

OUR GAMES

Deep



Players don a Virtual Reality headset and a custom DEEP controller to explore a beautiful and mysterious underwater world. Allow the game to sweep you into its relaxing embrace as it teaches you deep breathing techniques that can alleviate stress.

Made by Owen Harris & Niki Smit

MindLight



A 3D game that uses the mind as the game controller. Through neurofeedback mechanics, the game incorporates evidence-based relaxation techniques and attention bias modification methods to produce an immersive, “haunted” game world through which children learn to face and overcome their anxiety and fears.

Made by GainPlay Studio, produced by GEMH Lab

DUST: Decision Under Stress Training



A virtual training game with real-time biofeedback to test and train fast and accurate decision making in threatening situations for Dutch police officers

Made by GEMH Lab

Hit-n-Run



Hit-n-Run is a peer-based runner game for Android phones, where players compete in teams. Players are incentivized to replace their smoking urges with game time while supporting other team members to do the same.

Made by GEMH Lab & Clockwork Plan Software Development.

ScrollQuest 2.0



A research-based 3D dungeon crawling, hack n slash adventure game created to casually test and study emotional resilience with exposure therapy within a controlled lab setting. It is graphically rich with custom musical scores that engage players in standardized tasks to assess rejection and isolation. Made by GEMH Lab.

Made by GEMH Lab

Moving Stories



Many adolescents struggle with depressive symptoms and those symptoms can have severe consequences, including social, academic, and physical problems. Although treatment is available, youth often don't seek help. The school program 'Moving Stories' tries to improve help-seeking by targeting mental health literacy and stigma.

Made by Ijsfontein & GEMH Lab, produced by Trimbos-Institute