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PROJECT ID

POSITIVE: Prevention Of Stress by exploitING an Innovative Virtual Environment -
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POSITIVE: Prevention Of Stress by exploitING an Innovative Virtual Environment

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What is the POSITIVE project?

POSITIVE project aims to promote the development of stress-related coping skills in adolescents throughout a gamified 3D Virtual World Learning Environment (VWLE). Gamified environments take advantage of familiar dynamics and settings for everyday digital savvy students, by offering them important information in an interesting, fun, and challenging fashion, capitalizing on their established gaming habits.



Why is this project relevant?

Worldwide, it is recognized that mental health literacy is pivotal for mental health promotion, prevention, and care, facilitating positive attitudes and increased knowledge about mental health, and contributing to the use of adequate strategies to cope with challenging situations (e.g., Miller et al., 2019; Patafio et al., 2021; Wei & Kutcher, 2018). In school contexts, students face various academic and social situations that can increase their stress and anxiety. Thus, providing opportunities to improve young people's stress-related coping abilities during this highly stressful, crucial period of development can be pivotal for positive school outcomes.



Project target audience

Students attending middle and secondary schools, as well as families, teachers, psychologists and the overall school community.

Project results

Project Result 1| Students' Needs, Game scenarios, Educational material

Characterization of students and schools needs regarding stress-related situations in 4 European countries; Psychoeducational material scripts; Identification of game scenarios.

Project Result 2| Development of the 3D Virtual World

Development of game scenarios that can be played by students.

Project Result 3| Implementation, Survey Results, Documentation

Data about the feasibility of the material; Usability data and efficacy of the game in fostering students, school and families' knowledge about coping strategies for dealing with stress, and wellbeing related outcomes.