MENTAL HEALTH AND SUICIDE RISK IN DRUG USERS[1*]

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Abusive and problematic drug consumption can decisively influence the mental health-illness process of users and their families. In this context, aspects related to suicide are also included, which, in turn, is characterized as the intentional act of an individual to extinguish his own life. Technologies have emerged as a potential tool to promote various aspects of health through playful and reflective methods.

Given the above, it is argued that the abusive use of drugs involves a complex context that greatly impacts society and that there is a need to promote quality of life for individuals affected by this condition, especially concerning their fragile mental health. Furthermore, abusive use of drugs contributes to suicide attempts, a serious public health problem (RIBEIRO et al., 2016).

In this context, the construction of interactive/educational games as a technological tool emerges as a facilitator of the learning process because, through playful methodologies, users become more involved in the proposed activities and, thus, obtain knowledge and information more quickly. Therefore, the game can awaken skills, attitudes, and behaviors, making acts more intense and spontaneous. In addition, the gamification process allows the user to become a protagonist in the teaching-learning process (COSTA; MARCHIORI, 2016).

Therefore, the scientific and social relevance of the *SerTão Bom* game brings important reflections on the abusive/problematic use of drugs, harm reduction strategy, and the risk of suicide, intending to present a solution to minimize social issues, a proposal for transforming the socio-political reality within the scope of the addressed themes.

APPLICATIONS ALREADY EVIDENCED

The *SerTão Bom* interactive game has contributed to the promotion and mental healthcare as it is a tool that brings knowledge about drugs, harm reduction, and suicide risk. The interactive game (*SerTão Bom*) was created based on the assumptions of the ADDIE model referring to the acronym Analyze, Design, Develop, Implement and Evaluate, also known as Contextualized Instructional Designer (CID), the methodology proposed by Filatro (2008) for the construction and validation of educational games, which were followed in this study, being adapted for the community in general.

It is, therefore, a quiz-style game with a total of 196 questions, available offline for the Android system, developed through the Unity program in 2D format.
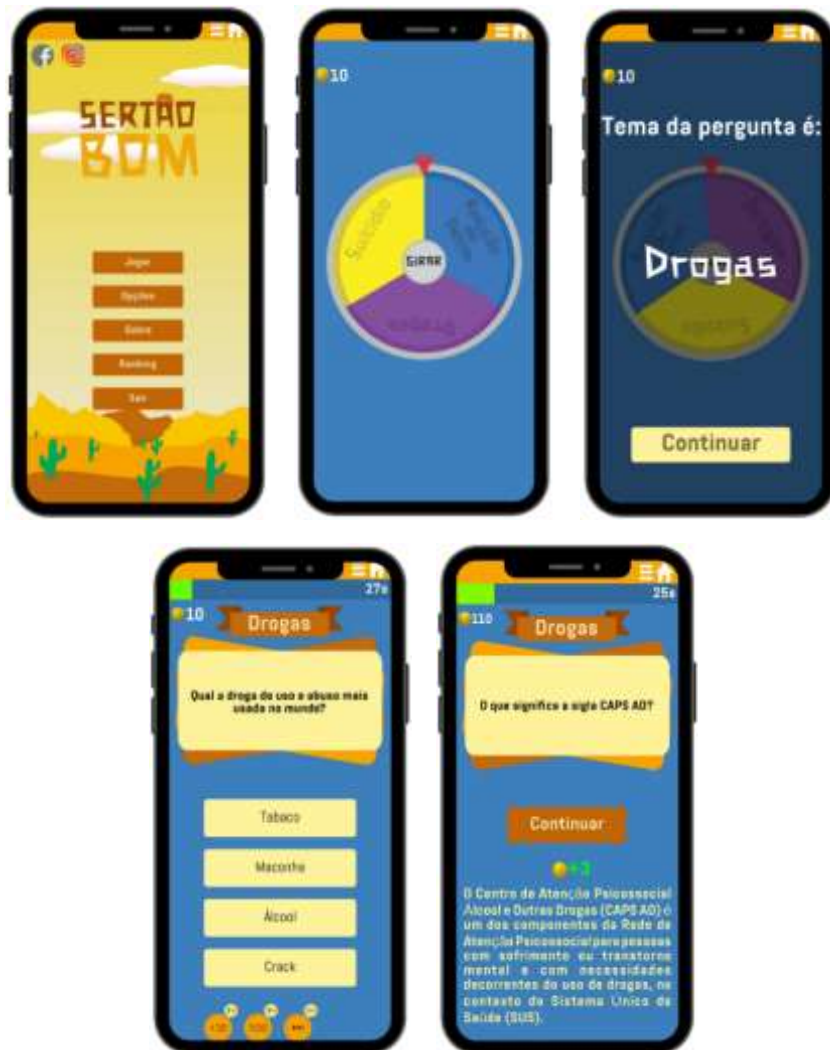
The "*SerTão Bom*" name was chosen because it refers to the northeast region, to value it, with the word "*sertão*" being used with a connotative function, meaning "*be so good*", a term referring to a person knowledgeable about a subject, the objective sought in the construction of the application. The game's logo is currently being registered at the National Institute of Industrial Property - INPI, with the following process number: 92080614, as an "INTERACTIVE GAME IN THE MENTAL HEALTH AREA"

Figure 1 – *SerTão Bom* Game Logo, 2021.

Source: https://play.google.com/store/apps/details?id=com.DuMi.SertaoBom.

Figure 2 – Main screens of the *SerTão Bom* interactive game.

In the main menu, there are commands in which the user has access to the features "Start" (starts the game), "Options" (Game settings), "About" (information about the game), and the "Ranking" feature that promotes interaction between players, and finally, the icon to exit.

When starting the game, there is a wheel, which addresses three main categories: Drugs, Suicide, and Harm Reduction, and there are questions related to each of them. A multiple-choice pattern of questions was used, with items divided into A, B, C, and D, answered within 30 seconds. The categories are randomly chosen through the roulette wheel, in which the player decides when to start and stop. In case of difficulties, the player can resort to three aids: eliminating two incorrect items (50%), adding another 30 seconds, or

skipping the question. Each aid costs a few coins, which are received for each round as the player answers a question. It should be noted that the difficulty level of the questions increases as the game progresses.

By clicking on "Options", the player can restart the game and access a small tutorial. In the "About" button, there is a general explanation about the "*SerTão Bom*" game, in addition to the credits, in which the user can see the name of the collaborators involved in the app's construction. The "Ranking" option was also created with the proposal to stimulate competition between the players through an interlocution with the social network "Facebook".

DESCRIPTIVE MEMORIAL OF ACTIONS CONDUCTED OVER TIME

The *SerTão Bom* interactive game has contributed to the promotion and care of mental health as it is a tool that brings knowledge about drugs, harm reduction, and suicide risk. Since 2020 the game has been available on the Play Store for free. Since 2021, the *SerTão Bom* game has been used in mental health promotion actions at a high school in Sobral, Ceará. Its creative and challenging format draws the attention of young people who dedicate some time to learning playfully when they get to know the tool. In August 2022, the game had a 5-star rating by users, with 241 installations/downloads. Figure 3 shows a QR Code for downloading *SerTão Bom*.

The Nursing Program at the Vale do Acaraú State University - UVA, in the Extension Experiences Module I, has been using the game in the high schools of Sobral since the public of the extension actions of this module are young people/adolescents. The game has also supported the actions of the *Liga Interdisciplinar em Saúde Mental* – LISAM, as it is an important tool for discussing drug abuse, harm reduction, and suicide risks.

Figure 3 – QR Code to downloading *SerTão Bom*.

Source: https://play.google.com/store/apps/details?id=com.DuMi.SertaoBom.

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