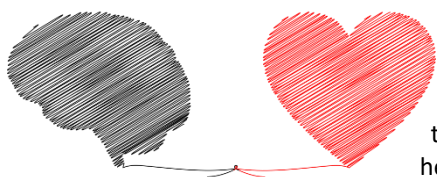# aci

ECGBL 2022

16th European Conference on Games Based Learning
6-7 October 2022, Lusófona University, Lisbon Portugal

Mini Track on Game-based Learning to Support Well-being and Mental Health

Mini Track Chairs: Carla Sousa, Fábio Dias and Micaela Fonseca, Lusófona University, Portugal
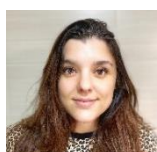
Today, the potential of games to promote learning processes is already widely documented. However, it is necessary to support a broad view of the acquisition of multiple competencies through games, which can include a person-centered, rather than skills-driven approach. Therefore, we are interested in how it is possible to promote well-being as a whole, by empowering players and fostering their mental health. This includes all contexts, therapeutic and non-therapeutic, where the characteristics of games, are explored. It is also important to emphasize the potential role of inclusive design and accessibility of games as a crucial factor in these tasks, considering that the advantages of games for psychological well-being should be applied to all players, regardless of their characteristics and/or specific support needs.

In this mini-track, we welcome proposals that explore the potential of game-based learning interventions in the promotion of variables associated with well-being and mental health. This includes the exploration of games' unique characteristics as triggers for psychological and/or physical well-being, and how this can be associated with mental health. It might also include studies that critically approach the causal use of games as having both risks and benefits for these variables.

Suggested topics include but are not limited to:
- The potential of game-based learning to foster well-being and mental health.
- Game-based learning in clinical/therapeutic contexts.
- In-game behaviors as a predictor of psychological well-being related variables.
- The role of accessibility in game-based learning for groups with specific support needs.
- The role of games in the promotion of psychological well-being during isolation.

Carla Sousa (she/her) has a Bachelor's Degree in Psychology, a Master's Degree in Clinical and Health Psychology, and a Post-graduate degree in Applied Neuropsychology from Lusófona University. She is a PhD student in Communication Sciences and part of the Centre for Research CICANT. Carla published several papers as an author and co-author in peer-reviewed journals, and presented at conferences. She was part of several national and international funded projects in related fields.

Fábio Dias (he/him) has a Bachelor's Degree in Psychological Sciences from ISPA-IU and a Master's Degree in Cybertherapy and Neurocognitive Rehabilitation from Lusófona University. Currently enrolled as a PhD student in Clinical Psychology at Lusófona. Fábio is also a Game Developer and Project Manager at Human-Environment Interaction Laboratory (HEI-Lab), where he integrates a multidisciplinary team of researchers to further boost scientific knowledge in the field of cyberpsychology and to deploy technical solutions for field practitioners.

Micaela Fonseca holds a PhD in Physics. Micaela is Principal Researcher at HEI-Lab (Digital Human-Environment Interaction Lab) and assistant Professor at the ECATI, Lusófona University. Micaela has been engaged in several VR-based simulation projects, she is co-founder of VR4NeuroPain and Games for Good. She has published several scientific papers in ehealth and serious games.

Submission details

In the first instance a 300 word abstract is required, to be received by **16 March 2022.** Submissions must be made using the online submission form at
https://www.academic-conferences.org/conferences/ecgbl/ecgbl-abstract-submissions/
If you have any questions about this track please email: f5158@ulusofona.pt   fabio.dias@ulusofona.pt
micaela.fonseca@ulusofona.pt
See more about ECGBL 2022 at https://www.academic-conferences.org/conferences/ecgbl/