

OUR STORY

The Games for Emotional & Mental Health (GEMH) Lab is a research and development lab that aims to establish the scientific foundations for effective mental health games. We empirically validate our games with rigorous research designs, we share our data publicly, and publish our results regardless of outcomes. We are also committed to developing a theoretical framework and new methodologies that stipulate how to use games to experimentally test theories of psychological change.

We are committed to designing and empirically evaluating an entirely novel prevention and treatment approach for young people's emotional and mental health, an approach that harnesses the intrinsically motivating properties of video games and their immense potential to teach new forms of thought and behaviour. By integrating clinical and developmental research with interactive media design, we are creating a suite of evidence-based games. These games can be used for intervention purposes, as well as to study emotion-regulation processes more rigorously, in contexts that are motivationally compelling for children.

Critically, we are committed to commercially deploying our evidence-based games so that they can be widely disseminated, with unprecedented potential to slash the prevalence rates of anxiety and depression in youth. These same games can make an enormous impact in school settings where socio-emotional learning methods are being sought.

Ultimately, we want to engage and empower young people to choose the

interactive media experiences that best fit with their self-expressed emotional needs and to share those experiences with friends and family that might likewise benefit.

WHO WE ARE

We are a one-of-a-kind multidisciplinary lab and extended network that incorporates senior faculty, PhD students and international award-winning game designers. We are social scientists with a strong foundation in developmental science, clinical psychology and affective neuroscience.

There are virtually no validated games that target mental health issues. We are among the first team forging this new ground, with artists, programmers and designers working alongside graduate students in developmental psychopathology, clinical psychology and education.

OUR LEADER



Isabela Granic is the Director of GEMH Lab, Industry Professor, McMaster University, in Canada. Her research focuses on the cognitive, emotional, and social benefits of

playing video games.

Isabela is a researcher, writer, facilitator of creative collectives, and mother of two upstanding little gamers.