

**SÍNTESE DO PROJETO**

<b>Tema:</b>	<b>AVATAR THERAPY</b>
<b>Autores:</b>	Ana Cristina Pedroso Sílvia Carvalho
<b>Docente:</b>	Amadeu Quelhas Martins
<b>Universidades</b>	<b>Universidade Europeia, Universidade Lusófona</b>
<b>Objetivos:</b>	<p>The main objective of this project is the development of psychotherapeutic intervention programs on informatics support, in the field of psychopathology, namely schizophrenia, specially disturbances from stress and emotional recognition caused by positive symptoms in this clinical populations.</p> <p>During this project we will test this tool with different stimulus and clinical groups, but also try to present it to financed calls that will allow the development of the technology component this project.</p> <p>Appropriate qualitative and quantitative data analysis will be conducted. N'Vivo qualitative analyse program will be used as well as SPSS for the quantitative data analysis</p>
<b>Inovação do projeto:</b>	<p>Cyberpsychology is a science that results from the interception of several fields of knowledge, namely, psychology and computer science. This is a new science with endless opportunities in mental health.</p> <p>The program was designed having the possibility to customize according patient's characteristics (e.g. limitations, symptoms), using a modular structure so that it can promote generalization and transference of acquisitions made by so that individual to his real-life context, respecting strategies ranging the individual evolution stage during the task.</p>
<b>Principais conclusões:</b>	<p>Games may facilitate relations with therapist, evaluate cognitive skills (for example, memory, motor skills and planning sills, frustration, tolerance, academic skills) and elaborate on and clarify problems during the therapy process.</p> <p>The choice of computer technical, increasingly used in our daily lives, as mediators of a psychotherapeutic process, could allow interventions in unexpected situations and contexts. As far as mental health is concerned, it presents innumerous possibilities for psychosocial rehabilitation.</p>