

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 and clinicians think.

Who can take part?

1. If you are a **mental health clinician** (or if you are currently in training to become one) working with clients of any age group, in any psychotherapeutic modality **in Canada**.

You can go straight to the survey from this link:

<https://www.surveymonkey.de/r/QPY7JW3>

The survey takes **15-20 minutes** to complete.

2. 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 **Canada**.

You can go straight to the survey from this link:

<https://www.surveymonkey.de/r/QPWYSG2>

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

If you cannot access the links directly, please copy and paste the address into your internet browser to access the surveys.

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

The REB-II reviewed and approved this project by delegated review in accordance with the requirements of the McGill University Policy on the Ethical Conduct of Research Involving Human Participants and the Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans.

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). Please contact us at seriousgames.canada@gmail.com for any questions of concerns.

Thank you for your support!

