

# Dragons of Afterlands

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Play Well For Life

An augmented reality (AR) board game to improve adolescent wellbeing  
Co-designed with Young People, Psychologists and Educators

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## Why do we need an AR Boardgame for Youth Wellbeing?

- Increasingly pressing need to address adolescent mental health
- Digital interventions are scalable and effective
- Interventions largely focus on individuals, specific conditions and ignoring social dimension of wellbeing
- Game-based learning approaches offer strong benefits
- AR offers shared experience, flexibility & generalisable skills



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*Adventurers must travel around inhospitable dragon realms competing, co-operating and storytelling with other players, whilst avoiding monsters and natural disasters.*

*Guided by a dragonwitch avatar, adventurers must help the dragonwitch by completing collaborative challenges to gain dragon eggs to win.*

- 2-4 players
- In-person, remote, hybrid
- Wellbeing realms, monsters, opportunity/threat, natural disasters
- In-game measurement
- Personalised learning



# Wellbeing challenges

Realms cover emotional, physical, cognitive and social aspects

Key features:

- Asking for help
- Social collaboration & verbal communication
- Peer learning
- Self-reflection
- Psychoeducation
- Levelling up: personalisation



# Why Healthcare Settings?

Adolescents often feel 'in limbo' when visiting hospitals

Lack of age-appropriate resources leads to increased reliance on personal devices, reducing social interaction.

Hospital education increasingly supports young people unable to attend school due to mental health challenges

Reduce burden on staff time as a 'tricky conversation' tool

Peer-support tool to facilitate connection and re-integration





Co-production with  
Young people

Qualitative &  
quantitative research

User testing groups

Mindset XR  
funding: Benefits

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Implementation challenges

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AR tracking

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Personalised learning

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AI R&D

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Explore markets

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User testing

Pt11: *"I never knew her name. And today we've met and we've just clicked like yeah"*.

Pt9: *"I think its good like, these games, me and Pt11 as well, like we only talked because of the game"*



*"Yeah like you guys just don't pressure us at all, like I've been to these other wellbeing sessions and it was really hard to talk about stuff, as it felt like a pressure to talk but here it's been really relaxing"*  
Max, 14

*"Dragons of Afterlands is a good and fun game. It gives you the chance to look at real and relatable situations and find helpful solutions"* Anya, 15





# What next?

1. Increasing AR interactivity
2. Developing personalisation
3. Input on implementation in healthcare settings
4. Partners for pilots



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Thank you for listening!

To hear more or get involved, fill in this quick form:

