer worker. Feedback mapping the gameplay experience and participants' personal opinions on the game was collected using a written questionnaire.

Based on the two gameplay sessions, the game's functionality was tested and it was positively received by both clients and professionals. Participants appreciated the opportunity to share their recovery experiences, to get to know themselves and the group better, the enjoyment of the game, the pleasant time spent together, and the diversity of activities. There was clear interest in having the game permanently available in the organization. This confirmed the fundamental premise of the thesis: that recovery-focused games are lacking in the Czech Republic and have the potential to be a valuable part of occupational therapy practice. Further development of the game will focus on varying difficulty levels and greater inclusivity.

Key words: occupational therapy, mental illness, recovery, CHIME framework, serious game