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For my thesis project I have decided to create a video game. The game will be about mental health issues, including various aspects of my struggles with mental health. Ideally, it will touch on many different disorders (anxiety, depression, ADHD), showing how each disorder feels, and how one can get through it. I intend to create an adventure/exploration game, where there is little to no combat. Instead, most of the game will be platforming, where you must figure out puzzles to progress. These puzzles will be reflective of the mental health issues I choose to touch upon, with each section having a distinctive feel to it, created by different colour schemes, environment design, and game mechanics.

As my inspiration/influence for my thesis, I have listed various games that deal with similar subject matter, or reflect other aspects I'd like to include in my game. The game "Gris" is my main influence. It is a beautiful game about loss, and is something I would like to take inspiration of elements from, for my art style and certain gameplay mechanics. Another inspiration I listed was the game "Florence". This is less of a direct inspiration, as the gameplay style from this game is not one I would like to implement in my game in any way. However, this is a very strong game that deals with mental health and depression, and does so in a short amount of time. I realize that I am one person creating this game over just one year while also doing school and working, and so I will not be able to make an incredibly long and complex game. Florence is an amazing example of a short and simple game that still hits all the right notes of its story, and so is an inspiration for my game. I listed the game "Hue" as another inspiration of mine, and this one is purely for the idea behind the gameplay mechanics. In Hue, you collect and choose colours to use, manipulating your environment to progress. I would like to implement a system where the user must manipulate the environment to progress, and must solve platforming puzzles, and this is exactly the sort of thing that Hue does.

The content of and thought behind this idea doesn't directly relate to any of my previous work, but the content is important to me. It is something that I've thought of a lot and have wanted to create something about for a long while, but never had the right opportunity or motivation. However, I have done previous work that relates to the execution of this project. I have created a game level in the Game Design course I took last year. In second year, I learned 2D character animation for the final project of Time-Based Media I, and learned sound design from Introduction to Digital Audio. I have ample knowledge to start this project, but will still need to learn these programs more in depth, as well as other new ones, to accomplish the level of work I wish to create.