Thesis Writing Simulator

_A thesis game about writing a thesis!

**What is this game?**

Thesis Writing Simulator (TWS) is a life simulation game with an educational focus. It looks at empirical research on human needs to determine its logic. It is particularly influenced by Self-Determination Theory.

TWS looks to inspire better health behaviors. It is aimed at the Western society's populace of young adults. These people have been shown to neglect their health more than other age groups close to them.

**How does it work?**

Writing a thesis is a difficult thing for most people. TWS has been confirmed to be great at emulating that.

In this game, you are given the task to finish writing your thesis in ten days. The only way to successfully do so is to properly take care of your needs.

**Could you be a bit more boring?**

Certainly. There are six needs in the game: autonomy, competence, relatedness, nutrition, physical activity, and sleep. The first three have been directly borrowed from SDT. To determine the rest, a custom procedure was used. Basically, possible needs were filtered to find those that could be more impactful if shipped with this game.

Each of the needs contributes to your motivation. This will act as a base stat when starting activities in the game.

The bulk of the game consists of carrying out all sorts of activities, from jogging to eating to sleeping to, normally very occasionally, writing the thesis. The latter is the most difficult activity to take on, as it has the highest requirements for motivation and for the satisfaction of the six needs.

Because each activity is so different, each of them has their own modifier mappings from current need satisfactions to numeric values. Those values add up and in total represent the motivation for a specific activity at a specific point in time.

As a result, when there is low motivation for an activity, it might not be possible to start it. Or it will be started, but will not be fully carried out.

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Choose Activity

- Meet a Friend
- Party
- Walk
- Moderate Jog
- Intense Jog
- Job Interview

Estimated time of completion: 1:34 PM

Start

Selecting an activity

- Motivation for Activity
  - Inner motivation
    - Effects of satisfaction of needs
      - Free Autonomy: INTEREST
      - Free Competence: INTEREST
      - Free Relatedness: INTEREST
    - From Need State
      - From Physical Activity: INTEREST
      - From Sleep: INTEREST

- Effects of Activity
  - ALP: COM
  - INT: PHY
  - INT: SLE