

Gemma is a *Serious Game* designed as a mobile app for Android and iOS devices, developed using an XML-based markup language.

The app is optimized for smartphone use and is available for free download at the following links:

- Android (Play Store): <https://play.google.com/store/apps/details?id=it.smarted.gemma&hl=en>
- iOS (App Store): <https://apps.apple.com/it/app/gemma-game/id6746156137>

In the game, players take on the role of a Higher Education Institution (HEI) worker, navigating a typical working week. The main challenge is to maintain their well-being indicators while maximizing work performance.

The game focuses on three well-being dimensions:

- Hedonic well-being: the presence of positive feelings about oneself and life
- Eudaimonic well-being: psychological fulfillment and sense of purpose
- Social well-being: quality of interpersonal relationships and sense of belonging

Players can choose between two characters (one male and one female) and experience a 5-day working week, aiming to balance and maximize both their well-being indicators and their work-related achievements.

The 10 scenarios implemented in the game were co-created by the project partners based on guidelines provided by SGF – Serious Game Factory.

What follows is a detailed description of the app and its main features.

Homepage



Figure 1 - Homepage

Figure 1 shows the homepage of the app, which provides access to the app's four main sections.

By clicking the button in the top left corner (A), users can change the game's default language (English) to one of the five project languages: Greek, Polish, Norwegian, Spanish, and Italian. The selected language is indicated on the screen by the corresponding national flag (B).

The Info button (D) opens a screen containing information about the GEMMA PROJECT and its project partners (Figure 2).

By clicking on the "Week Mode" (C) and "Day Mode" (D) buttons, users can access the app's two gameplay modes.

The “Stats” button (E) allows users to view their game statistics and track their performance.



Figure 2 – Project Info

Week Mode

Week Mode is the main gameplay mode of the app. The player’s goal is to complete a 5-day working week while ensuring that the sum of the three Well-Being Indicators and the Work Outcome never drops below zero.

Each day is structured into five situations. In each situation, the player must choose between three different actions, each of which will have a different impact on the four indicators.

Each indicator can vary between -2 and +2 depending on the choices made. However, at the time of the decision, the player does not know how each option will affect the indicators.

At the end of each day, if the sum of the four indicators falls below zero, the player must repeat the scenario. If the score is zero or positive, the player can proceed to the next day, starting the new scenario with the same points carried over from the previous day.

When the player enters Week Mode, they must first choose one of the two characters, after reading a short introductory description (Figure 3).

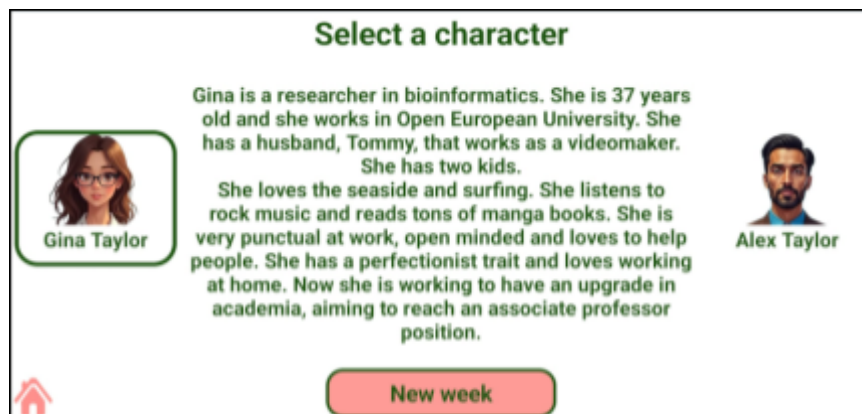


Figure 3 – Character choice

If the player already has an active game with the selected character, the week will resume from where it was left off. Otherwise, a new week will begin from day one. The app uses an internal database to track the player's progress and scores, as well as the preferred language.

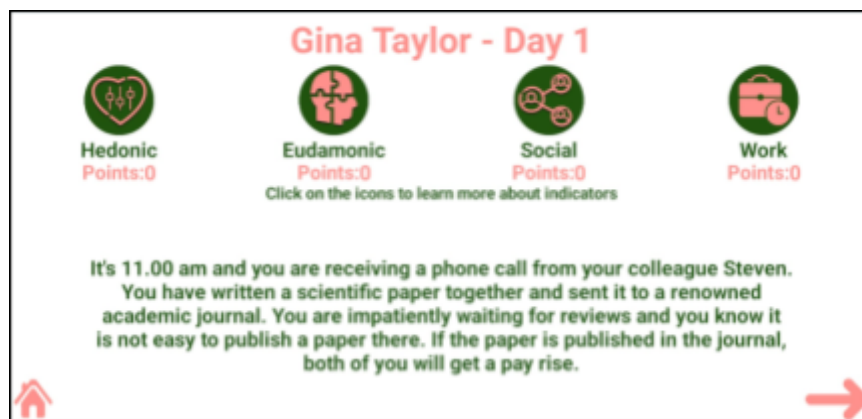


Figure 4 – Day Intro

After selecting the character, the player is taken to the day introduction screen (Fig 4), where the starting values of the four indicators are displayed through icon representations.

By tapping on any of these icons, a popup window appears with a brief explanation of the selected indicator. This feature is available on all screens where indicator icons are shown. Tapping the pink arrow brings up the first situation of the day. The screen is divided vertically: the left side presents a text description of the situation, while the right side shows a visual representation of it (Figure 5). By clicking the button with the three arrows, the player is



Figure 5 – Situation

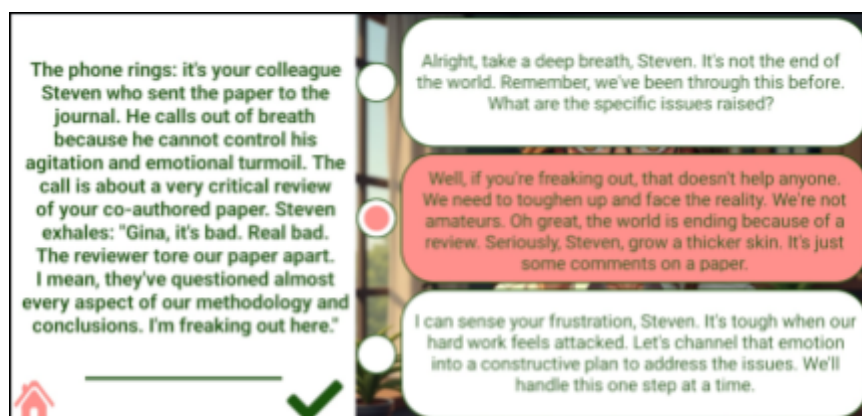


Figure 6 – Situation and Options (one selected)

presented with three options, from which they must choose. After selecting an option (Figure 6) and confirming the choice, a new screen appears showing brief textual feedback and the impact of the selected option on the four indicators (Figure 7).

Once the five daily situations are completed, the player receives general feedback of the day (Figure 8) and can proceed to the next day if the sum of the indicators is not below zero, or repeat the scenario if the score falls below zero.

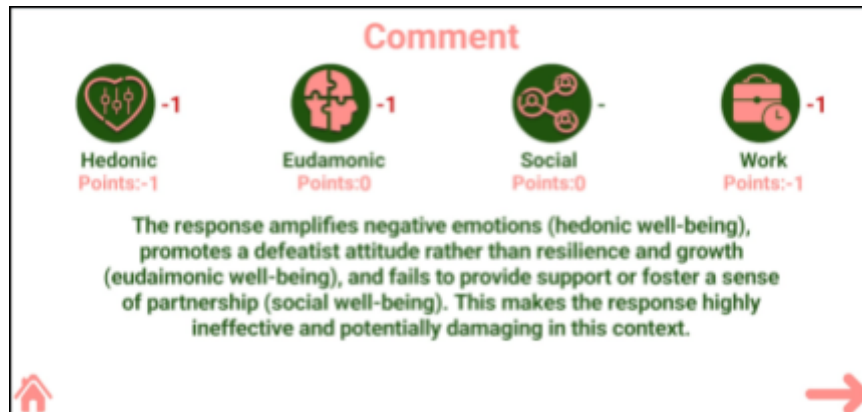


Figure 7 – Situation



Figure 8 – Day Feedback

Day Mode

In Day Mode, the player can tackle the individual days of the two characters, with the goal of either achieving the highest possible score or practicing specific days that previously prevented progress in Week Mode. At first, only the two Day-1 levels are available. The other days will be automatically unlocked as the player reaches them (reaching is sufficient, completion is not required) in the Week Mode of the corresponding character. Unlike in Week Mode, at the beginning of each day, the four indicators always start at zero.

Once the player selects one of the two available characters, a **brief introductory description** of the chosen character appears, and the **list of playable days** is displayed (Figure 9), namely, the days that have already been unlocked by progressing in Week Mode.

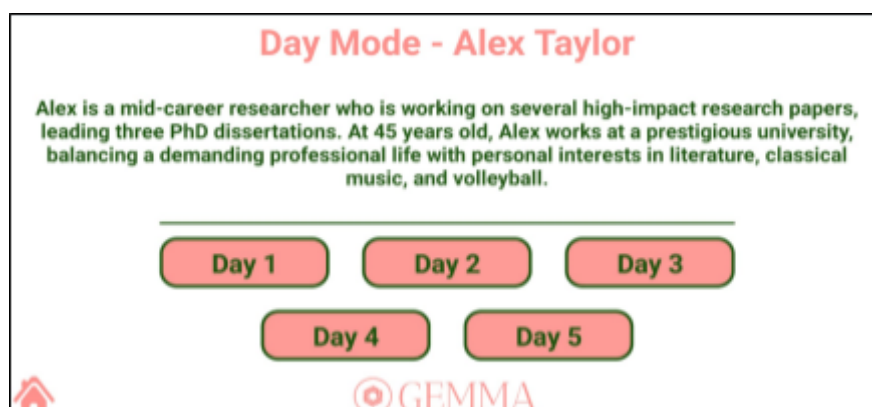


Figure 9 – Day choice

The game mechanics in Day Mode are identical to those used in Week Mode: each day consists of five different situations, and in each one, the player must choose among three possible actions, each with a different effect on the four indicators.

However, there are two key differences compared to Week Mode. The first is that, regardless of which day is selected, the four indicators (hedonic, eudaimonic, social, and work outcome) always start from zero, without carrying over values from previous gameplay.

The second is that, once the selected day is completed, the game ends, and the next day is not automatically unlocked.

This structure makes Day Mode a particularly useful training tool, allowing players to focus on specific scenarios, practice decision-making strategies, or improve their scores without having to replay the entire week.

Stats

In this screen (Figure 9), players can view a detailed overview of their game statistics.

The information is organized by the two playable characters, and for each one, the app displays the highest scores achieved in both Week Mode and individual Days.

This section allows players to track their progress, compare performance between the two avatars, and identify challenging days where they may want to practice in order to improve their balance of well-being and productivity.



	Stats	
32	Week Record	0
20/20	Day 1 Record	6/19
2/14	Day 2 Record	0/12
8/12	Day 3 Record	0/19
0/7	Day 4 Record	0/6
11/11	Day 5 Record	0/13

Figure 9 – Stats