



Hopeless

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MENTAL HEALTH

CS427 PROJECT

Project Statement

This project highlights the importance of mental health and how negative thinking makes people feel blue about the world, about themselves, and about the future. It not only contributes to low self-worth but makes them feel they're not effective in the world. In fact, Psychologists link negative thinking to depression, anxiety, chronic worry and obsessive-compulsive disorder (OCD). This project acknowledges that and creates an immersive 3D experience within virtual reality where a person goes through a bleak and dull journey chasing for something that is out of their reach.

Research

1. While keeping the importance of mental health in mind, we tried finding ways people can cope with negative or depressive thoughts and discovered that mental health has a considerable correlation with hope. Many people who suffer from depression lack hope which is a key fundamental belief. In an article it talked about how hope for the future can help build resilience and the ability to get through tough times. Hope can also help ward off or reduce anxiety, trauma and depression. Learning this, we wanted to focus our project in the mind of a depressed person who is constantly looking down on themselves and doesn't think they are worthy.
2. Citations:
 - a. Monroe, Jamison. "The Connection between Hope and Mental Health." Newport Academy, Newport Academy, 9 July 2020, <https://www.newportacademy.com/resources/mental-health/hope-and-mental-health/>.
 - b. Dastagir, Alia E. "Why It's so Important to Hope." USA Today, Gannett Satellite Information Network, 10 Oct. 2020, <https://www.usatoday.com/story/news/nation/2020/10/10/hope-essential-mental-health-and-well-being-psychologists-say/5942107002/>.

Interaction

The project starts off in a black gloomy environment with huge red text on the sides that are towering over the viewer, sort of like intimidating them. As the player looks ahead, a yellow colored shiny word spelled out hope catches the players attention. The first initial response to this is to go near it but as the player goes near it, to try to interact with it it bounces forward moving away from the player. Almost kind of like it's in the eyes of the

player, but never in their reach. Big scary words like “worthless”, “ugly” and “stupid” in red and black pattern are displayed randomly along the pathway. The project is purposely created like that, so that the player can go through them because it shows the idea that these big huge scary words are in reality shallow and meaningless. The music in the background that is played also makes it more eerie and creates an environment that makes the player not want to be there. The interactions of this project are simple in order to really grasp the idea that sometimes humans make things harder for themselves than they need to be. For the design aspect of this project, it mainly focused on the typography of words and manipulated colors and fonts to really get the effect to show viewers how impactful words can be. Following and interacting with the word “hope”, the project ends with a bright platform that sparkles around a shiny bold 3D text that says “Love yourself”. Representing the idea of how in order to have hope or to be able to face your problems, you have to love yourself and be in a mindset that isn’t clouded with negative words.

Collaboration

I. Communication

To be able to communicate and talk about the logistics of the project they communicated via messages and held zoom meetings every week to talk about what is due, what they worked on, what they were struggling with and things they needed to work on. They kept each other accountable and made sure that they were present. There was some trouble communicating with the third partner, so David and Fareeha split the work evenly.

II. Splitting the Work

In the beginning of this project there were a lot of issues with unity collaboration but David and Fareeha were able to eventually figure it out. David worked on the fonts and the colors of the words and made them 3D text and thought of the idea of how the project should have a wall of words that the viewer gets overwhelmed by when walking in. Fareeha helped placing the words on the pathway and made sure everything looked spatially good. She also worked on making the collisions and making the word “hope” interactive and making it so that when the player gets closer, it moves away. She used class examples and class scripts to help her accomplish that. She also scheduled office hours with the professor to get help on making collisions and to make it go forward when the player gets closer to it. Originally, the words on the pathway were bouncing up and down, so David worked on the script to do that. Fareeha also added the music so that when the viewer interacted and approached the word hope, music would play in the background. She also thought of the idea of having something good happen at the end, hence when the player gets to the end of the path, she created a blue terrain that appears

with animated particles around the positive text that David created. Lastly, Fareeha changed the first person camera point of view to make it more cave sensitive so that the project can be easily displayed in the cave. When inside the cave, we noticed that our project was too high, so at the end David went back and changed the height. Overall, the project was a fun and challenging experience to work on because it was something Fareeha and David haven't done before. It was also their first time working with unity, so they made sure to put in extra time to look up some tutorials on youtube and learn. Through the many challenges and frustrations, they were able to collaborate and create this project that they then got to display in the cave.

Acknowledgements

III. Thank to our Instructors

Thank you to our instructors Daria Tsoupikova, Andy Johnson, and Jeff Nyhoff as well as IBMS continued support. Their continued support and guidance helped bring this project to life. Special thanks to Daria Tsoupikova for scheduling office hours to help with any issues with the project.

IV. Thank to our Designers

Thank you to Fareeha Rahman and David Robles for their hard work and their dedication. Hopeless was developed on Unity for CAVE 2, a surround-screen, surround-sound, projection-based virtual reality (VR) system at the University of Illinois at Chicago. Typography was made by David Roles using a software called adobe fonts and then imported into Unity. Both of them contributed and came up with the idea of chasing hope and setting the project's ambiance in a person's mind thinking these negative thoughts.

Images



- 1) Player gets close to the hope



- 2) Hope moves away after the player tried getting close to it.



- 3) Player gets confronted by big red and black text that are huge and intimidating.



- 4) Finally the Player see the light at the end of the tunnel and feels peaceful and serene because none of the other things matter

