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Pilot Study: Evaluation of the Emotional Education Program for Young People; EmoWell

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Abstract

Emerging adulthood is a critical period of change and decision-making, often leading to challenges in emotional regulation. This pilot study examines *EmoWell*, a Windows-based serious game designed to enhance emotional regulation in emerging adults. The platform is grounded in Gross' emotional regulation theory, Diener's subjective well-being model, Ryff's psychological well-being framework, and Arnett's concept of emerging adulthood. It consists of four areas aimed at developing emotional regulation skills. Sixty-nine participants aged 18-29 were divided into an experimental group ($n=32$) and a control group ($n=37$). After completing the game, a survey assessed usability and satisfaction. Qualitative responses were categorized, and percentages were calculated. Participants reported notable improvements, particularly in problem-solving ($M=4.00$), social-emotional competencies ($M=3.88$), interpersonal skills ($M=3.84$), and decision-making ($M=3.78$). They also gained self-awareness ($M=3.66$) and enhanced emotional regulation ($M=3.59$), particularly in identifying and managing emotions. Overall satisfaction with the programme was positive ($M=3.5$), with users valuing the learning experience (31.21%), emotional reflection (21.88%), and the game concept (15.63%). However, some challenges were noted, including confusion about next steps (34.28%), technical issues like frozen screens (17.14%), and boredom (17.14%). Suggested improvements included adding guidance during crashes (20%), increasing engagement (20%), and reducing duration (17.14%). Participants spent an average of 6.78 hours on the programme. In conclusion, *EmoWell* shows potential as a tool for fostering emotional regulation and key life skills in emerging adulthood. Despite its positive impact, addressing technical limitations and enhancing engagement will be crucial for optimizing its effectiveness and accessibility in future implementations.

Keywords: emotional regulation, serious game, emerging adulthood, pilot study, usefulness of the program