

# The possibilities of play & gamification

Unchartered Territory | Play Symposium

## Acknowledgement of Country



In the spirit of reconciliation, ThinkPlace acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community.

ThinkPlace

We pay our respect to their Elders past, present and future, and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

## **Hello!**



## **Dr Kerstin Oberprieler**

Behavioural design lead & Senior Executive Designer ThinkPlace

Former Chief Executive Officer + Founder of **PentaQuest** (SaaS company, successful exit)



PhD in organisational behaviour change, design, & gamification **University of Canberra** 

Award-winning designer

International and TEDx speaker

Multiple publications

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## Play is ancient



# Play is not only human, it's mammalian

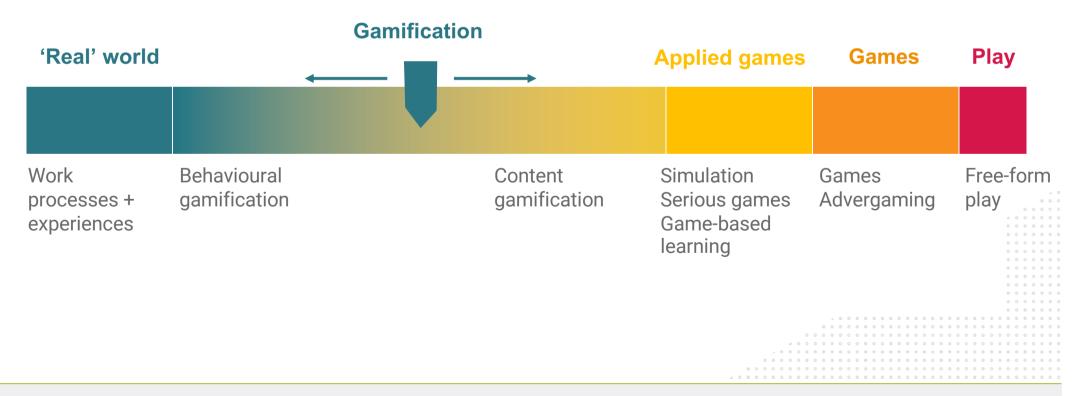
- Many other species show play behaviour (primates, canids, felines, cetaceans, rodents, elephants etc)
- Play is higher in younger mammals and serves important developmental functions (but not always)
- Mammals that live in complex social groups play more often , due to social and cognitive demands of their social structures
- Play helps us
  - Bond
  - Learn about social interactions
  - Learn about our environment
  - Practice skills
  - Reducing stress



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## Continuum of playfulness

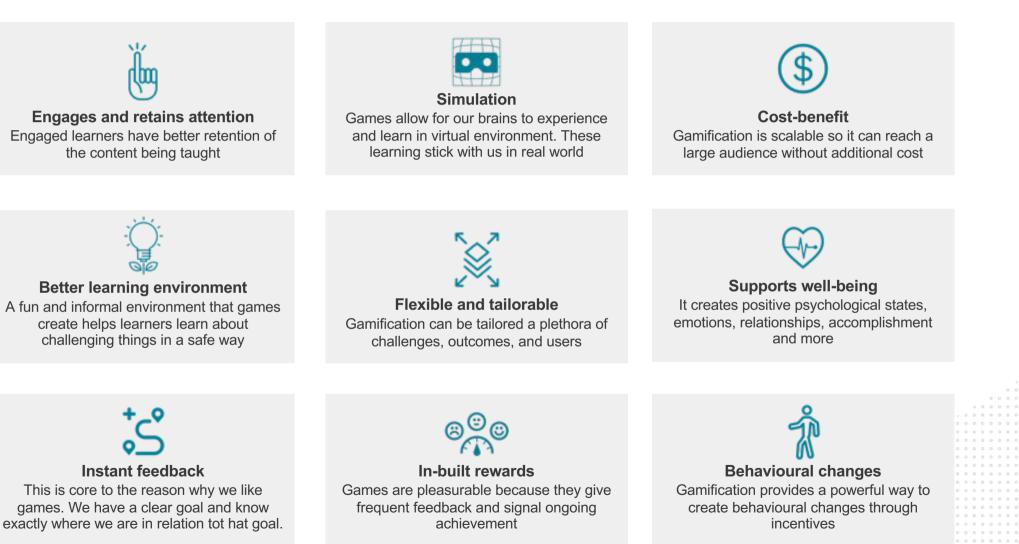
Gamification is the use of game mechanics and experience design to engage users to solve real world problems.



6

GAMIFICATION IS THE USE OF GAME MECHANICS AND EXPERIENCE DESIGN TO ENGAGE USERS AND SOLVE REAL WORLD PROBLEMS

## **Benefits of gamification**



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Why gamification:

## It's based in behavioural psychology

Gamification taps into multiple theories of motivation and behavioural change.

## Self-determination theory

The most commonly used theory is SDT, which focusses on maximises 3 core needs through gameplay.

**Autonomy** – the need for independence and agency

**Competence** – a sense of progression and mastery of oneself or skills

**Relatedness** – feeling connected socially and having status

### Autotelic flow

Csikszentmihalyi's famous theory of a 'flow' state can be seen in games, whereby players achieve a fully immersive psychological state.

In a flow state, individuals have a perfect **balance of competence and challenge**, and can loose sense of time and need for eating, drinking, and going to the bathroom. This state is highly desired by athletes, artists, and thinkers.

## Positive psychology

Founded by Martin Seligman, Positive Psychology focuses how individuals and society can achieve well-being. Rather than focussing on punishment and selfdenial, it focusses on individuals experiencing 5 positive states:

Positive emotion Engagement Relationships Meaning Achievement

## Behavioural economics

Behavioural economics is about designing behavioural interventions ("nudges") that alter people's behaviour in a predictable way without forbidding any options or significantly changing their economic consequences. This includes using cognitive bias such as choosing the default option, choosing the middle option, and relying on social consensus as surrogates for good decisions making.

J. Allbeck et al. (Eds.): IVA 2010, LNAI 6356, pp. 482–488, 2010. © Springer-Verlag Berlin Heidelberg 2010

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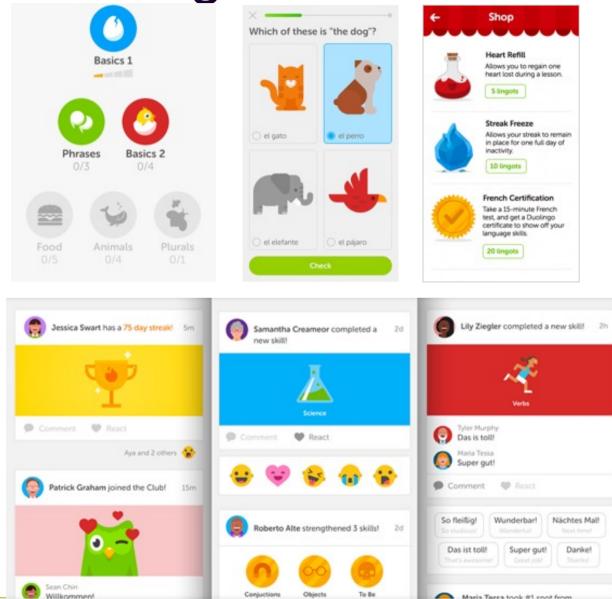
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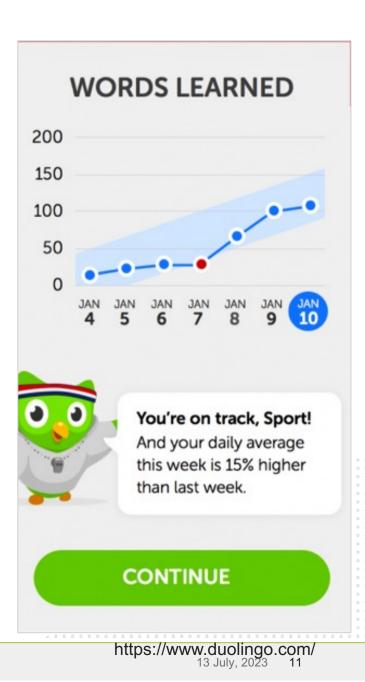
# **FitBit**





# Duolingo





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# Zombies, Run





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# **Speed Camera Lottery**



# Before 32km/h After 25km/h 22%

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# SuperBetter

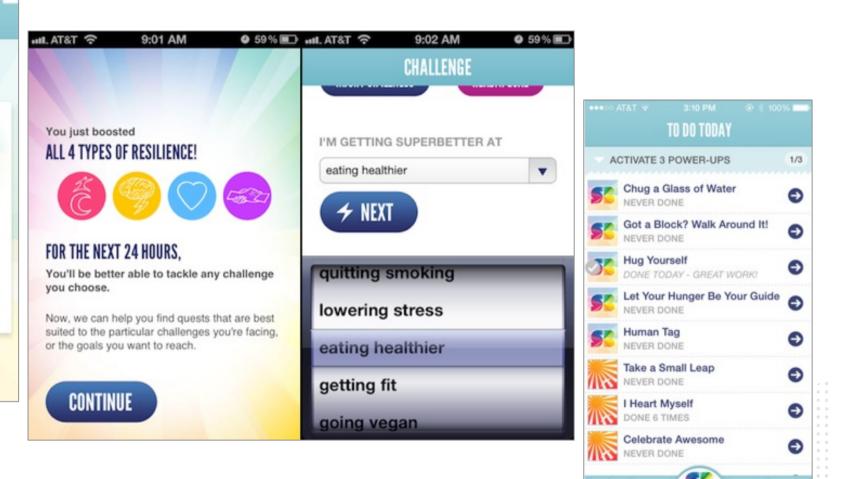
### WELCOME TO SUPERBETTER



SuperBetter is Strength

SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of a tough challenge.

I WANT TO PLAY!



To do

Y

Profile

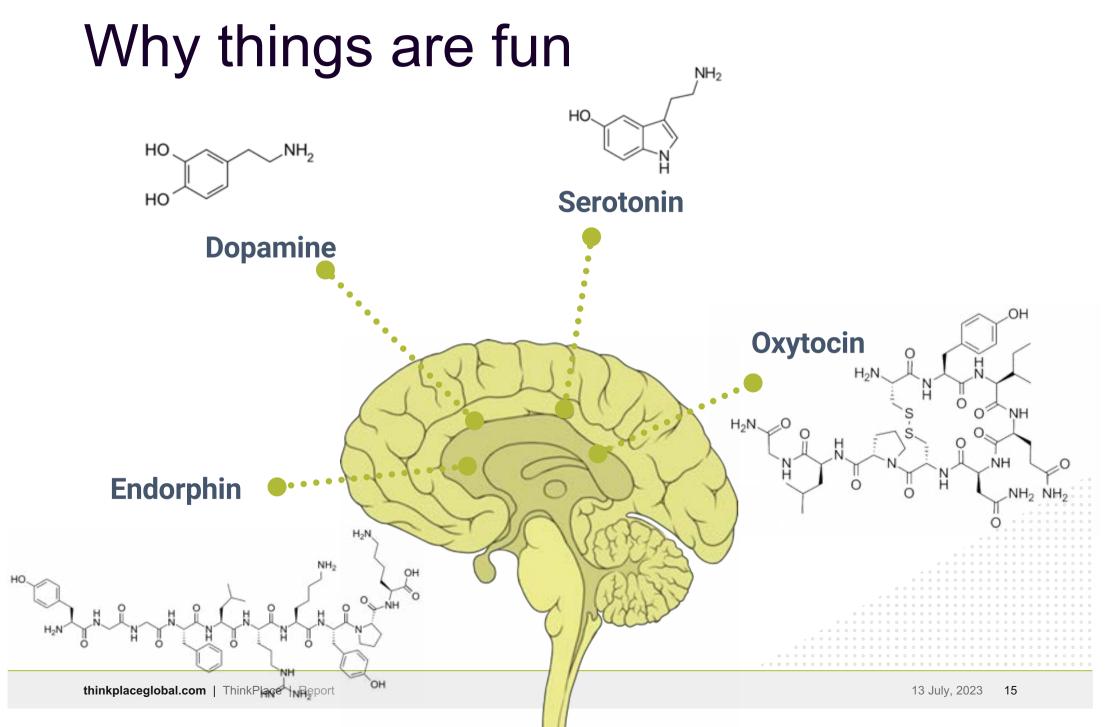
....

More

HO

101

Activity



# The 4 'happy' chemicals

### Dopamine

- •The joy of finding what you seek
- •The 'reward' chemical
- Released during pleasurable situations

## Endorphin

- •The oblivion that masks pain
- •Rewards you for action that protects injuries
- •Released after exercise

## Serotonin

- •The security of social dominance
- •When you get respect, recognition, status

## Oxytocin

- •The safety of social bonds
- •The 'love' hormone
- Released during sex, childbirth, with kids

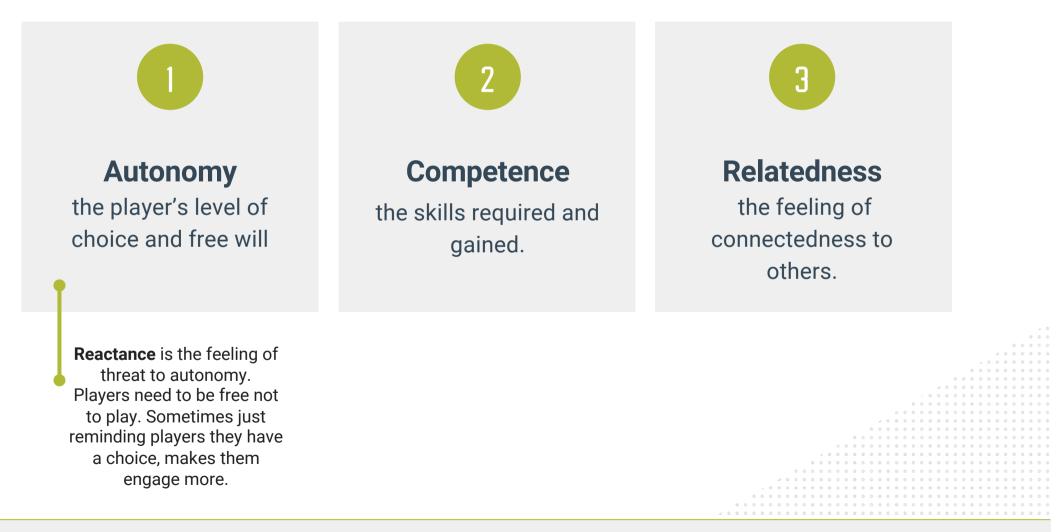






# Self-determination theory

3 needs of game play that are intrinsic.

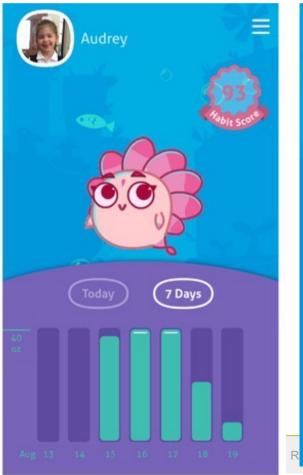


### 7 needs Community, spirituality, selfactualization, growth, contribution, honour. Purpose **Mastery** Cognitive Acquiring Enhancing $\bigcirc$ information. achievement, knowledge, credibility, comprehension, truth, confidence, status curiosity. : **Relatedness** Affective Emotional, pleasant Enhancing connections with family, friends, a or aesthetic experience, romance. sense of belonging and 0000 acceptance **Fundamental** Autonomy Food, water, warmth, Independence, self-agency, rest, survival, safety, freedom, power. pleasure.

mance. Deci and Ryan - Self Determination Theory Mazlow's Hierarchy of needs Reiss drivers

# Gululu

- Playful design to motivate hydration
- Virtual pets grow and evolve as kids drink water
- Parents receive updates

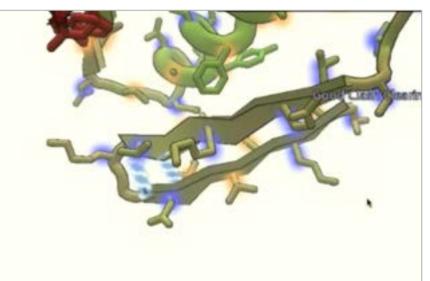






# FoldIt

A 15 year challenge to decipher the crystal structure of the AIDScausing virus, solved in 10 days by gamers



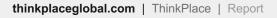


# **Conqueror Challenge**

- Choose a challenge to run, ride, swim, etc
- Run virtual challenges
- See your progress on the map
- Unlock postcards and history of the place
- Every 20% of your goal, trees are planted and bottles recycled
- Shiny medal!







## **Protect Our Winters**

### CLIMATE CHANGE IS NOW AN OFFICIAL ACTION SPORT.

HOW TO PLAY

## HERE'S HOW TO PLAY

Not a member? <u>Become a POW member.</u> Already a member? C<u>reate a profile</u> and <u>sign in.</u>

Each month there will be a unique challenge that we will complete as a team. The more actions you take during each challenge, the more points you collect. Gain more points in order to unlock the next skill level. Every quarter we will draw prizes for members in each skill tier. Keep scrolling to get a preview of the prizes. Good luck!



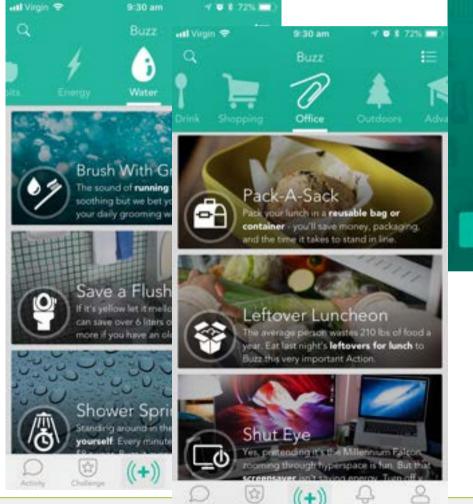
SEMI-PRO: [8,000-20,000pts] PRO: Advocate [20,000pts+]

#### **POW POINT ACTIONS:**

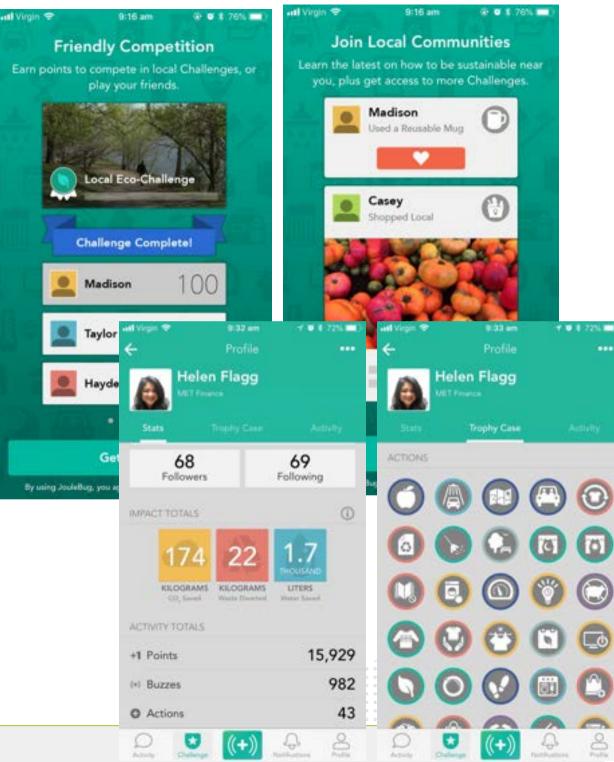
Becoming a member 2500 pts Sign a petition 1500 pts Events and Activations Participation 1000 pts Recruiting new members 500 pts Taking a pledge 1200 pts Email Opt-out -2500 (Your points take 1-2 days to update on your profile)

# Joule Bug

# Educating and rewarding environmental sustainability



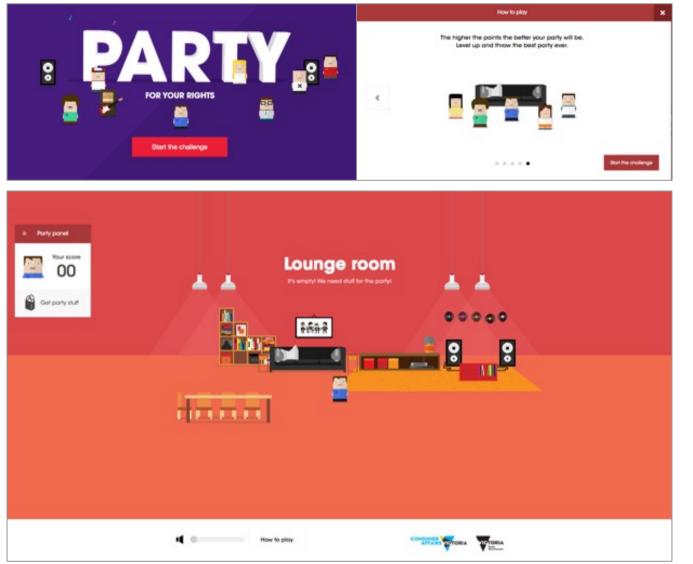
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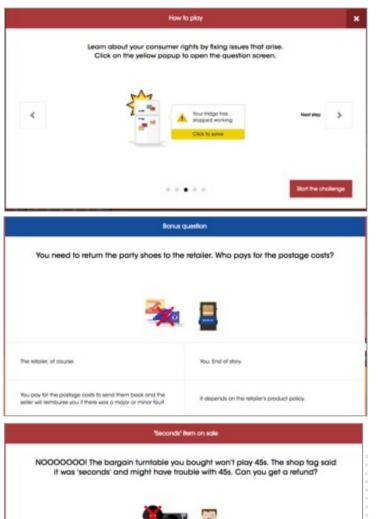


# **Teacher innovation**



# Party for your Rights







con1 get a refund.

Yes, of course. What use is a furnitable that wan't play 45s?

Yes. Just because it's sold as 'seconds' doesn't mean you

### COP26 gamified sustainability

**Client:** Australian Centre for International Agricultural Research **Location:** Global

#### **Client challenge**

ACIAR was seeking a way to host an engaging and memorable event at COP26. Instead of the standard webinars and expert panels, the client was seeking to stand out from the crowd through a more immersive expereince. The second challenge was how to effectively communicate scientifics concepts about climate change and agricutlural transformation in a simple to understand, engaging and memorable format. Given the global and high-profile nature of COP26, the event needed to allow for both virtual and in-person attendance and participation and have a maximum gameplay of 30minutes.

#### The Approach

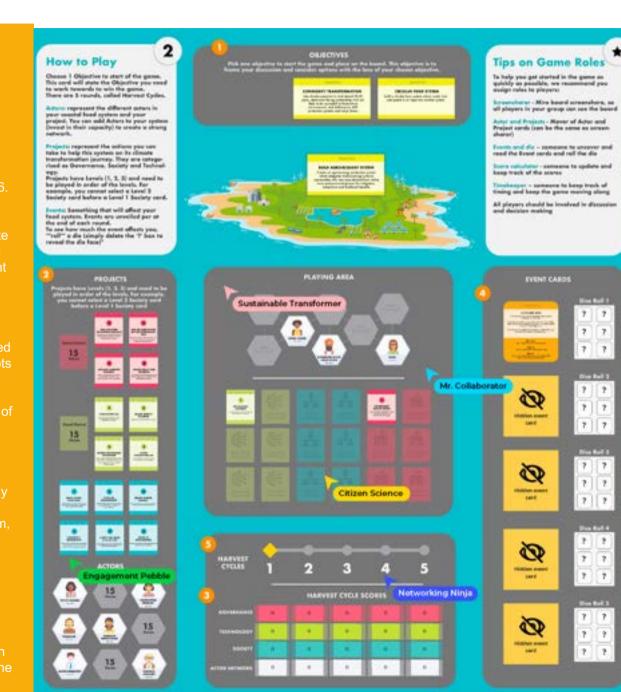
ThinkPlace worked closely with ACIAR over several weeks to develop a gamified event experience. This included reading scientific journal papers on key concepts and conducting interviews with scientists. Using the ThinkPlace gamification design methodology and our world-leading gamification capability, we designed and refined the win state, game mechancis and dynamics, rewards, and theme of the game. We conducted multiple rounds of playtesting to refine the game. We also produdced accompanying slides and facilitator training.

#### The Value Delivered

With over 185 registered participants, the ACIAR COP26 event was successfully delivered with positive feedback from participants all over the world, including Australia, Scotland, Bangladesh, Cambodia, Phillipines, India, Vietnam, Egypt, Myanmar, and Laos.

Some quotes from the post-event survey:

- "I have never played such an engaging game, it was really good and informative!"
- "New concept and refreshing!"
- "(There were) deeper concepts emerging as you are playing."
- "The event got me thinking critically about how can agricultural transform can be made in order to mitigate the impact, also the transformation may take time and resources."



ThinkPlace





## Gamified education on biodiversity

## and Australia

**Client:** Department of Foreign Affairs and Trade (via our partner PentaQuest and Chaos Theory Games) **Location:** Australia

#### The Client Challenge

DFAT approached us originally to develop a gamified website for their "Australia In Brief' information document, which showcases Australia to potential visitors, volunteers, students and immigrants. The Department of Foreign Affairs and Trade (DFAT) wanted to showcase Australia's unique biodiversity to young people from all over the world. DFAT wanted to do this in an engaging way that would encourage and excite young people to one day visit Australia. The game needed to appropriately showcase Australia's democratic values, the diversity of its people, and the beauty and diversity of our fauna and flora.

#### The Approach

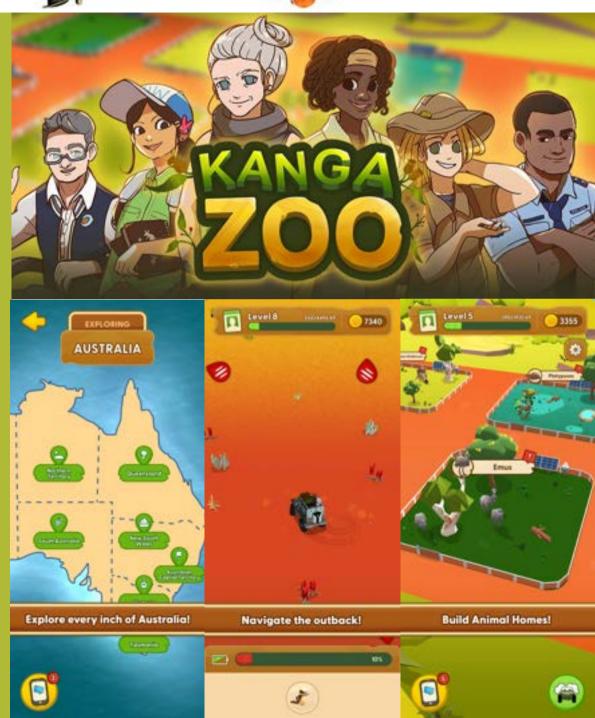
We managed this project from concept through to implementation, including multiple stakeholders from across the country including DFAT, Australian National Museum, ANU, Australian Trade and Investment Commission, and more. We worked closely with DFAT through the gamification design process and quickly discovered that the more effective format would be a mobile serious game. Over several weeks and months, we worked with DFAT to develop the gameplay concept, design the detailed game mechanics and visuals, and develop a live app. We also maintained the app for 12 months after launch, including releases of new features and bug fixes.

Our design approach add three stages, Stage 1 – MVP, Stage 2 – First Playable, Stage 3 – Release and maintenance.

#### The Value Delivered

KangaZoo teaches users about Australian wildlife through exploration, teaching players about real-life actions that lead to positive environmental and social change. Not only do users learn about Australian animals and plants, they will also learn about the Australian heritage and diversity as KangaZoo includes vibrant and relatable characters ranging in ability, racial background, age, and gender. This game has been awarded Best Serious Game by Australian Game Developer Awards 2020 as well as Gold Winner Best Educational Game New York NYX Awards 2021.

The game is available for download in Apple and Google Play stores, and on the DFAT website here: <u>https://www.dfat.gov.au/news/news/kangazoo-australian-wildlife-rescue</u>



# ASPC game design and production

Client: Air and Space Power Centre Location: Australia

#### The Client Challenge

The Australian Defence Force have typically operated under strict hierarchy and rank. The Air and Space Power Centre (ASPC) identified the need to diversify this approach to encourage the voice of their junior staff and cross collaboration across various ranks and qualifications. They had recently released a staff manual that was receiving low engagement and uptake and wanting an innovative to engage staff in the content. ASPC approached us seeking to create a game to facilitate conversation on the future of air and space power. Their Initial concepts were basic and did not incorporate any strategic game design for their target audience. APSC were seeking specialist support to refine their original concept and produce the game for the Australian Air Force.

#### The Approach

Taking their existing basic concept and prototype, we supported the ASPC to conduct user research and testing, game design, and game production. We took a user-centred design approach to understand user context and how the game would be used in training and field travel. We facilitated 3 workshops with Air Force personnel to iterate designs before delivering a finalised concept and blueprint report. On successful completion of this phase we were contracted to deliver the production of the game.

#### The Value Delivered

The game delivered an engaging, innovative, accessible and effective way to engage staff in strategic discussions. The game is used in corporate training as well as on staff breaks and during long flights. ASP in a Box was launched in September 2021 by the Chief of Air Force Air Marshal Mel Hupfeld. Air Marshal Hupfeld demonstrated game play with Flying Officer Alexandria Clarke one of the 2021 Leader Enrichment Program participants and Corporal Daniel Loane the 2021 Airman of the Year on a live Zoom conference through the ASPC, the live gameplay can be seen here (31min) *https://airpower.airforce.gov.au/videos/fireside-chat-hour-chief-air-force.* 3000 of the card game (lite) and 1000 full game were printed, 3000 game units in total.



## **UNFPA - Org Culture Change**

## **Toolkit and Webinar Series**

### **Client: UNFPA**

Location: Australia (UNFPA is a global company, with headquarters in New York.)

### The Client Challenge

As a part of UNFPA's Strategic Plan 2022-2025. UNFPA introduced a Culture Initiative to transform their culture. UNFPA was seeking the provision of a Toolkit on Organizational Culture - a virtual compendium of norms, references, and materials on organizational culture and conflict resolution to equip managers and staff to actualise the aspirational culture of diversity and inclusion. UNFPA was seeking to build an integrated, resultsfocused, agile and innovative organizational culture where staff stand up for the organization's values and deliver on its mandate. Staff needed a go-to resource that inspires and equips them to practically 'live out' this organizational culture.

#### The Approach

Working with the Culture Management Team at UNFPA HQ, ThinkPlace co-designed and developed a suite of tailored resources (including a Toolkit on Organizational Culture, an interactive web portal and training videos) to support sustained behaviour change across the global organization. Working iteratively through a co-design process, we first identified the unique needs and gaps in knowledge that the Toolkit needed to fill. This process involved distilling insights through a series of engagement activities with diverse team members from across the organisation, each of whom has a unique operating context that was important to consider. We then worked closely with the Culture Management Team to develop five Modules for Learning and Development that represent areas in which the UNFPA is seeking to transform its culture which were used as the backbone for the Toolkit.

### The Value delivered

The Toolkit is a virtual compendium of norms, references, materials and case studies on organizational culture and conflict resolution to empower managers and staff to 'live out' the aspirational culture of diversity and inclusion. Recognising that the toolkit alone will not stimulate sustainable behaviour change, our team included a number of interactive elements on the online Launch Pad, downloadable elements, and activities that encourage staff to engage with others and bring the aspirational culture to life. To support ongoing development of the Toolkit and Launch Pad, ThinkPlace developed a measurement and learning framework. The framework, which is powered by Google Analytics, has been designed to support ongoing improvements to the Toolkit and the Launch Pad.

#### Be individually aligned and accountable... Through...

- creating safe spaces to share concerns
- adoptive management
   creating our manifesto
   defining our why

#### USAL OUTCOME IN FOCUS. EMPATHY DRIVEN LEADERSHIP



### Identifying signs of burnout cont.

Not all of these actions will be appropriate for the colleague or their particular stage of burnous, so find the most suitable action tased on what you observe.

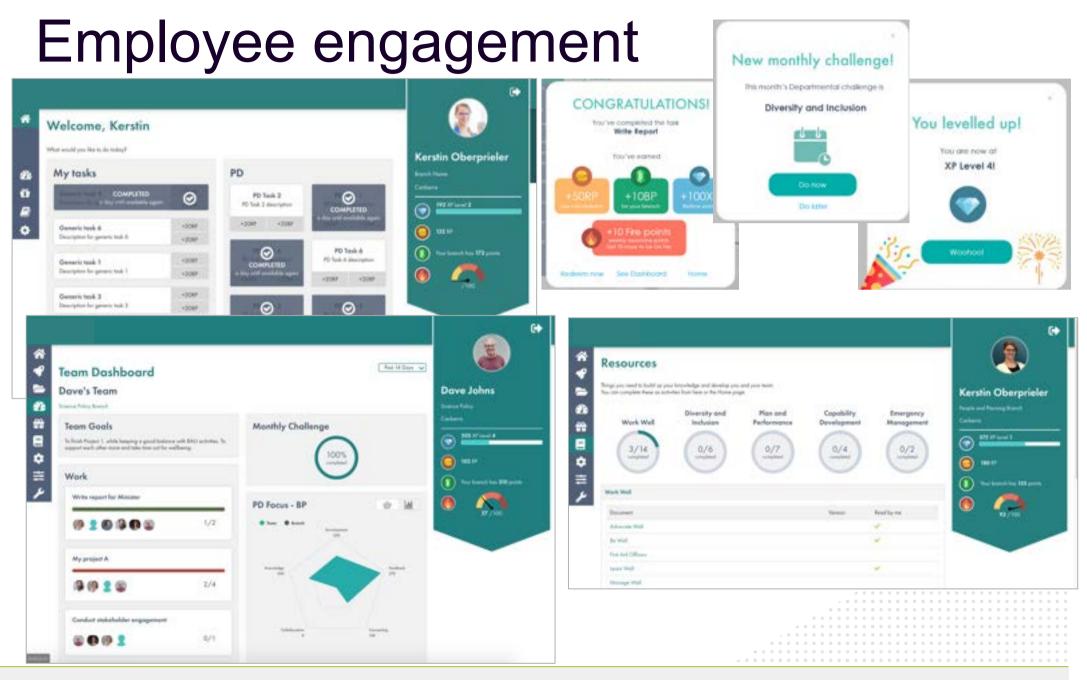
- 1. Discuss and find a tailored solution. Empathetic leaders should consider having a conversation in a quiet and psychologically safe space for the colleague, you suspect is experiencing burnout. A conversation is always a great first step to acknowledge that you see signs of burnout and to look for tailored ways of supporting the colleague to address the problem early
- 2. Well-being at UNFPA. The Division for Human Resources. (DHR) has developed a dedicated webpage on UNPPA sed being. The page gives you easy access to various resources and tools to bring helpful changes to your stally rhythms to ensure that you can maintain a healthy work/life balance. You can find material on topics such as stress management, self-care, habit change, and much more, and the page includes material for both personnel and managers.
- 3. Use the services of the UNFPA/Mental Health and Wellbeing Specialist. On UNITA's well-being nage, you can find information related to staff support, which provides several resources to contact depending on the situation, including UNIPA's Care Specialists, psychosocial services and itses. management services. UNFPA's Staff Care Specialists can also guide you to the different services available to you according to your location and type of contrast Le.p., Employee Assistance Programme, Rome Institute, UNIDSS Incal counselors, etc.).











## 641% increase in engagement in 6 months

### Before

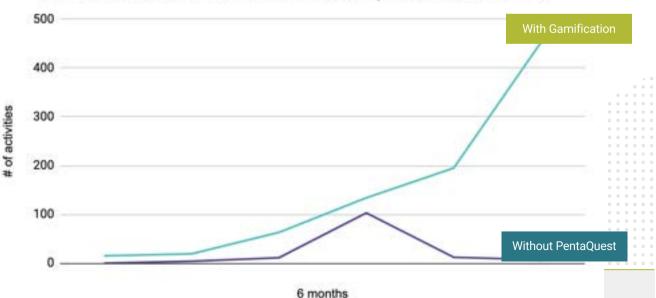
# Poor engagement with professional development and performance discussions

- L&D activities limited to mandatory activities
- Poor engagement with PD
- Formal performance conversations every 6 months, stressful, not meaningful
- Manual performance process

### After 641% increase in learning and development completed in 6 months

- Massive increase L&D engagement
- · Staff more skilled and productive
- · More frequent performance conversations
- Managers more active in staff development from 63% to 80%
- 31% more meaningful performance discussions
- Staff have 5 goals on average
- Staff engagement with goals from every 6 months to monthly

### 641% increase in L&D activities completed in 6 months





"It is definitely **more engaging** to fill in than the old performance plan document. It makes staff think about what they are doing to develop and what they can do to progress activities."

Assistant Director Human Resources, Australian Government Department "Cultivate engagement, don't command compliance"

Dan Pink

# EMBRACE PLAY – IT IS PART OF HUMAN NATURE



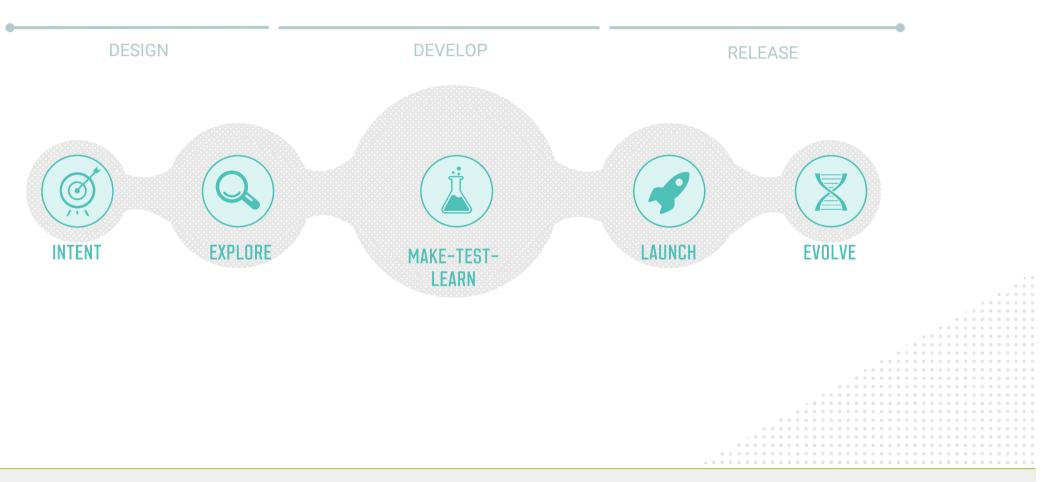
Gamification workshop Using play to solve complex challenges Unchartered Territory | Play Symposium GAMIFICATION IS THE USE OF GAME MECHANICS AND EXPERIENCE DESIGN TO ENGAGE USERS AND SOLVE REAL WORLD PROBLEMS

# Gamification is designed.

Gamification is <b>designing</b> <b>someone's real life</b> <b>experience</b> to be more like a game.	<b>Quests and missions</b> are a fun way to frame an everyday activity	<b>Points, leaderboards</b> <b>and badges</b> to track progress and status	<b>Individual and team</b> activities, including collaboration
<b>Epic Wins</b> are a big goal the individual or team is striving for. This should be big, but achievable and measureable.	Friendly <b>challenges</b> , <b>competitions and</b> <b>battles</b> can add energy and fun	<b>Rewards</b> such as trading in points or game tokens for <b>real</b> <b>world prizes or</b> <b>privileges</b>	<b>Themes</b> can make the activity more fun. e.g. medieval, spy, detective, jungle

**Think**Place

### 5 design steps



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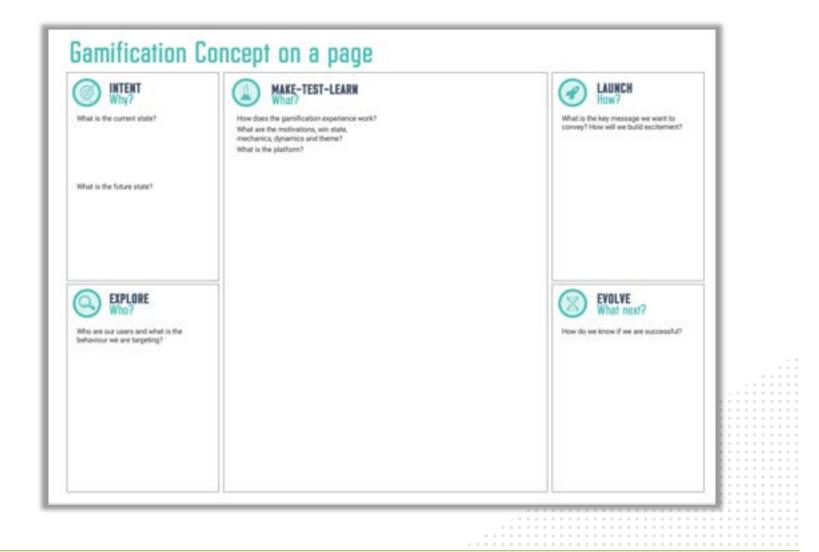
### **Detailed design**

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### Gamification concept on a page

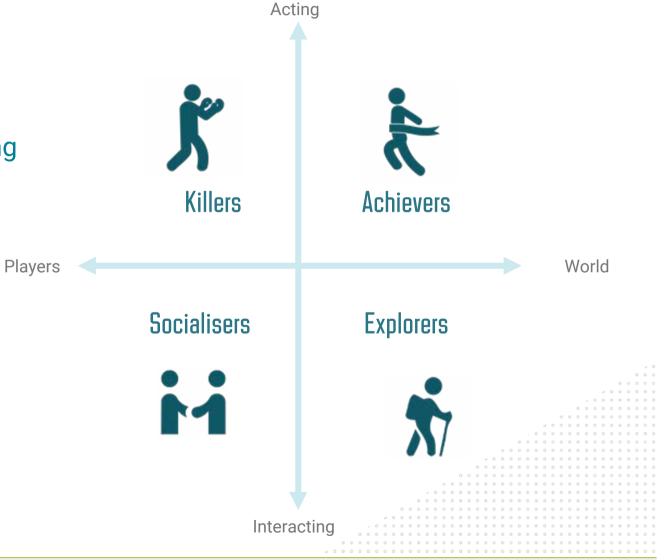
The Gamification Concept Map captures the design on a page.

Complete your own Gamification Concept Map!



### Bartle's 4 player types

Players can be classified into four types, based on their character and behaviours during gameplay.



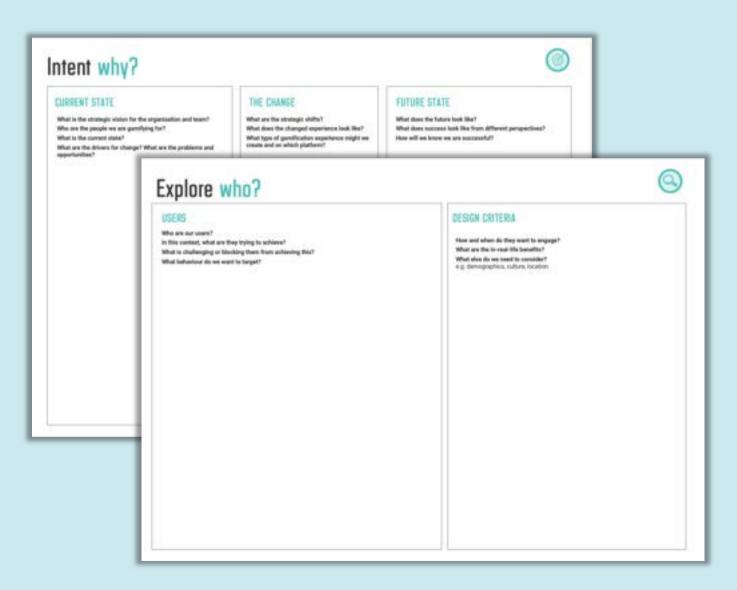
INTENT

What is the problem you are trying to solve?



EXPLORE

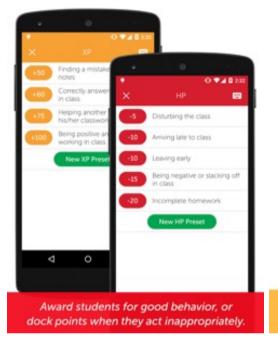
Who are our users? What's the behaviour we're targeting?



## ClassCraft



#### See Students **Improve** Behaviorally & Academically!





# other succeed.

۰

Teach Meaningful

Collaboration!

-

11

Tine Real Kines

Denis Your

Laure Tour

### Get Your Students SUPER Motivated!



Reward students with customizable privileges for being good learners.

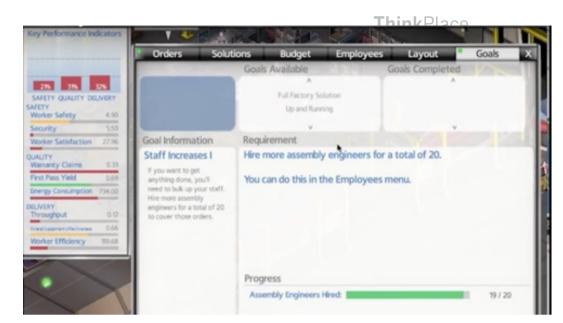


www.classcraft.com 13 July, 2023 42

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### Plantville

- Simulate how to be a plant manager
- Maintain, operate, improve the health and efficiency of the facility

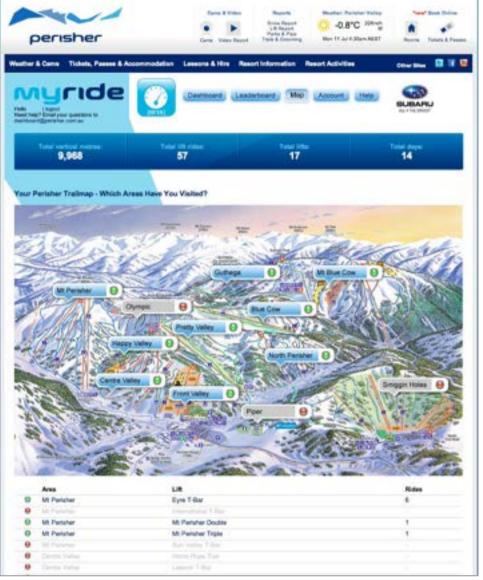




#### https://www.siemens.ca/

web/portal/en/Press-Archive/2011/Pages/Siemens-Launches-Plantville.aspx

### Perisher MyRide dashboard



	Gary's Perisher			
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### Quitter's Circle

 American Lung Association and Pfizer

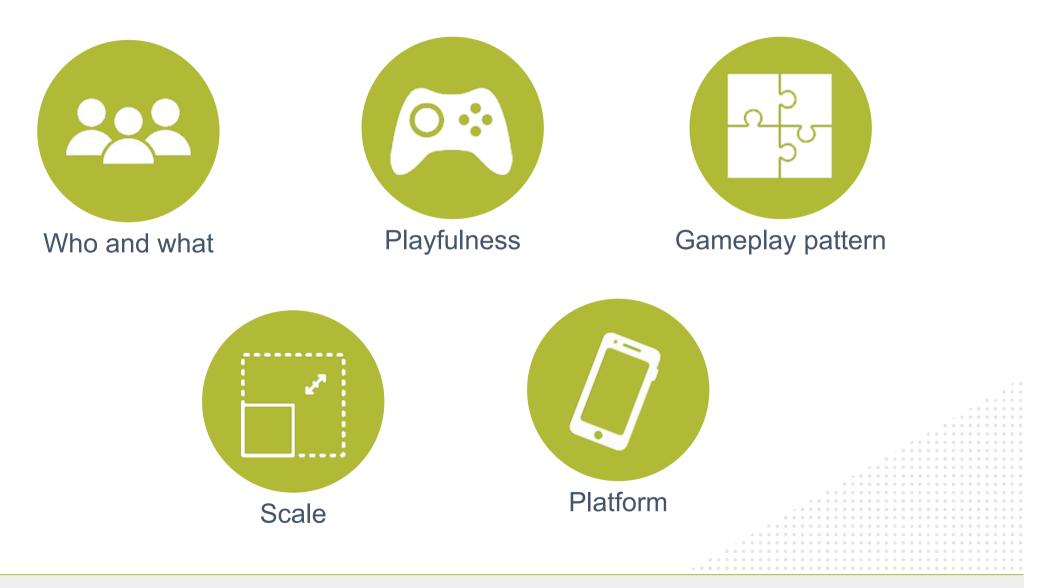


"Gamification means to enrich the journey of a person instead of waiting at the finish line to reward them."

Roman Rackwitz

**Think**Place

### 5 design decisions



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### The building blocks of gameplay

### Motivations

Desires that drive behaviour

### Win states

The end goal for the gamification experience

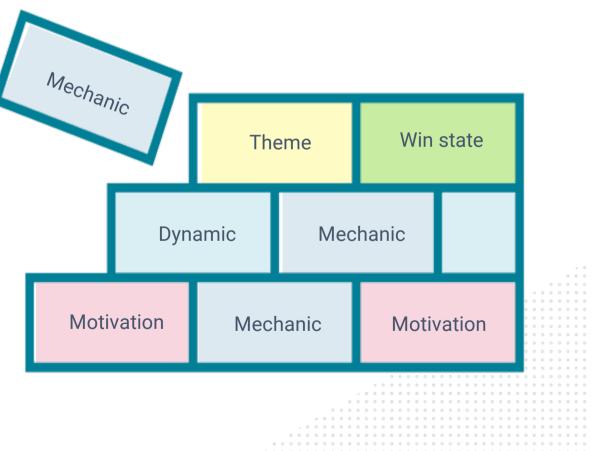
### Mechanics

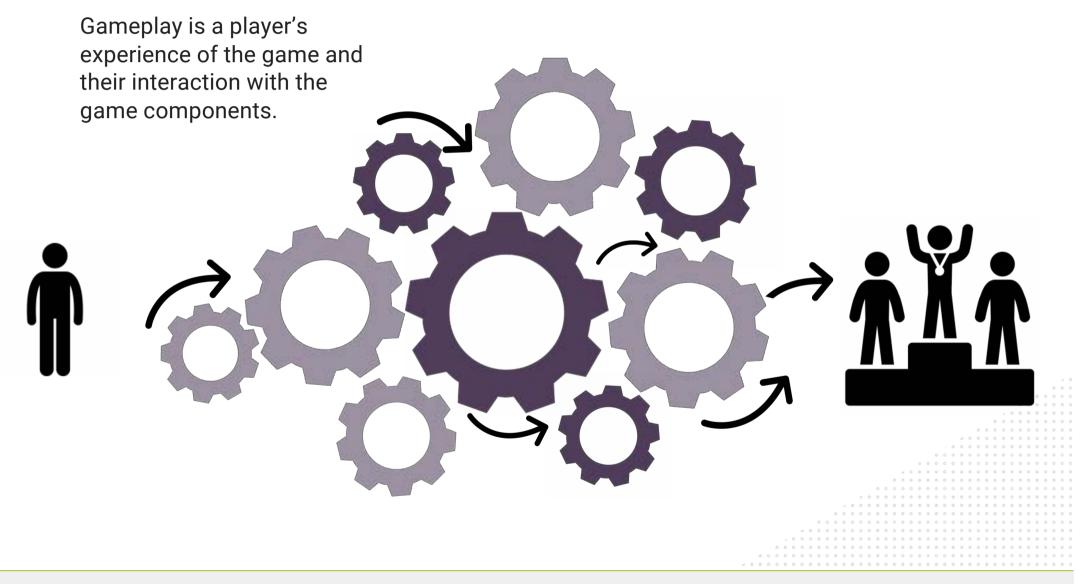
Elements that make the gamification work

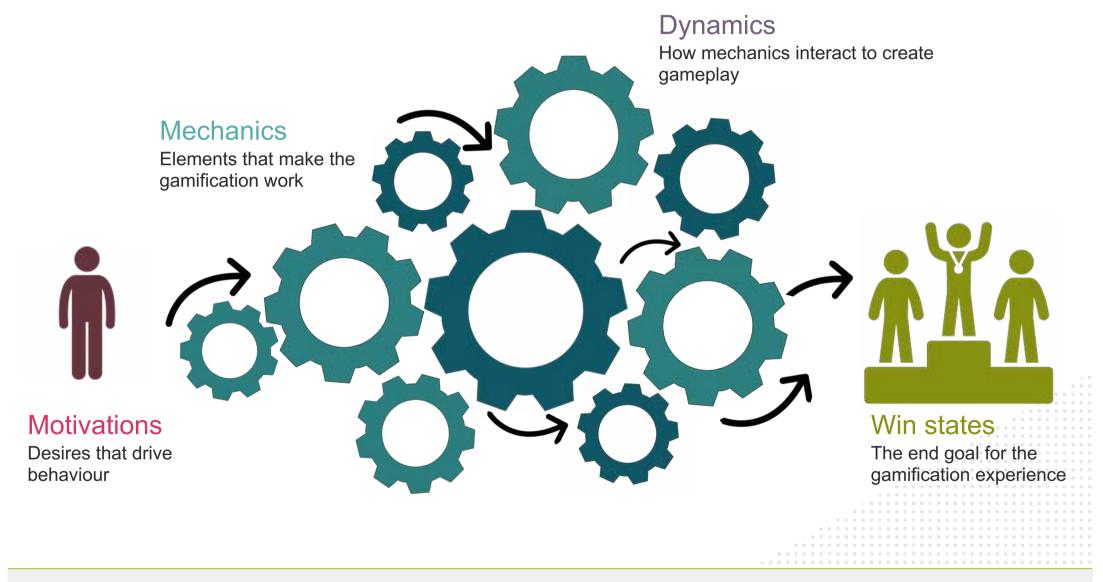
#### • Dynamics How mechanics interact to create gameplay

### Narrative/theme

An overarching connection for the experience

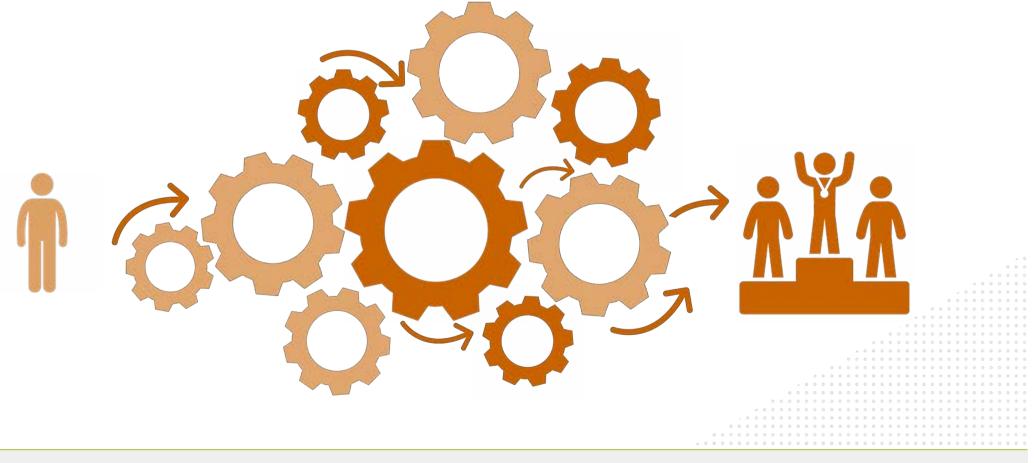






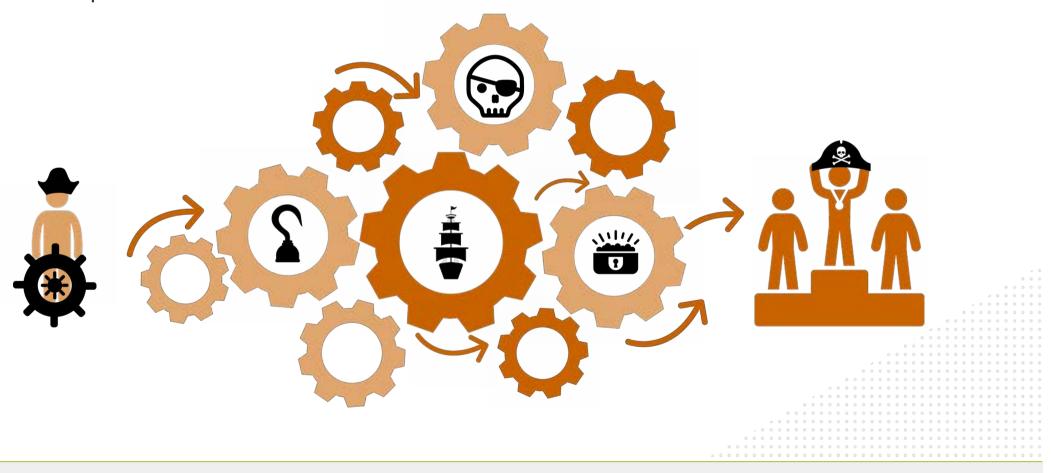
#### Narrative/theme

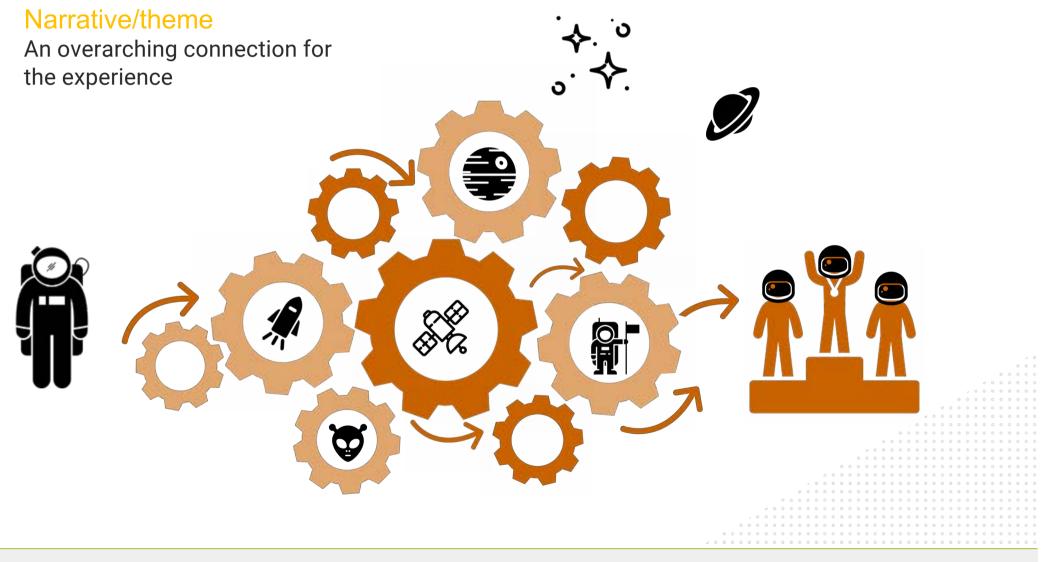
An overarching connection for the experience



#### Narrative/theme

An overarching connection for the experience



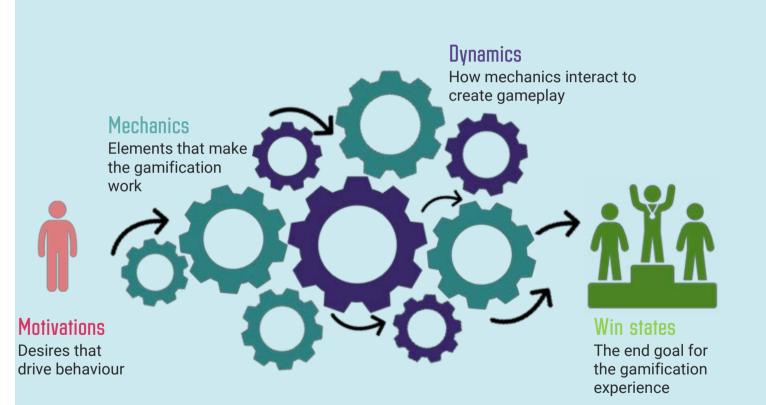


Anything that can be measured can be made into a game.

Jesse Schell

### Choose :

- 3 x motivations
- 1 x win state
- 5 x mechanics
- 3 x dynamics
- 1 x theme (optional)





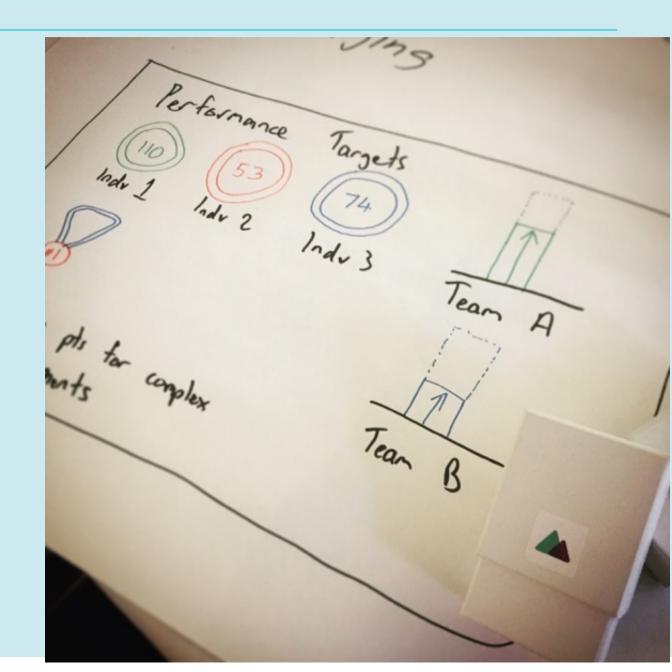
MAKE-TEST-LEARN

What is gamification experience?

Make-test-learn what?	
SAMEPLAY Draw the game play - how does it work?	EXPERIENCE What are 3 – 5 core principles your gamification design must use? Which parts are oritical for the MVP, and which can corne later?

### **Present your initial idea**

- What's the problem you're solving?
- What behaviour or experience are you targeting?
- What are your initial ideas for how to use gamification?



LAUNCH What are the key messages? How will we build excitement?

> EVOLVE How will we measure success? What next?

KEY MESSAGES What's the key message wa ward What are the in-read the benefity What is the relies proposition to t	t.		LAUNCH ACTIVITIES Where is the project team? How can we build excitement?	
	Evolve what next?			8
The 10 second plich	MEASURING AND EVALUATING SUCCESS How will we know if we are successful?	VERSIO	N 2.0 The genetification design be improved and expanded?	
TIMELINE Mot is the Similine and release				

# Take aways



Gamification is an effective and innovative way to **engage people and nudge behaviour** 



Gamification comes in **many shapes, sizes and scales** and needs to be tailored to each context



Effective gamification requires a design process

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# Words of wisdom



Embrace experimentation

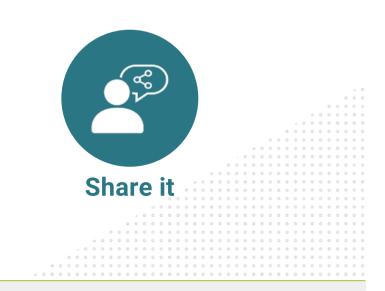


Get a great team









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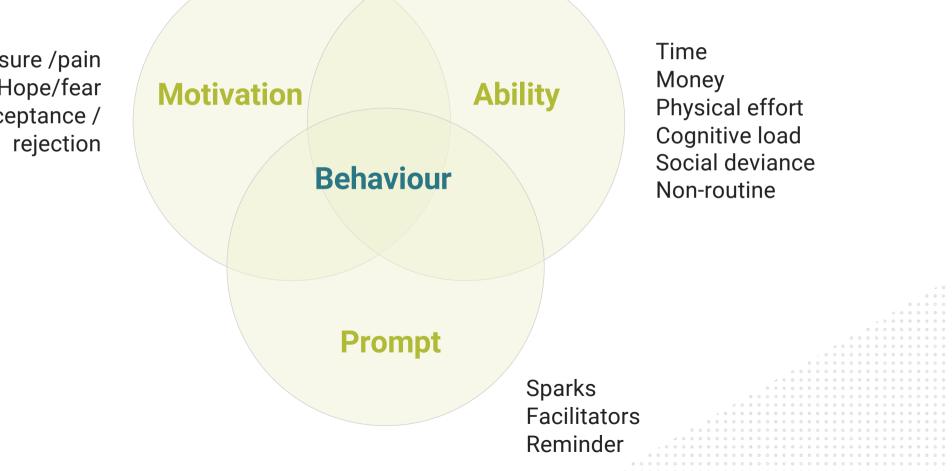
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# Fogg's behavioural model **B=MAP**

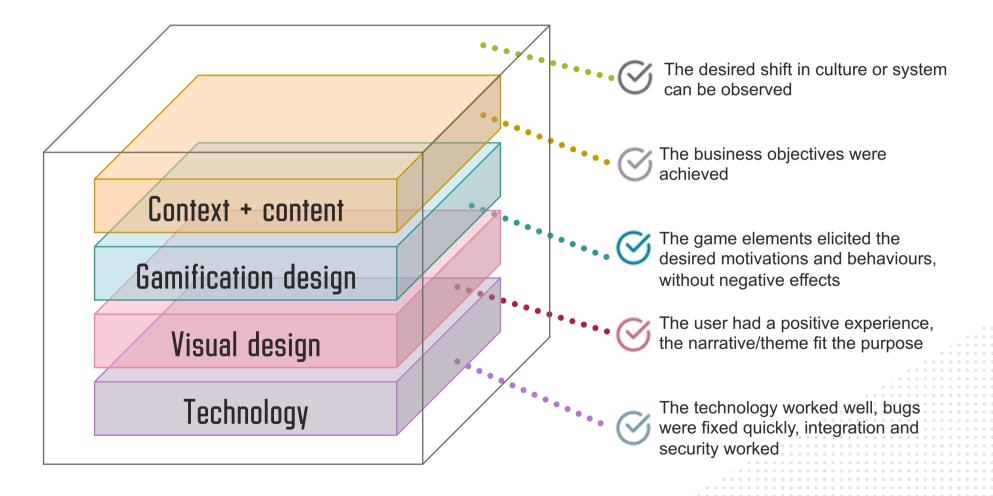
Pleasure /pain Hope/fear Social acceptance / rejection



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### Measuring success

Success metrics should be clarified early, measured throughout, as well as being open to evolving measurement.

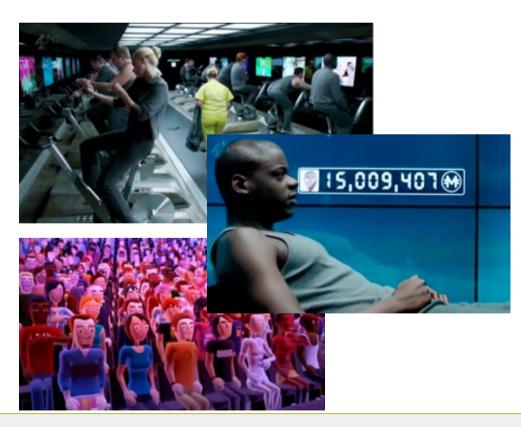


### The ethics of gamification

#### **Black Mirror**

#### "Fifteen Million Merits"

Season 1, Episode 2 (2011)



### "Nosedive"

Season 3, Episode 1 (2016)



https://www.youtube.com/watch?v=GQW6mUK2aDQ&list= PLJk1a21GKEZXxT9wwmnVle-zautJw4q1<sup>2</sup>&ihdex=2<sup>64</sup>

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# The ethics of gamification

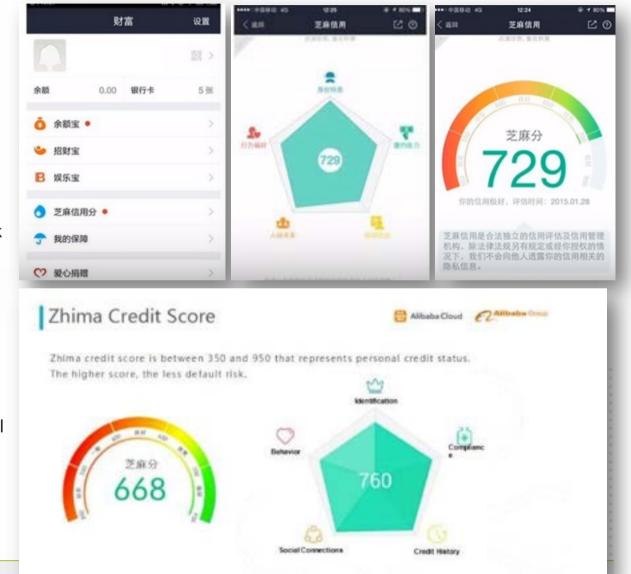
### Sesame (Zhima) Credit

#### Scoring citizen behaviour

- 'Good' behaviour such as specific purchases and shopping habits, insurance and loan payments, social media postings.
- Rated on a score that also affects the scores of your network
- A high ranking brings rewards such easier to get bank loans, book hotels without deposits, and boost your dating profile

#### Concerns

- Owned by Alibaba Group
- Data taken from many records, including identity and financial records
- Low score results in real world ramifications like travel bans
- · Government's close monitoring of citizens
- Public shaming at cinema screenings



## Nudging behaviour, ethically

Cass Sunstein's, behavioural economist

Nudges must be consistent with **people's values** and incentives

Nudges must be done for legitimate ends (nudge for good!)

Nudges must be **transparent** 

Nudges must not violate individual rights Nudges must not take things from people without their **consent** 

# Guiding principles

#### Gamification concept

#### Gameplay experience



#### Fair and genuine

Open, inclusive, no feeling of manipulation, public shaming or trivialisation.

#### Balance the game design

Cater for different users and preferences, balance fun with business and technical needs.



#### Transparency

Of intent, rules, win state, features available to other players.



### Playtest the gamification

**experience** Test the mechanics visual design

Test the mechanics, visual design, and platform with a range of users to ensure fit with a range of users.



#### Put in checks and balances

Consider the effect on those that engage intensely and those who don't. Put a caps and limits for fairness.



### Accessibility and appropriateness

Be accessible to different needs, contextually and culturally appropriate.