

Rulebook

Components

Card Decks (Physical Element)

The Game consists of 5 card decks – These are Conditions.

- 1) Generalized Anxiety Disorder
- 2) Clinical Depression
- 3) Obsessive Compulsive Disorder
- 4) Post Traumatic Stress Disorder
- 5) Phobia

Each deck contains 3 cards that have questions.

Website (Digital Element)

The website folder called “Site1” contains an HTML site named “Home”.

This website contains the characters that are to be diagnosed by the player.

The elements of the website are –

Characters

- Abby
- Constantine
- Xavier
- Lilith

Each of these characters have a bio/story. The stories of these characters are what will help the player diagnose them.

Answers

The answers link contains the actual diagnosis of the characters. It has a small description as well.

Conclusion

The conclusion link contains a message of hope along with links to various websites and numbers for mental health helplines.

Anya

This is my twisted ending of the game. It is meant to be used after the player/players have finished diagnosing all other characters and have checked if they were right or wrong.

How To Play:

Cards

Lay out all the cards in the way shown in the picture below in the Photos section.

Website

Open the folder named “**Site1**”. Followed by that open the HTML file inside called “**Home**”.

Keep this website open on the PC/Laptop

Player Count

This game can be played by 1-4 players.

The Game

Once the cards are laid out and the website is open, the players select a character. (Except **ANYA**. **Pick Anya after you are done with all characters and have looked at answers**)

Once the character is chosen(Click on the character to open their story), you are now the character and must personify yourself as the character.

Once the character page is open, the players must read the story. Read the story carefully and thoroughly as that is what will help you diagnose this character.

Each character could have either no mental health condition or multiple mental health conditions.

The player must read the story of the character and then look at the card deck.

Each deck is a condition and has 3 Questions and they have either YES or NO as the answer.

If the answer is YES for 2 or more questions, then the player will diagnose the character with that condition and then move to the next condition.

Example – If the player has chosen Abby as the character and is looking at the phobia deck and the question reads – Do you have an irrational fear? And the player feels that abby has an irrational fear, then they must answer yes. After this they move on to the next question in the phobia deck and if the answer is yes then they diagnose the character with Phobia. The player looks at all 3 questions and answers them. If ANY 2 of them are yes, the character is diagnosed with the condition.

The player does this for each condition (each deck) and every condition that gives 2 or more yes (to the questions) is added to the diagnosis of the character.

Once the player has diagnosed the character with the conditions, they will move on to the next character till all 4 characters are done.

NOTE- Each player must diagnose all 4 characters. Hence it is advised to open one character and wait till all players have diagnosed the character and then move on to the next.

Answers

This page will contain the answers. The actual diagnosis of what the characters suffer through. The players will now compare their diagnosis with the real ones.

Winners

The player with the most accurate diagnosis for the characters technically wins the game but if all players diagnose each character accurately then they all win. This game is to help players understand the importance of not self-diagnosing. The true winner of the game is one who can see behind the veil of this gamification. Everyone can be a winner. The essence of this game is to let players understand that asking for help is ok and its not a sign of weakness. It is the person who can ask for help and resolve issues that truly wins in life.

This is where the player clicks on ANYA after checking the actual diagnosis of all characters. The twisted ending of the game is for the player to read. The journey they led in the game being able to diagnose someone ended with this.

Once the player had read Anya's story; they go back to the home page and then click on the conclusion link. This link gives a message of hope. The game ends here.

So overall – Select a character and diagnose them. Once all players finish, move on to the next character till you diagnose all characters. Check answers to the actual diagnosis and then click on ANYA. After that click on conclusion and the game ends.

Photos of the Game's Layout

Generalized Anxiety Disorder

Q) Do you often doubt yourself.
(Do you doubt actions you take?)

Q) Do you regularly check up on close friends or family because you are scared they will leave you?

Q) Are you a worrier?
(or)
(Do you worry about almost everything)

Clinical Depression

Q) Do you find little to no interest in various activities?

Q) Do you prefer to just be alone with your thoughts and often cry?

Q) Do you feel hopeless, down and unworthy?

Post-Traumatic Stress Disorder

Q) Have you ever had a traumatic event that has permanently imprinted on you?

Q) Has the event caused you to go through severe pain?

Q) Do you re-live the traumatic event regularly?

Obsessive Compulsive Disorder

Q) Do you have intrusive thoughts?

Q) Do you have patterns that should not be disrupted?

Q) Do you feel sad and irritated if your patterns are disrupted?

Phobia

Q) Do you have an irrational fear?

Q) Does this fear cause you discomfort even at the slightest thought of it?

Q) Do you have any coping mechanism for this fear?

Diagnosis

Abby

Constantine

Xavier

Lilith

ANYA

ANSWERS

CONCLUSION