PSYCH REALITY

BOUNTY CHALLENGE

CHALLENGE OVERVIEW

Challenge Title: VR Adaptive Mental Wellness Hackathon Brief

Overview: Mental health challenges such as anxiety, phobias, and stress affect individuals in deeply personal ways. However, many existing therapeutic and wellness tools rely on static, pre-defined experiences that fail to adapt to how users actually feel or behave. This challenge invites students to rethink how VR experiences can respond in real time to users. Instead of one-size-fits-all simulations, participants will design adaptive VR scenarios that evolve based on user behaviour, emotional cues, and decision-making patterns. Participants are encouraged to focus on responsible, user-centred design where strong emotional cues and decision-making patterns are as important as technical execution.

Field / Domain: Virtual Reality (VR), Mental Health & Therapeutic Technology, Human–Computer Interaction (HCI), Adaptive Systems & Behaviour-Responsive Design.

Prizes:

- **1st Place:** Internship for 6 months.
- **2nd Place:** Internship for 3 months.
- **3rd Place:** Career and Technology Mentoring with a completion certificate.

WHAT YOU ARE REQUIRED TO DO

Participants must conceptualize and prototype an adaptive VR experience that responds intelligently to users and enhances mental well-being, learning, or therapeutic outcomes. A functional prototype, simulation, or walkthrough is acceptable.

The experience should explore ideas such as:

- How a VR environment can adjust its intensity based on user comfort or stress levels.
- What a personalized therapeutic journey looks like inside a virtual space.
- How user choices influence progression, pacing, or interaction within a scenario.
- How VR can feel supportive rather than overwhelming.

PSYCHOLOGICAL IMPACT

Human Behaviour & Psychology in Digital Environments

- How context affects user decisions.
- Emotional and cognitive responses to environments.
- The relationship between embodiment, control, and engagement.
- Designing for comfort, clarity, and trust.

Responsible & Ethical Experience Design

- Avoiding sensory or cognitive overload.
- Ensuring users always retain control.
- Accessibility and inclusivity.
- Clear exits, pauses, and recovery points.

Experience Design Beyond Screens

- Designing interactions in spatial or immersive contexts.
- Guiding users without explicit instructions.
- Using visual, audio, or environmental cues.
- Managing cognitive load and attention.

SOLUTION REQUIREMENTS

Technology Requirements

- No mandatory tool, engine, or hardware requirement.
- Suggested:
  - **VR Engines:** Unity, Unreal Engine.
  - **Programming:** C#, C++, Python.
  - **VR Hardware (Optional):** Meta Quest, HTC Vive, or simulators.
  - **AI / Logic Systems:** Rule-based systems or ML models.
  - **Design Tools:** Figma, Blender, or in-engine design tools.
  - **Data Handling:** Local storage or cloud-based analytics.

Use of AI

Overall work must not be more than **20% help of AI**.

JUDGING CRITERIA

Solutions will be evaluated based on:

- Strength of core concept and clarity of experience.
- Quality of adaptive logic and real-time responsiveness.
- User-centred and ethical design considerations.
- Balance between technical execution and experience design.
- Responsiveness, intention, and clarity of interaction design.

MODE OF SUBMISSION:

Teams must submit a video submission explaining:

- What has been built.
- The flow of the experience.
- How the system works and adapts to users.