

# **Unmasking the Mind: A Diary Entry Through Digital Illustration, Motion Graphics, and Augmented Reality Illuminating Depression and Anxiety**

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## **Abstract**

Embarking on an artistic journey through Digital Illustration, Motion Graphics, and Augmented Reality to unveil the deep-seated Stigma and Stereotypes surrounding Depression and Anxiety. Through a diary entry-style narrative, two fictional characters personify these Mental Illnesses, revealing profound struggles and unwavering resilience. Each diary entry forms a collection of illustrations, vividly portraying the Stigma and Stereotypes associated with Mental Illness. Augmented Reality is integrated with each illustration, serving as a window into the characters' hidden realities, exposing the hidden truths behind closed doors. Accompanying this immersive experience are narrative audios, offering an intimate perspective as if the characters are personally writing in their diaries, sharing their innermost thoughts. Grounded in personal interviews with Generation Z and Millennials, the qualitative research design aims to amplify authentic voices, challenge societal norms, and encourage empathy. Bringing understanding and compassion to a society grappling with the complex relationship between societal constructs and mental health. This project aims to reduce Stigma and Stereotypes, a call to action for heightened awareness and support toward building a more inclusive and enlightened society.

**Keywords:** depression, anxiety, digital illustration, motion graphics, augmented reality, stigma, stereotypes, mental illness, diary entry, narrative audio

## Introduction

As an artist, my perspective has been shaped by a profound curiosity that seeks to convey intricate human emotions and experiences. The world is like a blank canvas where feelings, thoughts, and struggles take on vivid colors and intricate forms. This philosophy was inspired to embark on a unique and compelling thesis project to shed light on mental illness surrounding Depression and Anxiety through Digital Illustration, Augmented Reality, and Motion Graphics.

"Unmasking the Mind" unfolds as a diary-style narrative, delving into the emotional journeys of two characters, Emily and Oliver, personifying Depression and Anxiety. Emily, representing Depression, grapples with persistent melancholy, self-doubt, and hopelessness, overcoming isolation and stigma to reveal hidden strength. Oliver, embodying Anxiety, confronts relentless panic attacks, showcasing the severity of his struggles and his determination to find moments of peace.

Through Digital Illustration, I will vividly depict the stigma and stereotypes Emily and Oliver face to convey the social constructs that aggravate their mental illnesses—the power of art peels back the layers of misunderstanding, revealing their raw emotional journey. These illustrations are transformed into captivating Motion Graphics and integrated into Augmented Reality, unveiling what lies beneath the surface and exposing the concealed realities from sight. Immersing the audience in Emily and Oliver's challenges will offer an in-depth perspective into the daily lives of those with mental illness by using this innovative approach, moving beyond the shallow stereotypes that society often promotes.

Each diary entry forms a collective of illustrations vividly portraying the experiences, struggles, and small successes, all framed within the broader context of my artistic journey. Moreover, I will incorporate Augmented Reality as a portal into the characters' hidden realities, accompanied by narrative audio sharing their innermost thoughts. This versatile approach seeks to establish a deep bond between the audience and the lived experiences of individuals who struggle with mental illness.

The project continues to evolve, providing insight into Emily and Oliver's healing journey through regular updates, possibly every month, and will enable viewers to witness the ongoing efforts and transformations that people with mental illnesses experience. This

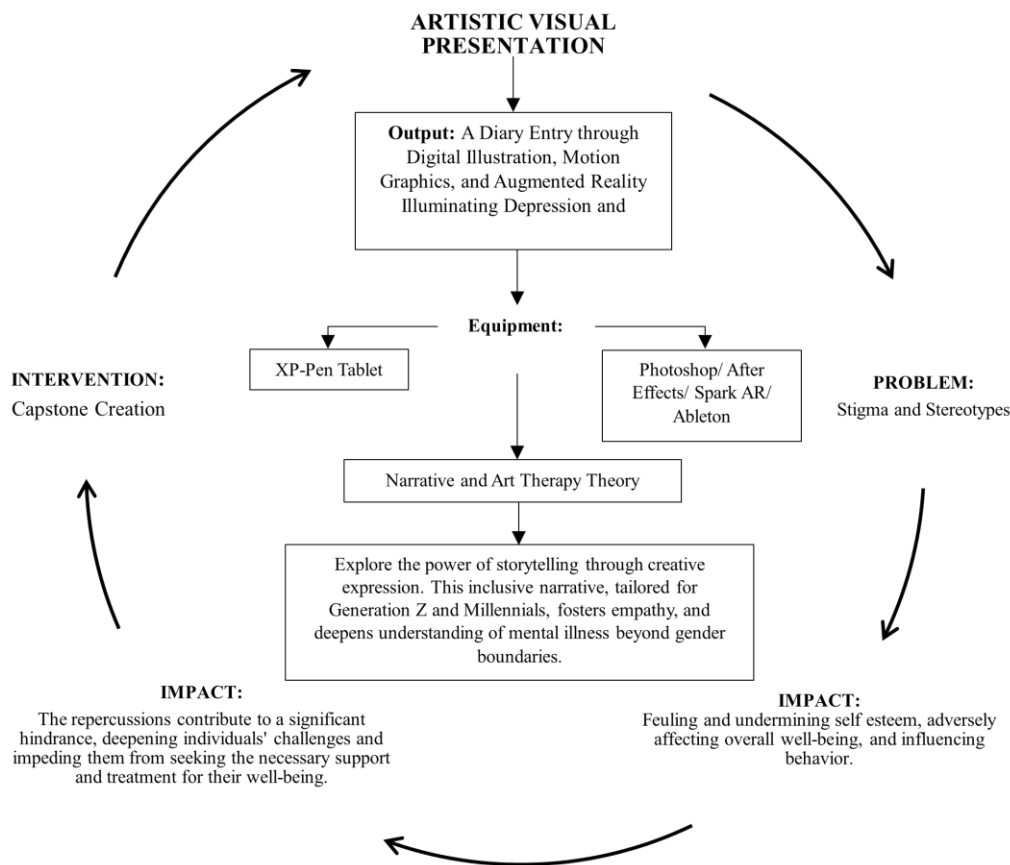
engagement aspires to educate and promote kindness and understanding, ultimately aiming to combat stigma and stereotypes through art in a narrative form.

Central to the project's foundation is the Narrative Theory, which guides the storytelling aspect of this work. Narratives convey human experiences and emotions, making them ideal for portraying the lives of the characters. This theory benefits in constructing their stories and how these narratives contribute to the broader grasp of mental illness.

Inspired by the Art as Therapy theory that recognizes the therapeutic value of creative expression, this project explores how art can help us understand people's struggles. The project intends to promote empathy, reduce stigmatization, and raise awareness using Digital Illustration, Motion Graphics, and Augmented Reality; to encourage viewers to better understand mental illness by engaging them in the characters' journeys.

**Figure 1**

*Framework of the Visual Representation in the Diary Entry through Digital Illustration, Motion Graphics, and Augmented Reality Illuminating Depression and Anxiety*



The implemented creative framework shows the process that began with a clear identification of the problem at hand: the pervasive Stigma and Stereotypes surrounding Mental Illness, particularly Depression and Anxiety. Understanding the deep-rooted impact of these societal challenges—the core components of concepts and methods about the project topic. The following section provides a detailed illustrated summary of the project's output, resources, theory, problem, impacts, purpose, and solution, tailored for the targeted audience.

The thesis was created carefully to demonstrate the significant and long-lasting impact that stigma and stereotypes can have on people's lives. In selecting the mediums for

the output—Digital Illustration, Motion Graphics, and Augmented Reality—I aimed to create a multi-dimensional and immersive experience. These choices were deliberate, intending to convey the intricacies of the issue not just through information but by eliciting emotional and intellectual responses from the audience.

Narrative Theory and Art Therapy Theory both profoundly influenced the creative process. The former facilitated the development of a relatable and engaging story, delving into the power of storytelling to shape personal identity and experiences. The latter guided the use of creative expression to promote psychological healing and self-discovery.

The strategic framework facilitated the creation of a powerful and immersive output by illuminating the complex interplay between Stigma, Stereotypes, and Mental Illness—contributing to a broader conversation surrounding Depression and Anxiety. Sought beyond a mere representation of the problem, I aimed to shed light on individuals' profound repercussions, creating a significant hindrance that heightens their challenges and impedes their ability to seek necessary support and treatment for their well-being. The output aimed to evoke empathy, understanding, and a call to action through a carefully chosen blend of visual elements.

The **data-gathering method** employed in this project involves conducting personal interviews with individuals who have firsthand experiences with mental illnesses such as Depression and Anxiety. The chosen method prioritizes qualitative questioning to capture participants' raw and authentic narratives as they navigate the complexities of mental health challenges. A Qualitative form through Pseudonyms will be used throughout the research to safeguard the participants' privacy and confidentiality, enabling them to express themselves freely and truthfully. The study aims to gather insightful personal accounts of mental health, challenge stigma and stereotypes, and ultimately aid in establishing a more empathetic and all-encompassing community.

Participants were free to provide any information they needed to be more comfortable with and were provided with a comprehensive explanation of the research goals and tactics beforehand. Discord calls were utilized for the interviews to accommodate participants' diverse schedules and mental wellness concerns.

Before participating in the study, participants were presented with informed consent, which highlighted their right to withdraw from the study at any point without any repercussions. All interviews are recorded to ensure precise documentation and analysis. The recorded interviews will be maintained with the utmost confidentiality, ensuring that only I can access the recordings, which will remain confidential.

The **research design** explores innovation, and this work draws inspiration from animated masterpieces like Spider-Man: Into the Spider-Verse and Arcane: League of Legends, known for reshaping storytelling. Spider-Verse's dynamic background art and composition inspire the incorporation of movement and vitality into the visuals. Simultaneously, Arcane's rich rendering techniques and exploration of emotions guide the adoption of a human-centric approach, fostering a profound connection with the audience.

The integration aims to seamlessly blend creative expression by incorporating textures, techniques, and artistic style from these animations. Drawing from spider-verse's comic and Graffiti Art Styles, the endeavor strives to convey raw authenticity visually. Similarly, inspired by Arcane's atmospheric backgrounds and nuanced art techniques, the approach establishes narrative context and enhances visual appeal. The storytelling and cinematography techniques from animated works redefine presentation to deliver a captivating experience by elevating the visual and emotional impact through cinematic influences.

The **target audience** is intended to appeal to a wide range of individuals, focusing on engaging Generation Z with the second focus on Millennials.

The project's narrative has been designed considering Generation Z's love for immersive experiences on Instagram and other social media platforms. However, the project also recognizes the enduring influence of Millennials on societal narratives. The goal is to create a visually stunning and interactive storytelling experience that seamlessly aligns with the visual language prevalent on social media, making it more appealing to the younger generation.

The objective of this initiative is to foster awareness and comprehension of mental health issues among individuals aged 15 and over. This initiative promotes empathy,

understanding, and nuanced mental health awareness across all genders. The preferences of Generation Z and Millennials seek to create a collective and inclusive environment where individuals can come together to address the impact of mental health challenges.

The **design process** comprises four distinct phases. Throughout this journey, a thoughtful and systematic technique is used to communicate the nuanced realities of depression and anxiety effectively.

In the initial phase of Digital Illustration, I engaged in extensive research and creativity. I delved into the prevalent stereotypes and biases associated with mental illness, drawing insights from the data I gathered in the interviews to compose illustrations that authentically capture the struggles of individuals grappling with depression and anxiety. My ultimate objective was to refute misconceptions and offer a creative platform that portrays the unfiltered truth of what lies concealed within.

Throughout the story development process, I strongly emphasized conceptualization and delved into the intricacies of mental health struggles. I drew inspiration from various sources to frame a compelling storyboard, including the film "Spider-Man: Into the Spider-Verse" and the animated series "Arcane: League of Legends." The resulting storyboard effectively established the narrative flow, angles, and perspectives. Subsequently, the attention to character design, ensuring that each character embodied distinct facets of depression and anxiety.

The meticulous asset creation process for any project involves several steps; it usually begins with sketching to breathe life into the characters and scenes. Layering adds depth and complexity to the narrative, and I carefully consider the placement of each component to ensure the digital canvas becomes a rich tapestry of emotions and storytelling elements.

As the layers harmonize, I bring in coloring to infuse vibrancy and emotion into the visual narrative. Every hue is selected deliberately, serving as a nuanced language to convey the intricacies of mental health struggles. I take the time to draft transitions and overlays, aiming to enhance the emotional impact and symbolism in the storytelling.

Simultaneously, the construction of background elements becomes my canvas, providing the backdrop against which the mental health narrative unfolds.

During the second phase of making the Motion Graphics, I utilized After Effects to animate the 2D illustrations. Employing rigging techniques like parenting and puppetry, I ensured that the characters and elements moved seamlessly. Additionally, I carefully prepared the background, middle ground, and foreground to ensure a cohesive visual experience.

After completing the motion graphics, I advanced to the next phase of the project, which involved using Spark AR for Augmented Reality (AR). During this phase, I fine-tuned the calibration and tracking of illustrations, enabling them to interact seamlessly. The AR component enhanced the immersive experience, allowing the audience to witness the animated narrative by scanning a photo or object.

In the final stage of my project, I developed an audio narrative script that took the form of a diary entry. The main objective of this creative component was to establish a deep emotional connection between the audience and the characters. By exploring the innermost thoughts and struggles of those with depression and anxiety, the narrative provided valuable insights and increased awareness about the mental illness faced by the characters.

The project "Unmasking the Mind" is all about uncovering the truth about mental health by breaking down preconceived notions and societal masks. Its purpose is to expose the layers of misunderstanding surrounding mental illness and inspire people to take action. This project goes beyond just challenging stereotypes; it aims to declare that the unmasking process is critical to gaining a deeper, more nuanced understanding of mental well-being. Each layer peeled away reveals a richer, more profound understanding of mental health and challenges people to confront the realities that extend beyond superficial perceptions.



**Figure 2***The Shape and Color of the Story*

The project follows a circular narrative structure that begins with my inspiration and progresses through the creative process, audience engagement, and a commitment to mental health awareness, with a vivid and realistic portrayal of individuals' challenges with mental illnesses and an immersive experience that captures the raw emotions. The circular narrative represents an ongoing journey of understanding and acceptance. It reflects the dynamic lives of the people it seeks to portray and the continual process of building empathy and compassion.

### Figure 3

#### *Color Progression*



*Note.* Associative Color Palette inspired by Spider-Man: Into the Spider-Verse

Drawing inspiration from the meticulous color progression seen in "Spider-Man: Into the Spider-Verse" to compose an associative color palette for each scene. Like how the film employs colors to depict the emotional journey of Miles Morales, a comparable technique is utilized to express the varied experiences associated with mental illnesses, particularly Depression and Anxiety.

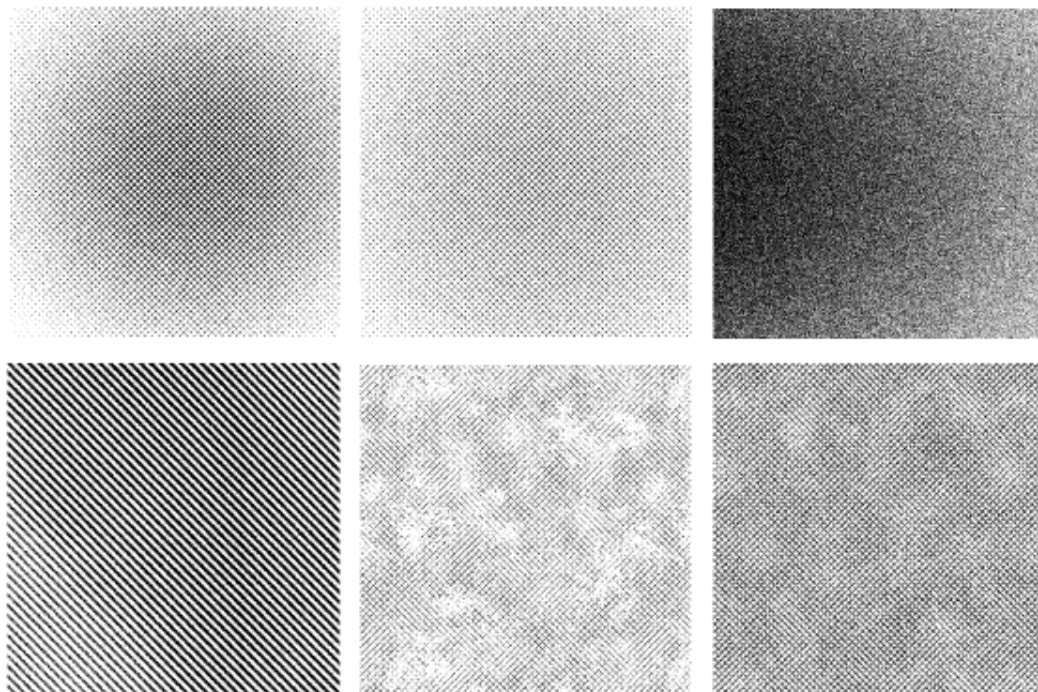
Each color in the chosen palette is carefully curated to reflect different facets of the character's inner worlds and struggles, allowing for a nuanced portrayal of their journeys. For instance, subdued tones may represent the profound sadness and loneliness felt by Emily, who embodies Depression. At the same time, erratic and fluctuating patterns symbolize the intense and overwhelming nature of Anxiety as experienced by Oliver.

This associative color palette aims to evoke empathy and understanding among the audience, enabling them to better connect with the characters' emotions and challenges. Just as "Spider-Man: Into the Spider-Verse" uses its dynamic color progression to draw

viewers into the narrative, the project seeks to foster a more profound compassion for the complexities of mental illness, enriching the storytelling experience and promoting empathy-building in the audience.

#### **Figure 4**

##### *Textures and Technique*



*Note.* Pointillism Halftoning and Grain Overlays

Incorporating grain textures into my illustrations has been a transformative endeavor, elevating the visual experience by infusing it with depth and nuance. The marriage of pointillism and halftoning introduces captivating textures, enriching the visual landscape with subtle variations and gradations. Each meticulously placed dot in my pointillist compositions now interacts dynamically with the halftone patterns, creating a mesmerizing tapestry of tones and hues.

This technique allows the manipulation of the visual weight and texture of different areas within the composition, guiding the viewer's gaze and ingraining the illustration with

a sense of rhythm and movement. Moreover, the incorporation of grain textures serves to amplify the mood and atmosphere. Each texture adds a layer of tactile realism that draws the viewer deeper into the narrative.

### **Pre-production Stage**

Incorporating the pre-production phase is crucial for raising awareness about mental illness and fostering a more empathetic society. This phase guarantees that the creative work aligns with the intended vision and effectively communicates the intricate human emotions and experiences that the project aims to convey. The pre-production phase represents a strategic allocation of time and resources that ultimately results in a powerful and emotionally compelling product.

### **Conceptualization**

The initial phase of the creative process begins with conceptualization. This critical step entails formulating the fundamental concepts and goals of the project, establishing its purpose, intended audience, and vital message to convey. By engaging in conceptualization, one can cement the distinctive elements of the project, such as incorporating Digital Illustration, Augmented Reality, and Motion Graphics to depict mental illness. This phase ensures that the project remains aligned with its overarching mission.

### **Sample Storyboarding**

Storyboarding is an essential process that involves making a visual representation of the project's narrative. Organizing and sequencing different media formats is essential to create an emotionally impactful and cohesive experience for complex projects. Storyboarding ensures that the intended message and emotional impact are conveyed by mapping how the various elements interact and flow together.

**Figure 5.1**

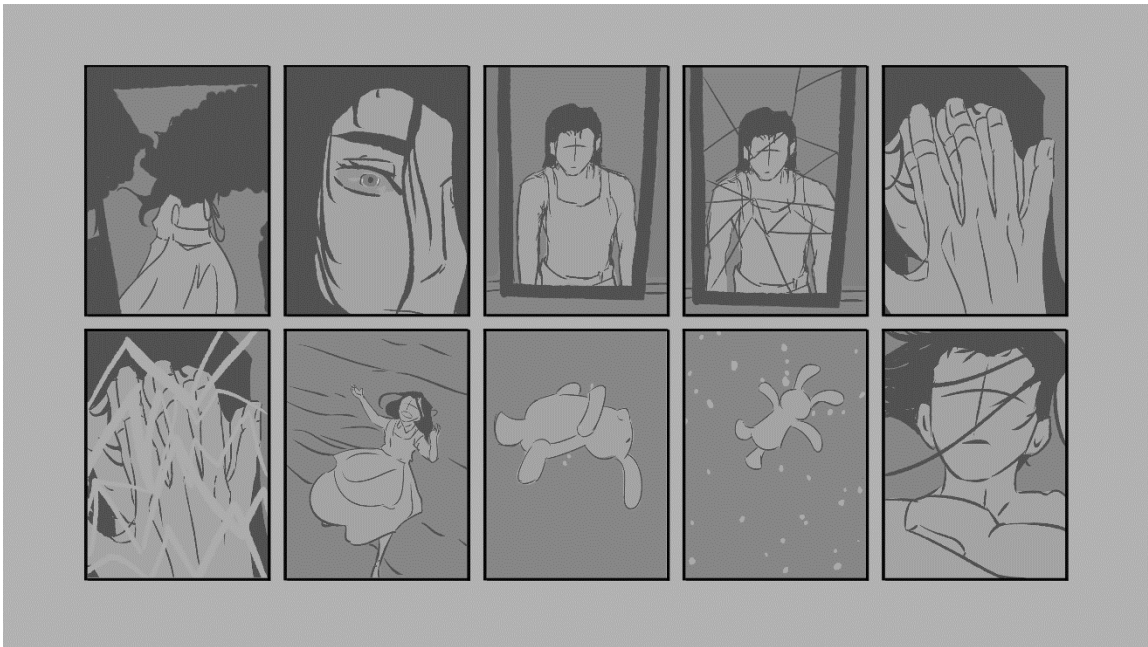
*Depression – Self-Pity and Unhappiness by Choice (Stigma and Stereotypes)*



The storyboard depicts Emily as a personification of Depression. In the opening scene, Emily, a woman in her twenties, stands in a bathroom, staring blankly into the sink, signifying her disconnection from reality. As she watches the water flow, we are transported into her memories. Seamlessly, we shift to her childhood, where she was a happy child. However, a family trauma left her emotionally scarred, portrayed through a scene of her crying on a bench, her hands covering her face. The emotional intensity in her younger self's sadness mirrors her older self's disassociation. The storyboard smoothly transitions back to the present as we see Emily's hands washing her face, symbolizing a return to reality. This mighty contrast transitions to a shot from a video camera, capturing a genuine smile on Emily's face. The storyboard effectively conveys the character's complex emotions and the interplay of past and present, creating a compelling visual narrative.

**Figure 5.2**

*Depression – Self-Pity and Unhappiness by Choice (Stigma and Stereotypes)*



In the storyboard sequence, the story takes a dramatic turn. It begins with young Emily smiling at a video camera, showing carefree innocence. However, the delightful moment transitions into a blazing fire, symbolizing the destructive power of her past experiences. Emily is horrified as she watches the fire consume a once-happy memory. She returns to the present and stands before a cracked mirror, each fracture reflecting her emotional turmoil. Desperate, she reaches out, trying to regain her composure amidst the chaos.

The narrative then transports us back to Emily's sunny and carefree childhood, where she once chased her beloved stuffed bunny on a bright day. Nevertheless, as she reaches out to catch it, this idyllic scene transforms into a dark void, portraying the loss of innocence and happiness. The story then shifts seamlessly to Emily as an adult, reaching for the same cherished toy, representing her ongoing journey to recapture the happiness that has been obscured by the painful experiences of her past, providing an emotional storytelling arc.

**Figure 5.3**

*Depression – Self-Pity and Unhappiness by Choice (Stigma and Stereotypes)*



In the following storyboard sequence, we see a child's hand, which belongs to a younger Emily, reaching out for the same stuffed toy that another child holds. This touching moment transitions to a depiction of a young Emily, looking sad and almost drowned in water, as she struggles to reach her cherished toy, which is just out of her reach.

The narrative smoothly moves to her adult self, recreating the heartbreaking scene. She, too, extends her hand in a futile attempt to regain the toy and eventually succumbs to the overwhelming emotions that represent her ongoing battle.

As the scene shifts to the present, we see Emily resting on a cracked mirror, with a solitary tear rolling down her cheek. The sensation of drowning, portrayed in the water, symbolizes her persistent emotional turmoil. Her frustration and despair finally reach a breaking point, and she lets out a gut-wrenching scream, which serves as a powerful catharsis of anger and distress. This sequence is a compelling visual representation of Emily's inner struggles and intense emotions.

**Figure 5.4**

*Depression – Self-Pity and Unhappiness by Choice (Stigma and Stereotypes)*



In the final storyboard, we witness Emily in her adult form, consumed by heart-wrenching sobs and a profound sense of loneliness. She is having a breakdown, emotions overwhelming her as if her heart is sinking into an abyss. Seeking solace, she enters the shower, where she allows the water to cascade over her body. Under the comforting veil of the falling water, she continues to cry, the flood of emotions as powerful as the flowing water itself.

This emotionally charged scene serves as the starting point for the next phase of the storyboard, as it delves deeper into the complex journey of Emily's emotional and psychological turmoil going through Depression.

### **Planning and Material Gathering**

Effective project planning involves several crucial components: scheduling, budgeting, resource allocation, and technical considerations. During this stage, a comprehensive plan will guide the creation while establishing a timeline for timely updates, ensuring smooth progress, adherence to deadlines, and delivering high-quality outcomes.



Maintain consistency in quality and style throughout the project. Collecting all required materials in advance helps prevent setbacks and ensures seamless project execution.

**Figure 6**

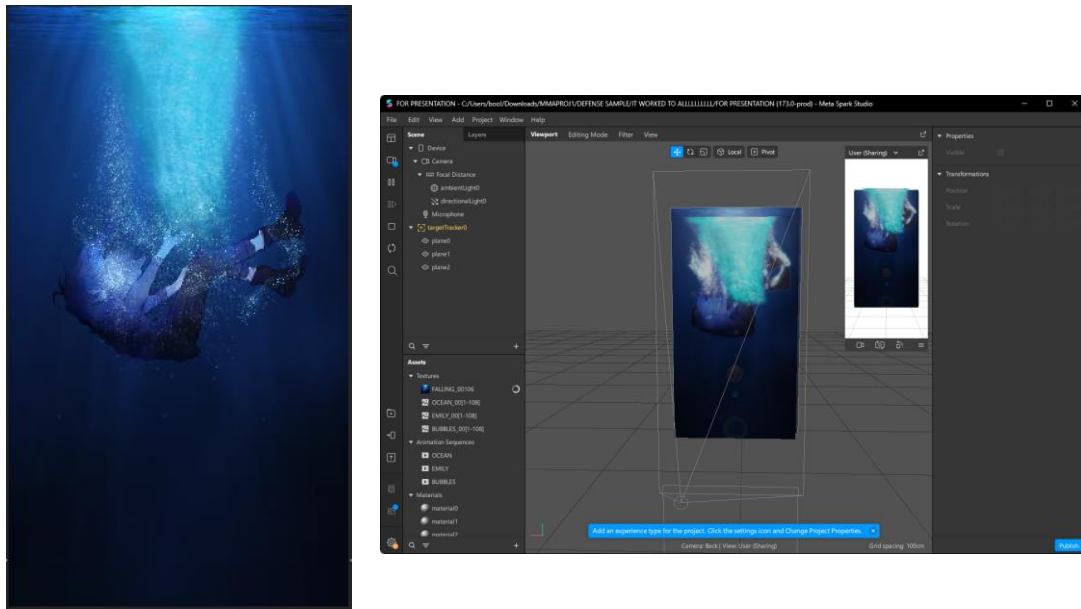
*Depression – Self-Pity and Unhappiness by Choice (Stigma and Stereotypes) Sample Assets*



In this evocative illustration from Figure 7 storyboard, Emily, the personification of Depression, finds herself submerged in a dark blue ocean. It vividly captures the moment Emily surrenders to overwhelming emotions, visually narrating her ongoing internal battle. These illustrations were skillfully transformed into motion graphics, enhancing the storytelling by bringing the emotional journey to life through dynamic visuals. The underwater setting serves as a potent metaphor, symbolizing the isolating weight of Depression, with the deep blue tones conveying a sense of desolation. The attention to detail in rendering the underwater scene enhances the atmosphere, offering a sorrowful glimpse into the emotional journey at the core of this narrative.

**Figure 7**

*Depression – Self-Pity and Unhappiness by Choice (Stigma and Stereotypes) Sample Output*



After creating powerful illustrations capturing Emily’s emotional journey, the narrative took an innovative turn, transforming these visuals into dynamic motion graphics using After Effects. This process added a layer of depth and movement, intensifying the storytelling experience. The motion graphics were seamlessly transformed into an Augmented Reality (AR) experience using Spark AR. This transition allowed the audience to immerse themselves in the narrative on a whole new level, breaking the boundaries between fiction and reality. The result, showcased in the sample output, exemplifies the convergence of traditional storytelling, motion graphics, and advanced AR technology to create a captivating and interactive narrative experience.

### **Production Stage**

The production phase relies heavily on Adobe Photoshop, Adobe After Effects, and Spark Studio AR. Focus on creating Digital Illustrations, Motion Graphics, and Augmented Reality (AR) elements during this period. We will constantly review our work and make any necessary adjustments to ensure a cohesive and visually appealing outcome.

## **Design Layout**

Moving from the Digital Illustration phase to Motion Graphics and designing for Augmented Reality (AR) involves optimizing visual elements by adjusting layout dimensions and scale to ensure an immersive experience. This shift also requires integrating interactive design components that enhance user engagement within the AR environment. Maintaining compatibility with motion graphics and AR development processes is vital for consistency and functionality across all production stages.

## **Digital Illustration**

Transitioning into the production phase, starting with a high-quality 2D digital illustration using Photoshop, is crucial to establishing a strong foundation for the project's visual components. Digital illustration, designed through tools like Photoshop, is a means to express and encapsulate the intricate emotions and experiences intertwined with mental illness. These visual representations are not merely pictures but windows into the minds and hearts of individuals dealing with mental health challenges. This artistic medium allows us to convey the complexity of their experiences, fostering a deeper connection between the audience and the subjects.

## **Storyboard Concept**

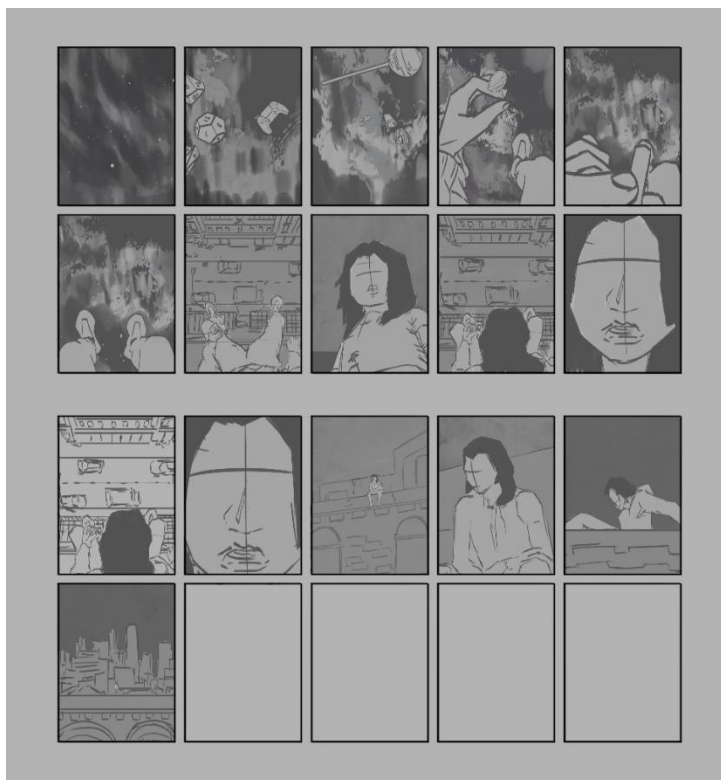
Within the storyboard, a moving exploration of mental health unfolds through seven distinct concepts, with a keen focus on acknowledging the pervasive stigma and stereotypes surrounding Depression and Anxiety. The four concepts dedicated to illustrating the facets of Depression delve into the complexities of the emotional journey, capturing moments of isolation, the weight of societal misconceptions, the struggle for self-acceptance, and the gradual journey toward healing. Simultaneously, the three concepts addressing Anxiety sensitively navigate the intricate nuances of this mental health challenge. From the relentless internal battles to the external pressures that amplify Anxiety, each concept unfolds a visual narrative that seeks to challenge preconceived notions, foster empathy, and encourage a more nuanced understanding of the experiences associated with both Depression and Anxiety. Through thoughtful storyboarding, this project aims to dismantle stereotypes and shed light on the complex nature of mental illness, fostering a greater sense of compassion and awareness.

## Depression

Depression, as personified through Emily in the storyboard, is depicted through vivid visual metaphors that address various misconceptions and stigmas surrounding the condition. Emily's fleeting moments of happiness contrasting with risky situations symbolize the erroneous belief that depression is a moral failing or easily solvable. Her encounters with invalidation when discussing her mental health emphasize understanding and compassion. The narrative captures her emotional disconnection and attempts to reclaim happiness, illustrating the profound impact of experience. Furthermore, her fluctuating mood and resilience to emotional turmoil highlight the complex nature of depression and the importance of support and healthy coping mechanisms. This portrayal invites a deeper understanding of depression, challenging stigmas and emphasizing the need for empathy and complex approaches to mental health.

### Figure 8

#### *Moral Failing and Easy Solution*

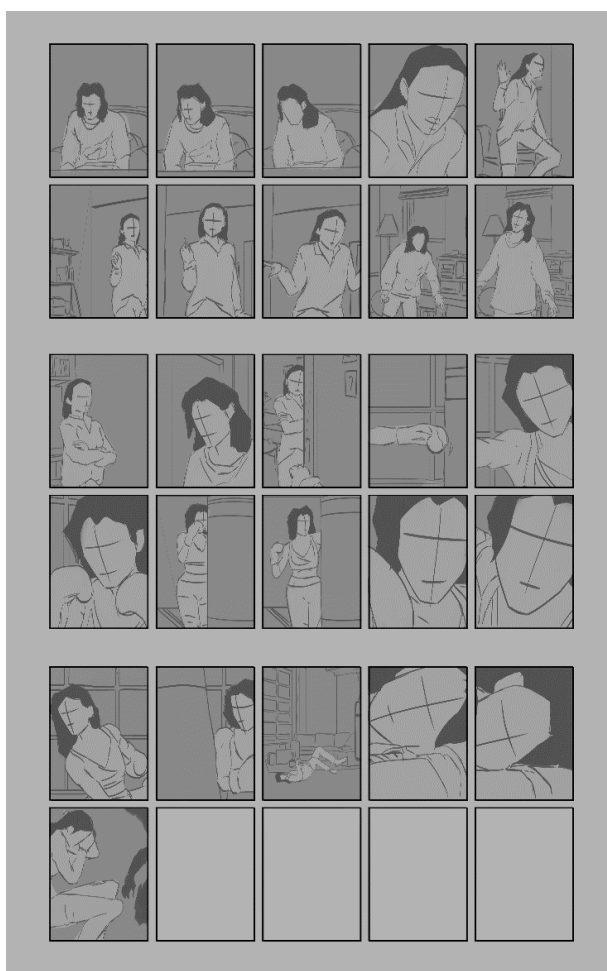


The storyboard captures Emily's internal struggle as a personification of depression through vivid visual metaphors. Amidst fleeting moments of happiness represented by floating essentials, Emily's transition to standing on the edge of a building starkly contrasts indulgence with danger, symbolizing the misconception of depression as a moral failing or

easily solvable. As the narrative progresses, a close-up of Emily reveals her profound stress and emotions. At the same time, a wider shot depicts her sitting calmly on the building's edge, emphasizing her resilience against intrusive thoughts. This scene emphasizes the complexity of depression and the necessity of understanding and support in navigating its challenges, inviting empathy for Emily's experience and shedding light on broader misconceptions surrounding mental health.

### Figure 9

*No Valid Reason and Attention Seeking*



Confronting the stigma surrounding depression, Emily's interaction with her friend highlights the vulnerability of opening about mental illness and the dismissive responses many individuals face. As Emily shares her feelings, her friend's invalidation reflects common misunderstandings, emphasizing the importance of empathy and compassion in

addressing mental health challenges. Turning to boxing as a coping mechanism, Emily seeks to release pent-up tension healthily, yet her ongoing frustration is evident. This scene emphasizes the necessity of finding healthy outlets and the impact of invalidation on well-being. In a final poignant moment, Emily is knocked down by the punching bag, symbolizing the weight of her struggles. As she lies on the floor, a shadowy figure representing her depression comforts her, illustrating her acceptance of living with depression while highlighting the possibility of overcoming it.

### Figure 10

#### *Self-Pity and Unhappiness by Choice*

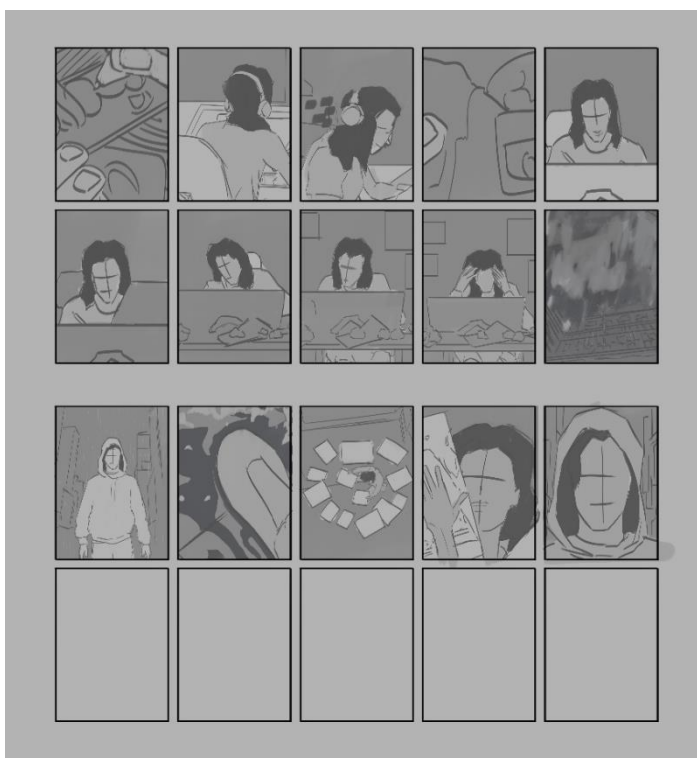


Some compositions in this previous storyboard have been changed to emphasize Emily's evident struggles. The storyboard vividly portrays Emily's struggles with depression, capturing her emotional journey through powerful visual imagery. In the

opening scene, we witness Emily's disconnection from reality as she stares blankly into the sink, symbolizing her inner turmoil. Through seamless transitions between past and present, the narrative reveals the traumatic events that have shaped Emily's life, from childhood innocence to present-day emotional turmoil. As the story progresses, Emily's desperation to reclaim happiness is palpable, reflected in her attempts to grasp cherished memories and overcome the overwhelming emotions that haunt her. In a decisive moment of vulnerability, Emily's breakdown in the shower is a striking catharsis, underscoring the depth of her emotional pain. This compelling visual narrative delves into the complexities of depression, offering insight into Emily's internal struggles and the profound impact of her past experiences on her present-day reality.

### Figure 11

#### *Weakness and Inability to Function*



This storyboard addresses the theme of overcoming the stigma of weakness and inability to function through Emily's journey. Initially depicted as joyful and engaged in her artwork, Emily's mood gradually fluctuates, symbolized by her struggles to concentrate and eventual somber demeanor. As rain falls, mirroring her inner turmoil, Emily walks

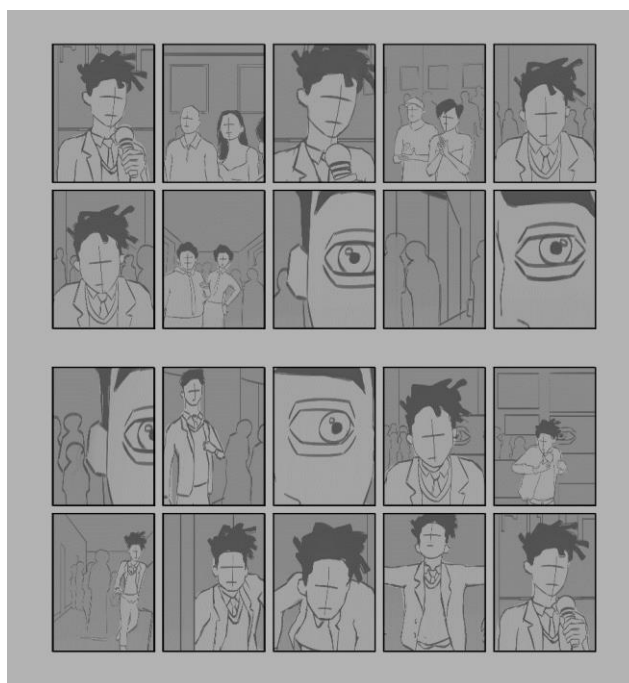
through the downpour, reflecting on her past through printed works. In a poignant moment, she encounters a drawing of herself, blissfully happy, which prompts a bittersweet smile. This scene encapsulates Emily's resilience and determination to weather life's storms, knowing that she will find happiness and inner peace once again despite temporary setbacks. Deeper into Emily's experiences as she confronts her emotions and reaffirms her strength in the face of adversity, offering a more nuanced exploration of mental health and self-acceptance.

### **Anxiety**

Anxiety, personified through Oliver, is depicted in the storyboard that addresses various stigmas and stereotypes. Initially overwhelmed by social pressure, Oliver's experience highlights the misconception that anxiety is only an overreaction. As he struggles with fear of social situations and inability to relax, his internal struggle becomes evident. Oliver's resilience is demonstrated by his efforts to practice breathing exercises and persevere through daily interactions, despite feeling isolated and on the verge of panic. Individuals with anxiety face many internal battles, which are highlighted by this narrative, which emphasizes self-awareness, self-care, and support.

**Figure 12**

*Exaggeration and Overreacting*





In this storyboard, the stigma surrounding anxiety as exaggeration and overreacting is addressed through Oliver's experience. Oliver becomes overwhelmed by the attention as he finds himself in front of a large audience, representing the pressure and scrutiny that often accompany social situations. His immediate reaction is to flee, feeling as though everyone is judging and laughing at him. Seeking refuge in isolation, Oliver attempts to regain control of his emotions through deep breaths. However, as the scene transitions back to him still addressing the crowd, it becomes evident that his physical escape did happen; instead, his perception of the event needed addressing. This narrative illustrates the internal struggle faced by individuals with anxiety, emphasizing the importance of perseverance and self-awareness in overcoming stigma and managing symptoms effectively. Expanding on this narrative, grapples with his fears and learns to confront and challenge his negative thought patterns, ultimately finding strength and resilience in the face of adversity.

### Figure 13

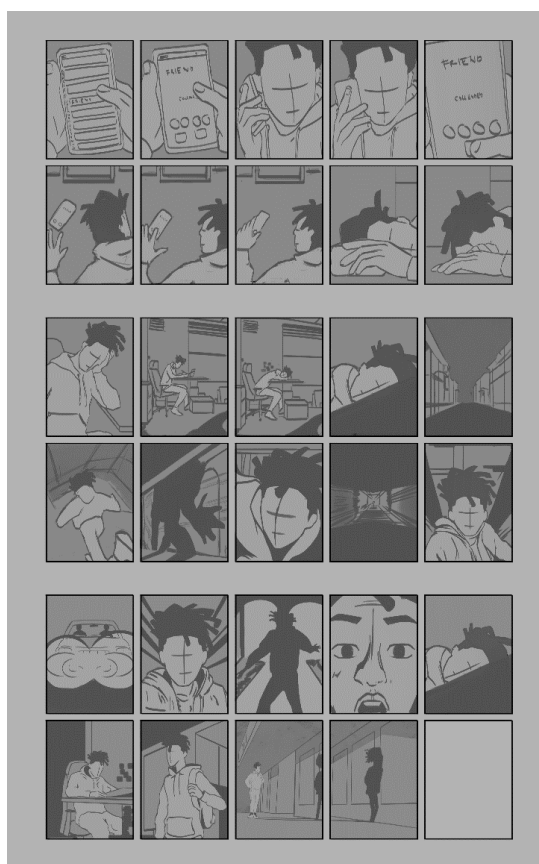
#### *Fear of Social Situations and Inability to Relax*



Oliver experiences anxiety and discomfort in social situations. When his friend invites him to a get-together, he feels hesitant and isolated, dreading the interaction with unfamiliar people. As the evening progresses, his anxiety heightens, prompting him to step outside for fresh air. He practices deep breathing exercises, which help him relax. Gazing at the scene around him, Oliver gathers his resolve and determination to overcome his anxiety and move forward.

### Figure 14

#### *Perceive Control and Stress*



In this storyboard, the stigma surrounding anxiety, particularly the fear of social situations and the inability to relax, is addressed through Oliver's experience. Initially hesitant but determined to see his friends, Oliver attends a party he was invited to. Initially, he enjoys himself and engages with others. However, as the night progresses, he begins to feel overwhelmed by the social environment. The noise and the crowd feel suffocating, and

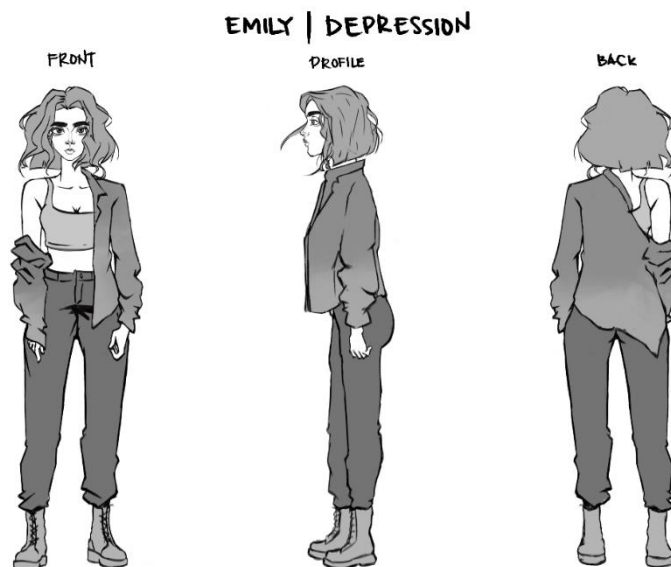
Oliver's sense of belonging is slowly deteriorating. Feeling like he is on the brink of a panic attack, Oliver attempts to practice breathing exercises to calm himself down. Despite the challenges, he perseveres through the party, finding some relief and feeling okay. This scene effectively portrays the internal struggle and isolation often experienced by individuals with anxiety in social settings while also highlighting Oliver's resilience in managing his symptoms. Expanding on this narrative, we could delve deeper into Oliver's thought process and physical sensations as he grapples with his anxiety, ultimately emphasizing the importance of self-care and support in managing anxiety symptoms effectively.

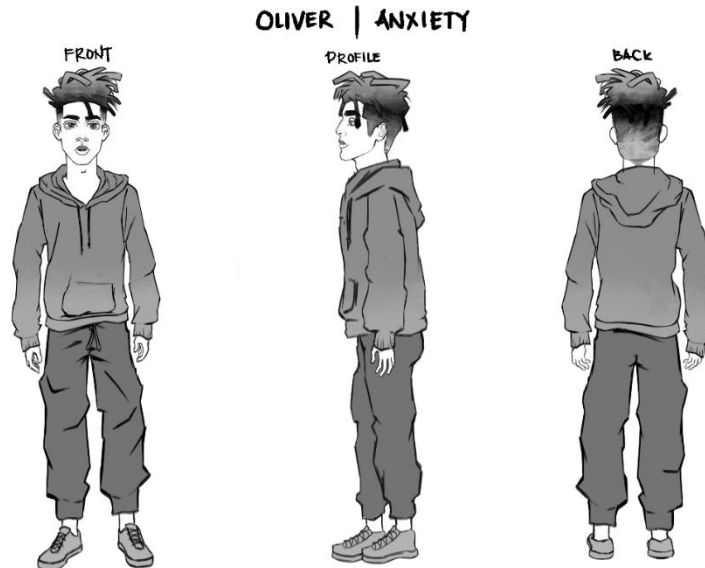
### Character Design

During the digital illustration phase, the primary objective is to create compelling character designs for Emily and Oliver, who personify Depression and Anxiety. To exhibit authentic facial expressions and body language that effectively convey the intricate and often hidden emotional depths of mental illness. Through their visual portrayal, these characters serve as relatable symbols, enabling the audience to connect with the complex experiences and challenges of Depression and Anxiety.

**Figure 15**

*Turn Around Emily – Personification of Depression*



**Figure 16***Turn Around Oliver – Personification of Anxiety***Motion Graphics**

In the motion graphics stage, creating a thorough animation plan using After Effects, built upon the 2D digital illustration, will outline animations, transitions, timing, and necessary visual effects. Consistency with the established style from the digital illustration should be maintained throughout the motion graphics creation process. When exporting assets from motion graphics software, ensure compatibility with AR development formats for a seamless transition to the next phase.

**Augmented Reality Development**

The transition from motion graphics to augmented reality (AR) using Spark AR from Meta represents a leap into interactive storytelling. Spark AR empowers the project by integrating digital elements into the real world, immersing the audience in the emotional journeys of the fictional characters Emily and Oliver. This shift adds depth and engagement as the audience interacts with characters and scenes in their environment. The success of this transition relies on precise tracking and calibration, ensuring that the AR elements seamlessly integrate with the surroundings, offering a unique and emotionally resonant narrative experience.

## **Sound Design**

In the creation of narrated poems or narratives in Ableton, sound design plays a fundamental role in enhancing the project's emotional impact. Audio elements and auditory triggers complement visual elements, deepening immersive experiences. Providing a versatile platform for composing narrations, music, and sound effects that resonate with the project's themes. Through careful audio design, storytelling is enhanced to evoke emotional responses, drawing the audience closer to the characters' mental health journeys. In the diary entry narration, voice actors Beatrice Colleen Liberato and Jaime Rodriguez are crucial in personifying depression and anxiety, respectively. Liberato's portrayal of Emily, characterized by slow, deliberate pacing and a subdued tone, captures the profound sadness and emotional numbness of depression. Allowing the audience to empathize deeply with her experience. Meanwhile, Rodriguez's portrayal of Oliver, marked by rapid speech, fluctuating pitch, and an urgent, tense delivery, effectively conveys anxiety's relentless, frenetic energy. The careful modulation of their voices, combined with the strategic use of background sounds and music, vividly illustrates these complex emotional states, making the characters' internal struggles relatable and tangible to the audience.

## **Review and Adjustments**

The review and adjustment phase are essential for ensuring the project's overall compatibility and effectiveness. This stage comprehensively evaluates all project elements, including visual and auditory components. The purpose is to assess the alignment of digital illustrations with the intended emotional impact, the smoothness of motion graphics, the seamless integration of augmented reality, and the impact of sound design on storytelling and mood. Any areas for improvement are identified and addressed during this phase to fine-tune the project for a seamless experience that creates a powerful and cohesive connection with the audience.

## **Testing and Quality Assurance**

Testing and quality assurance are fundamental to reliable project development to cover early issue detection and resolution, ultimately enhancing the project's reliability. Quality assurance, going beyond testing, focuses on adhering to the best standards and reducing the likelihood of defects.

## **Post-Production Stage**

The post-production phase is primarily dedicated to exhibition preparation and the final exhibit, involving the creation of physical Diary Entry copies and large A3 size Illustration prints. These physical Diary Entries offer a hands-on engagement opportunity for the audience, creating a deeper connection with the project's narrative. Meanwhile, the large Illustration prints, with their impressive scale, serve to visually amplify the project's impact within the exhibition, enhancing its overall aesthetic and emotional depth. This phase ensures the project extends beyond the digital environment, providing an immersive and comprehensive experience for exhibition visitors.

## **Exhibition Preparation**

Preparing to present the project to a live audience and ensuring accessibility on Instagram are vital steps in broadening the project's reach and impact on mental health awareness. Live presentations allow for real-time interactions and feedback, while Instagram's broad user base enhances the project's online visibility and potential for virality. These preparations aim to connect with a diverse audience and promote a more comprehensive understanding of mental illness.

## **Review of Related Literature**

This literature review explores the convergence of mental health, focusing on mental illnesses such as major depressive disorder, anxiety disorder, panic disorder, and stigma reduction in narrative and art therapy theory. It delves into the concept of transportation, identification with characters, counterarguing, and their roles in reducing stigmatizing attitudes. Additionally, it examines how digital illustration, motion graphics, and augmented reality can be integrated into this framework. This interdisciplinary approach aims to promote mental health, reduce stigma, and foster a more compassionate and inclusive society.

## **Mental Health**

Mental health encompasses emotional, psychological, and social dimensions, shaping individuals' perceptions, interactions, and behaviors. An inclusive understanding involves recognizing interconnected factors like emotional resilience, stress management, supportive relationships, and life fulfillment.

Child parental verbal abuse, as emphasized by Corong (2018), can profoundly affect mental well-being, leading to Anxiety, Depression, low self-esteem, and maladaptive coping mechanisms. As advocated by Shafir et al. (2020), creative arts therapies offer transformative outlets for emotional expression and growth, catering to diverse mental health needs through dance, drama, music, and art therapy.

Relones (2022) highlights the urgency of addressing mental health, especially among vulnerable groups like millennials, exacerbated by factors such as the COVID-19 pandemic. Neglecting mental health can have enduring consequences, underlining the need for innovative approaches to support and raise awareness.

Additionally, Usmani et al. (2022) explores the potential of technologies like the metaverse in diagnosing and treating mental health conditions while cautioning against negative impacts such as excessive digital media use and social isolation.

Mental health requires a comprehensive approach that addresses challenges, embraces innovative therapies, and responsibly leverages technology to promote positive well-being for individuals, communities, and societies.

## **Mental Illness**

Mental illness is a complex and often stigmatized topic that encompasses a range of conditions with significant impacts on individuals and communities. Among the most common challenges are clinical Depression, Anxiety, and panic disorders, which can have a profound impact on daily life and overall well-being. These disorders can manifest in a variety of ways, affecting one's emotional, cognitive, and psychological state, leading to significant distress and impairments.

Disorders such as clinical Depression, Anxiety, and Panic Disorder can have a profound effect on one's well-being and cause significant distress, disrupting daily life. It is essential to approach individuals who experience these disorders with compassion, empathy, and effective interventions, highlighting the critical need for greater understanding and support for those who require it.

## **Major Depressive Disorder**

Depression, especially major depressive disorder (MDD), affects 300 million worldwide and is a leading cause of the global disease burden (Lee et al., 2022). It is linked to about half of annual suicides. Despite its impact, less than half of diagnosed individuals receive adequate treatment. Effective treatment typically involves pharmacotherapy, psychotherapy, or a combination. Lee et al. (2022) found that adjunct treatments alongside pharmacotherapy significantly reduced depressive symptoms in moderate-to-severe MDD cases, suggesting a promising approach that warrants further research.

MDD, characterized by major depressive episodes (MDEs), exhibits a range of symptoms, encompassing persistent sadness, changes in appetite and sleep patterns, fatigue, and intense feelings of hopelessness and worthlessness (Monroe & Harkness, 2022). Despite its prevalence, understanding MDD remains challenging due to its diverse symptomatology and severity.

Monroe and Harkness (2022) emphasize the critical need to differentiate between single recurrences of MDEs and recurrent Depression, as each carries distinct implications for prognosis and treatment planning. Neglecting this differentiation risks obscuring predictors of recurrent Depression, underscoring the necessity for precision in



diagnosis and intervention strategies. Furthermore, their investigation into stress sensitization highlights the intricate interplay between life stressors and depressive episodes, advocating for a nuanced understanding that encompasses both environmental triggers and individual vulnerabilities (Monroe & Harkness, 2022).

In overview, both Lee et al. (2022) and Monroe and Harkness (2022) have shed light on the complex nature of Depression and the importance of practical treatment approaches, including adjunct therapy for Major Depressive Disorder (MDD). However, further research is necessary to understand the exact role of adjunct treatments in managing this condition and to improve diagnostic and therapeutic methods.

### **Anxiety Disorder**

Anxiety disorders, affecting millions worldwide, are among the most prevalent mental health issues. Understanding the role of trait anxiety is crucial for effectively addressing these disorders (Knowles & Olatunji, 2020). Trait anxiety, a stable dimension of Anxiety, has been linked to various anxiety disorders, as evidenced by higher State-Trait Anxiety Inventory (STAI-T) scores in diagnosed individuals compared to nonclinical groups. This strong correlation sheds light on anxiety-related psychopathology.

Research indicates that trait anxiety is an effective indicator and predictor of anxiety disorders, with higher STAI-T scores correlating with increased likelihood and severity of anxiety symptoms (Knowles & Olatunji, 2020). Mental health professionals can utilize trait anxiety in tailoring interventions, thereby enhancing treatment efficacy. Additionally, acknowledging the intricate relationship between trait anxiety and Depression is vital, as high trait anxiety levels often exacerbate depressive symptoms (Knowles & Olatunji, 2020).

Nowak et al. (2023) extensively explored the interplay between anxiety disorders, personality integration, and childhood experiences, emphasizing the importance of personalized interventions. Their study, covering prevalence rates of anxiety disorders, disparities in personality integration, and the impact of childhood traumas, revealed correlations between lower levels of personality integration and anxiety disorders. Additionally, individuals with anxiety disorders were more likely to have experienced

childhood traumas such as sexual abuse, with variations across socio-demographic factors.

The study by Knowles and Olatunji in 2020 agrees with the findings of Nowak and colleagues in 2023. These investigations emphasize the crucial need for early intervention strategies and personalized treatments for individuals with high-trait Anxiety and the significance of an individualized evaluation and management process that considers each person's specific needs. Such an approach can help effectively address anxiety-related issues and ultimately lead to better outcomes.

### **Panic Disorder**

Panic disorder, characterized by sudden, intense fear or discomfort known as panic attacks, is closely intertwined with Generalized Anxiety Disorder (GAD), as evidenced by 62% of GAD patients reporting panic attacks, indicating a potential escalation of Anxiety within GAD (Showraki et al., 2020). The notion of panic disorder as an isolated diagnosis underlines its integral role within the broader spectrum of anxiety disorders.

Showraki et al. (2020) emphasize the need for a comprehensive understanding of anxiety disorders, proposing that they are not distinct entities but rather components of an underlying anxiety pathway. This paradigm shift is crucial for early diagnosis, effective treatment, and prevention strategies, as it acknowledges the interconnected nature of anxiety disorders and their developmental course. Additionally, the study highlights the significant genetic component of GAD, solidifying its position as one of the most prevalent mood disorders.

### **Stigma and Stereotypes**

The impact of stigma and stereotypes on mental illness cannot be overstated. Negative perceptions often lead to societal stigma and unfair labeling, resulting in discrimination and prejudice, particularly affecting those with severe mental illness through internalized stigma (Catalano et al., 2021). Catalano et al. (2021) delve into this pervasive issue, highlighting how societal bias and stereotypes contribute to public stigma, while internalized stigma affects individuals' self-esteem and life aspirations.

Catalano et al. (2021) propose the Social-Cognitive Model to understand how individuals adapt their behavior based on societal influences and internalized biases. Their findings reveal a direct link between awareness of stereotypes and decreased self-esteem, significantly impacting recovery attitudes. Additionally, the study explores the role of self-efficacy in managing stigma's effects on self-perception and attitudes toward recovery, providing crucial insights into interventions such as Cognitive-behavioral therapy (CBT) and Acceptance and Commitment Therapy (ACT) to combat stigma and enhance well-being. These evidence-based approaches emphasize the importance of psychoeducation and early intervention in addressing stigma and its detrimental effects on individuals with serious mental illness (Catalano et al., 2021).

### **Narrative Theory**

Narrative theory serves as a foundational framework for comprehending the construction and transmission of stories, exerting a profound influence on human communication and culture. It scrutinizes the constituents, roles, and interpretations of narratives across diverse media platforms, shedding light on how storytelling shapes beliefs and behaviors within specific cultural and historical milieus (Reed et al., 2020)—the significance of storytelling in shaping our worldview and self-perception, which is crucial for mental health recovery. Reed et al. (2020) recommends a holistic approach to mental health recovery that involves finding purpose and meaning in activities despite disruptions caused by mental illness. Everyday activities can have transformative potential in this process. Narrative theory is crucial in understanding and supporting mental health recovery, emphasizing the importance of social elements and relationships in creating supportive environments.

In Medero and Havock's (2023) research, narrative theory is central to diminishing mental illness stigma. The study scrutinizes the components of narrative theory—transportation, identification with characters, and counterarguing—within mental health narratives, accentuating their potential to challenge stereotypes and nurture empathy. Through narratives, efforts to reduce stigma can reshape public perceptions and

foster comprehension of mental illness, aligning with the overarching goals of narrative theory in communication and societal transformation (Medero & Havock, 2023).

### **The Concept of Transportation**

Transportation, a crucial element in narrative engagement, involves viewers becoming deeply immersed in a story, momentarily disconnecting from reality and immersing themselves in the narrative world. This concept has significant implications for reducing mental health stigma, as individuals tend to engage more deeply with stories featuring characters grappling with mental illness (Medero & Havock, 2023).

### **Identification with Characters**

Establishing a connection between the audience and the characters is paramount for enhancing the relatability and engagement of a story. This connection facilitates understanding the characters' experiences and viewpoints, which can play a vital role in challenging mental illness stigma. Empathetic characters enable viewers to humanize individuals with mental illness, gradually reshaping attitudes. Narrative theory is a platform for creating relatable characters that effectively combat stigma (Medero & Havock, 2023).

### **Counterarguing as a Catalyst for Change**

Counterarguing, a key component of narrative theory, involves forming objections or disagreements in response to persuasive information within a narrative (Medero & Havock, 2023). The study highlights the transformative potential of counterarguing, indicating that reducing counterarguments can enhance a narrative's persuasive impact in reducing mental illness stigma. Emphasizing the delicate balance between storytelling and counterarguing and how narrative construction can effectively combat stigma.

### **Stigmatizing Attitude Reduction through Narratives.**

Medero and Havock (2023) demonstrated that portraying authentic and empathetic characters in narratives can combat mental illness stigma. By challenging

stereotypes and assumptions, these narratives encourage viewers to adopt more understanding perspectives and reduce stigma. Narrative theory supports the idea that stories have the power to influence, persuade, and transform attitudes.

### **Inclusive Narratives and a Compassionate Society**

Narrative theory highlights the potential of narratives to drive social change by composing stories that resonate with audiences and challenge stereotypes. Medero's study exemplifies how narrative theory addresses complex societal issues like mental illness stigma. By leveraging narrative theory, we can contribute to a more compassionate and inclusive society by harnessing the transformative power of stories.

The framework Narrative Theory navigates the world of storytelling, whether for mental health recovery or stigma reduction. Highlighting the potential of narratives to promote understanding and empathy, paving the way for a more stigma-free society. Reed et al.'s (2020) study also emphasizes the crucial role of narrative theory in mental health recovery, highlighting the importance of integrating storytelling into everyday activities to support recovery journeys. Similarly, Medero and Hovick (2023) showcase how narrative theory can effectively combat mental health stigma through thoughtful narrative construction and character development.

### **Art Therapy Theory**

Art therapy encompasses diverse artistic modalities, including painting and drawing, utilized in psychiatric and psychological settings to capture psychodynamic processes and facilitate therapeutic progress as described by the British Association of Art Therapists and the American Art Therapy Association, it serves as a form of psychotherapy, utilizing art media as a primary mode of expression to foster personal growth and change within a supportive environment (Hu et al., 2021).

Hu et al. (2021) extensively examine the theoretical underpinnings and clinical applications of art therapy, emphasizing its multifaceted benefits in addressing various mental disorders, including Depression, Anxiety, schizophrenia, and autism. They underscore the need for further research and understanding of art therapy's mechanisms, from neurological to molecular levels, to maximize its impact on mental health.

Similarly, Shafir et al. (2020) explores the emotional aspects of art therapy and its transformative potential, highlighting its effectiveness across different client groups and underscoring the importance of rigorous research methodologies within the field.

Relones (2022) further emphasizes the healing power of art therapy, particularly during the COVID-19 pandemic, where creative expression serves as a crucial outlet for addressing mental health challenges, especially among millennials. By leveraging motion graphics as a medium within the art therapy framework, individuals can express and confront their inner experiences while disseminating vital information about mental health, thus fostering open dialogues, and providing support during these challenging times. Art therapy is a powerful catalyst for personal healing and the broader mission of raising awareness and supporting mental health.

## **Media**

Digital technology has ushered in a new era of creative expression, expanding art horizons with mediums like digital illustration, motion graphics, and augmented Reality. These innovative tools merge artistry with technology, presenting unparalleled opportunities to captivate, educate, and evoke emotions in audiences. Digital illustration composes intricate visual narratives, while Motion Graphics infuse static images with dynamic movement. Augmented Reality, on the other hand, seamlessly blends virtual and physical forms, enhancing the viewer's experience. These mediums make complex subjects more accessible, resonating deeply with individuals and offering fresh avenues to address societal issues, explore emotions, and foster connections. Their adaptability unlocks boundless possibilities in storytelling, artistry, and communication, establishing them as indispensable forces in today's visual landscape.

## **Digital Illustration**

Corong's (2018) research underlines the pivotal role of digital illustrations in capturing the profound and intricate experiences of verbally abused children. Through adept digital media, skilled illustrators creatively and precisely depict these children's narratives, emotions, and environments. These illustrations serve as a powerful medium, offering a visually compelling representation of moments that may be challenging to

articulate through traditional text or live-action video, thereby fostering a deeper connection with the audience and eliciting empathy and understanding.

Furthermore, these digital illustrations transcend static artworks within the project, bringing them to life through Motion Graphics and Augmented Reality. This dynamic integration enhances the immersive nature of the experience, providing viewers with an interactive journey into the subject matter. While digital illustration may not be the primary focus of the study, its incorporation plays a pivotal role in rendering the experiences of verbally abused children tangible and emotionally resonant. By weaving digital illustrations into the narrative fabric, the research facilitates a visually engaging exploration that promotes empathy, comprehension, and awareness of this often-neglected issue.

### **Motion Graphics**

Corong's (2018) research highlights the potency of motion graphics in elucidating the experiences of children subjected to verbal abuse, offering a compelling avenue to confront this issue. By blending visual storytelling and animation, motion graphics adeptly navigate the intricacies of child abuse, encapsulating the emotional terrain and rendering trauma more palpable. This medium fosters an emotional bond with the audience, prompting self-reflection, advocacy, and heightened awareness of a societal issue often shrouded in secrecy.

Moreover, Corong's (2018) study elucidates how motion graphics effectively relay the narratives of verbally abused children to a diverse audience, bridging the gap between intricate subject matter and audience engagement. Similarly, Relones's (2022) investigation emphasizes the utility of motion graphics in spotlighting mental health awareness. The dynamic and visually captivating nature of motion graphics simplifies comprehension of complex mental health issues, which is particularly crucial amidst the pandemic's impact on millennials. Both studies underscore motion graphics' distinct narrative and communicative potential in addressing sensitive topics and bolstering awareness.

## **Augmented Reality**

Corong (2018) illustrates how augmented Reality transcends the boundaries between digital and physical form, fostering heightened engagement with creative content. This technology immerses viewers in narratives, enabling them to explore hidden layers of emotion and information within seemingly ordinary visuals. By leveraging augmented Reality applications, static images, and digital illustrations are enriched, transforming the storytelling experience into a more interactive and captivating journey.

Augmented Reality redefines passive observation, offering an immersive and participatory encounter that amplifies the impact of research findings (Corong, 2018). This innovation exemplifies technology's potential to drive societal change, educate, and raise awareness about pressing social issues, particularly parental verbal abuse among children. Seamlessly blending real and virtual environments, Augmented Reality (AR) holds promise in enhancing audience engagement and forging deeper emotional connections with content, especially in addressing sensitive topics like child-parent verbal abuse (Corong, 2018). Moreover, incorporating AR into the metaverse opens avenues for interactive and therapeutic environments to address various mental health challenges (Usmani et al., 2022). However, further exploration is necessary to fully harness its transformative potential in mental health support and therapy.



## Review of Related Works

The related work interprets the artistic aesthetics, urban culture, and mental illness experiences. Through innovative design and illustration techniques, including combining digital art styles, meticulous attention to detail, and composition techniques such as creating immersive storytelling experiences that convey human emotions, psychology, and body language complexities. The 2D Illustration will incorporate Motion Graphics and Augmented Reality to provide dynamic visuals and animations that transport viewers into augmented environments, allowing them to understand mental illness intricacies better as my work encourages empathy, acceptance, and a deeper understanding of the human condition.

**Figure 17**

*The Gnawing of the Termites*

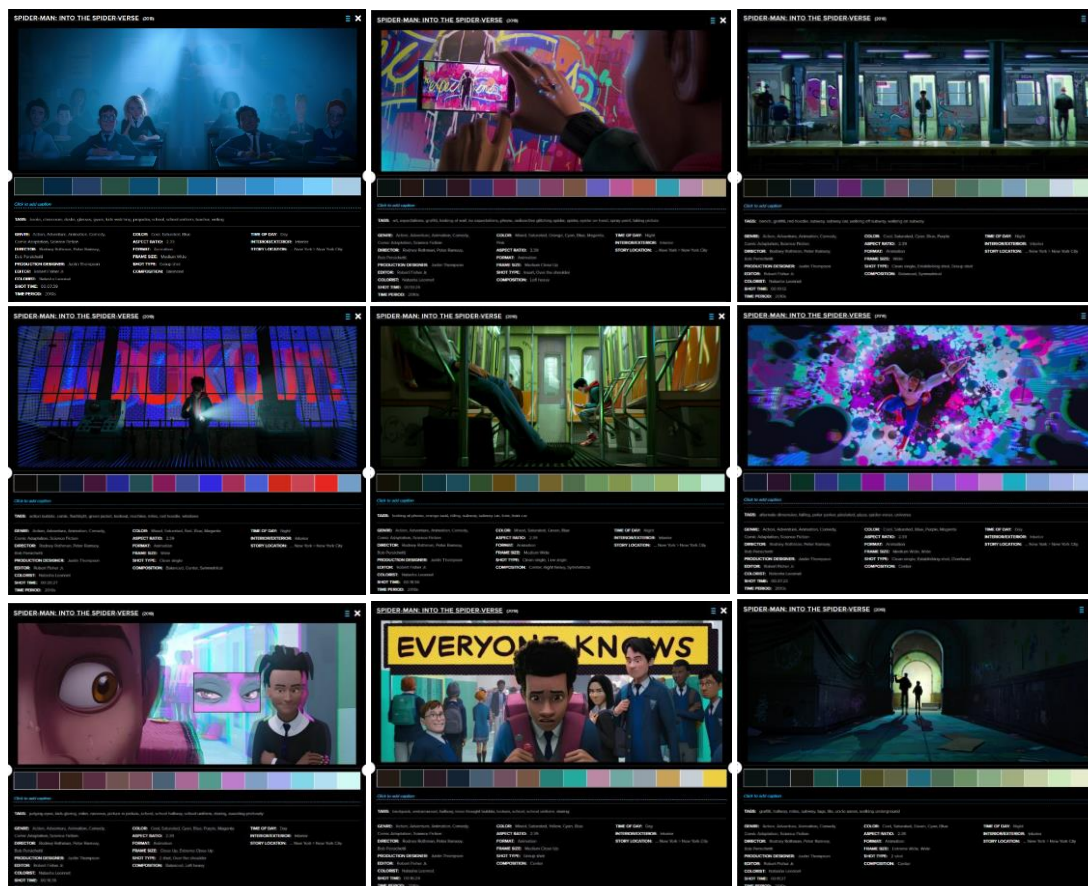


Palais De Tokyo (2023) magazine presents a visually captivating exploration through its design and illustrations, which provide a unique lens to delve into urban culture and graffiti. 'The Gnawing of the Termites' dedication to merging artistic aesthetics with thorough analysis creates a visually immersive experience reflecting the objective of the

thesis project, which is to use innovative design and illustration techniques to raise awareness of mental health experiences, cultivating passion and insight among readers.

**Figure 18**

*Spider-Man: Into the Spider-Verse*



"Spider-Man: Into the Spider-Verse" has a unique and groundbreaking art style, seamlessly integrating the Background Art Design into the narrative. It uses composition techniques such as split screens and comic-style panel transitions to create a dynamic and immersive storytelling experience. The Comic/Graffiti Art Style, inspired by street art and graffiti culture, adds an edgy and urban flair to the movie's visual language. The Rendering techniques, such as halftone patterns and bold use of color, add depth and texture to the visuals, immersing the audience in the story. Cinematography explores various camera angles and perspectives, creating an emotionally resonant and visually distinct experience.

All these elements make "Spider-Verse" an innovative and groundbreaking masterpiece in animation, pushing the limits of storytelling and art.

### Figure 19

*Cinematography, Language, Style, and Possibilities from Spider-Man: Into the Spider-Verse by Alberto Mielgo*

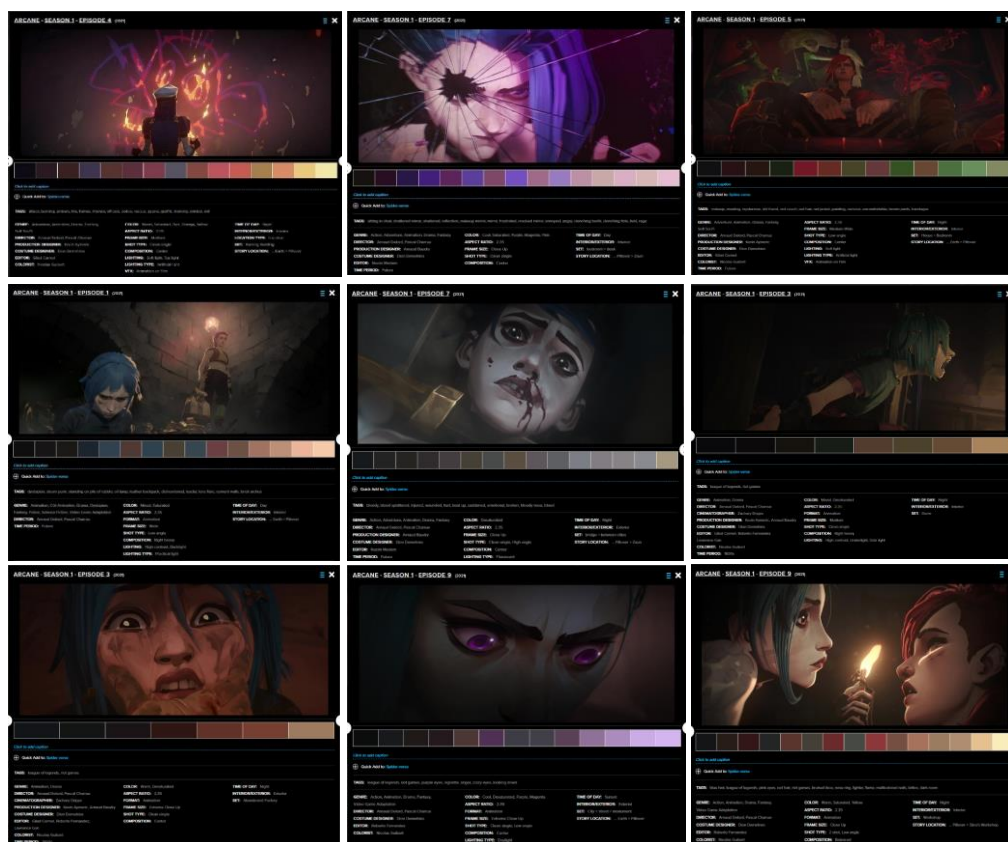


Alberto Mielgo explores the acclaimed animated film in a section dedicated to its innovative and boundary-pushing elements. Cinematography refers to revolutionary visual storytelling methods. The use of language in this context extends beyond verbal communication. Into the Spider-Verse speaks a visually rich and varied language, incorporating comic book aesthetics, bold colors, and dynamic framing to convey emotion, action, and character development. The film's styles refer to the various artistic approaches used to depict different characters and dimensions. An important contributor to the film's creation was Alberto Mielgo, whose distinctive style led to a richness and depth of visuals throughout the film. Offering an exciting and extensive exploration of the possibilities. With its groundbreaking animation techniques and innovative storytelling choices, the film pushes the limits of what is possible in animated films. In this film, we see that animation

offers endless possibilities for creative expression and storytelling, as it does not adhere to real-life constraints.

## Figure 20

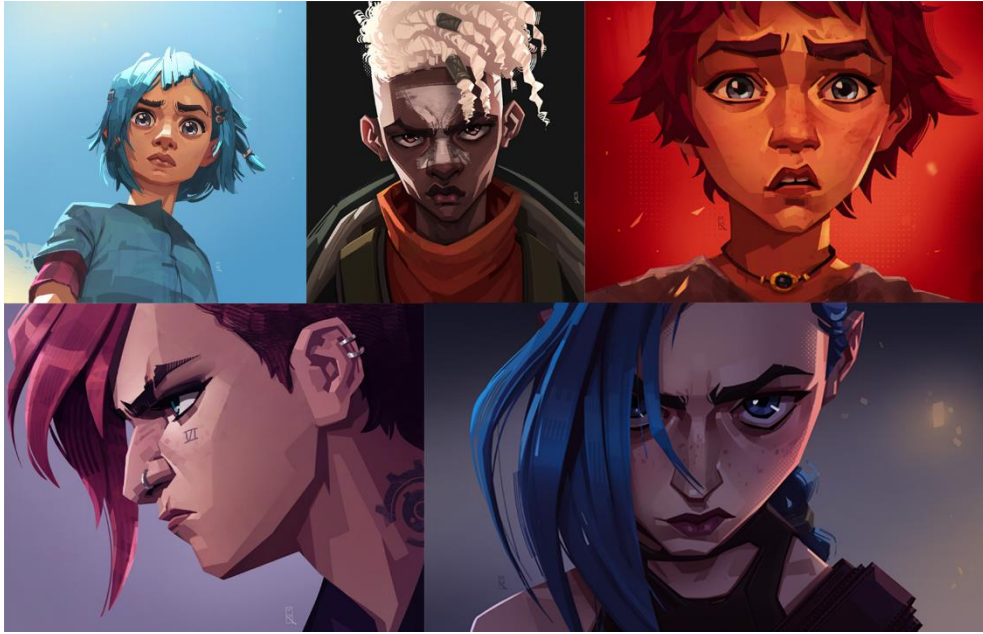
*Arcane: League of Legends*



The animated series "Arcane: League of Legends" provides valuable insights into illustrating complex emotions, psychology, body language, storytelling, and cinematography. Its character emotions, expressive body language, compelling storytelling, and innovative cinematography techniques help to create a more profound representation of individuals dealing with mental health issues. Applying the principles of storytelling, character portrayal, and emotional resonance can enhance the ability to promote empathy and understanding in the context of mental health awareness.

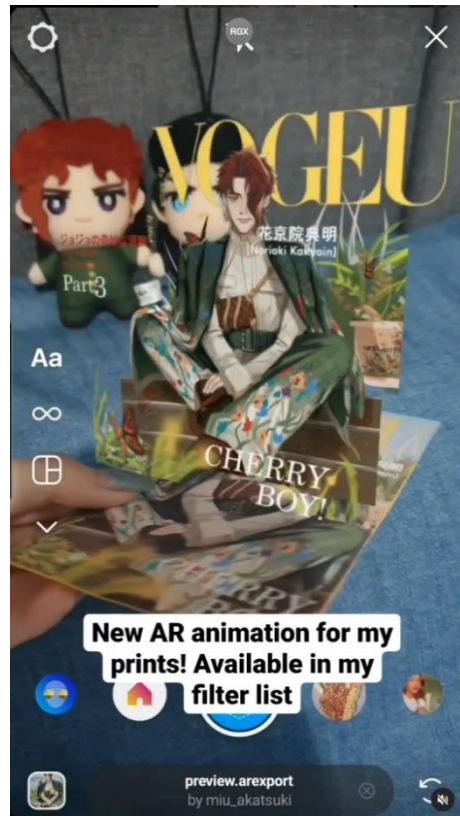
**Figure 21**

*Emotional Expression from Arcane: League of Legends by Meybis Ruiz Cruz*



Emotions are central to the narrative in "Arcane: League of Legends," shaping characters' lives. The illustration of Meybis Ruiz Cruz, an accomplished artist who channels these emotions into her illustrations, creating profound visual experiences. Cruz unveils the intricate feelings that define the characters in Arcane with every stroke, inviting viewers to delve into their depths.

Cruz's illustrations reveal the essence of Arcane's emotional depth. Through mastery of color, composition, and expression, Cruz brings the characters' innermost thoughts and feelings to life. Whether capturing Vi's fiery determination or Jinx's haunting despair, each piece showcases Cruz's talent for distilling human emotion into captivating visual storytelling.

**Figure 22***Jojo's Bizarre: Noriaki Kayoin*

Motion Graphics and Augmented Reality offer artists new and exciting ways to express themselves creatively, as shown in the works of artists such as Miu Akatsuki. Akatsuki's creations in these fields demonstrate the potential of these mediums to convey complex emotions and connect with audiences on a deep level. With its dynamic visuals and animations, Motion Graphics effectively communicates intricate experiences and emotions. On the other hand, Augmented Reality provides an immersive platform to help viewers understand the realities of mental health. Such creative output can inspire, offering innovative techniques and fresh perspectives for the project.

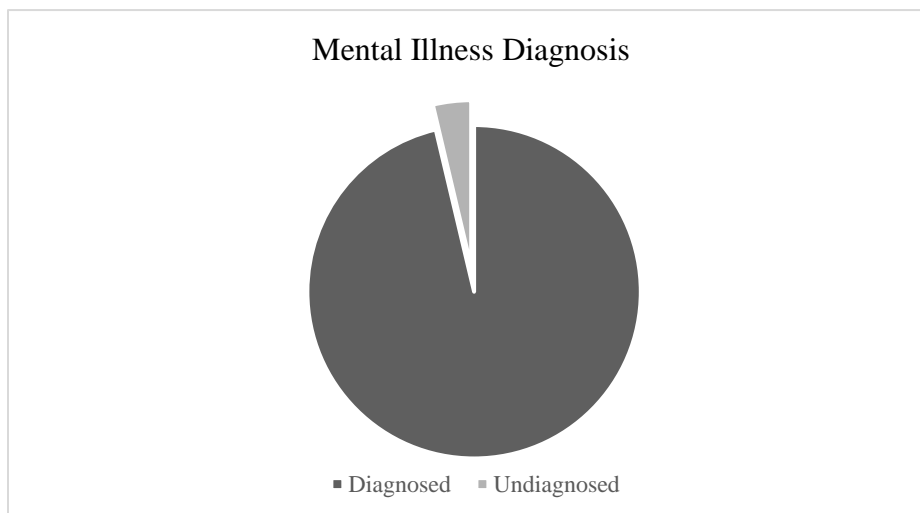
## Results and Discussion

Based on a comprehensive analysis of qualitative interview data, I illuminate the complexity of the stigma and stereotypes associated with depression and anxiety. Throughout my research, I uncover a wealth of personal experiences and insights shared by individuals who struggle with mental illness. While engaging in a discussion with the participants, I meticulously analyze and reflect on the data to place their stories in a broader context. Not only presenting results, but also inviting people to participate, fostering deeper insights, empathy, and understanding toward those facing mental health challenges.

### Interview Results Respondents

The interview results provided valuable insights into the content of "Unmasking the Mind," a study focused on addressing the stigma and stereotypes surrounding Depression and Anxiety. Through a virtual environment, the research delved into the interviewees' perspectives through carefully composed questions. The responses obtained from the participants, each identified by a pseudonym, illuminated the diverse aspects of mental health, offering an understanding of the challenges associated with Depression and Anxiety. The findings contribute to a broader discourse on mental illness, providing a platform for breaking down societal misconceptions and fostering a more empathetic and informed perspective on these prevalent mental health issues. Overall, the interview results play a crucial role in advancing the discussion around mental illness and promoting a more inclusive and supportive environment for individuals grappling with Depression and Anxiety.

1. Have you ever been diagnosed with a mental illness? (Please select one)	
Panda	Yes
Kin	Yes
Flor	Yes
Blib	Yes
Bean	No
Mashu	Yes

**Figure 23***Mental Illness Diagnosis from Data Gathered*

The analysis reveals that most of the participants, 83.3% to be precise (Panda, Kin, Flor, Blib, and Mashu), have been diagnosed with a mental illness, indicating a prevalent presence of mental health conditions within the sample group. This finding underscores the widespread occurrence of mental health challenges among individuals represented in the study, aligning with global epidemiological trends. However, it is notable that 16.7% of the respondents (Bean) have not received a formal diagnosis, suggesting potential limitations such as barriers to accessing mental health services and financial struggles. The diverse range of diagnosed mental illnesses among the participants highlights the complexity of mental health experiences and emphasizes the need for individualized approaches to diagnosis, treatment, and support. Overall, the identification of individuals with diagnosed mental illness presents opportunities for targeted interventions and support mechanisms to address their individual needs and promote well-being.

2. If yes, please specify the mental illness(es) you have been diagnosed with and provide any additional information on your diagnosis (e.g., age when diagnosed).



Panda	Diagnosed with Major Depressive Disorder and Generalized Anxiety
Kin	Was diagnosed at the start of 2023 with Seasonal Depression
Flor	They were diagnosed at the age of 18 years old with Persistent and Major Depressive Disorder and Generalized Anxiety Disorder. Then, at 23 years old, they got diagnosed with ADHD. Their Depression runs through the family.
Blib	Was diagnosed at the start of 2023 with Major Depressive Disorder but also feeling other symptoms that involve Social Anxiety
Bean	Not diagnosed but feels symptoms of Depression and Anxiety
Mashu	Was diagnosed with Anxiety Panic Disorder at 20 years old but feels symptoms of Depression and Mood Swings.

The responses to the question about diagnosed mental illnesses reveal a spectrum of conditions affecting the participants. Major Depressive Disorder and Generalized Anxiety are common diagnoses among several participants, highlighting the prevalence of these mental health conditions in society. Additionally, the diversity of diagnoses, including Seasonal Depression, ADHD, and Anxiety Panic Disorder, emphasizes the complexity and variety of mental health challenges individuals face. Notably, one participant experiences symptoms but remains undiagnosed, indicating potential barriers to accessing mental health care or reluctance to seek a formal diagnosis.

3. At what age did you first notice the signs or symptoms of mental illness?	
Panda	It started at a young age, but it became constant as they grew, by the age of 18 years old they started attempting self-harm.
Kin	1 <sup>st</sup> year of High School, they were not feeling motivated and stopped going to school and stayed in their room for years before getting diagnosed.
Flor	In 9th Grade at the age of 15 or 16 years old.

Blib	For Anxiety around ten years old and Depression at the age of 13 to 15 years old.
Bean	Depression started in 2021 at 23 years old feeling unmotivated, with no sleep, and with symptoms of Anxiety.
Mashu	Started noticing the 1 <sup>st</sup> year of college 2018-2019, but looking back to it they have been experiencing it through High School

The study of participants' ages at first noticing signs or symptoms of mental illness offers valuable insights into the diverse developmental trajectories of mental health challenges. Some, like Panda and Blib, identified symptoms young, highlighting the importance of early intervention and support during childhood and adolescence. Others, such as Kin, Flor, and Mashu, recognized symptoms during their teenage years, a critical period of emotional and social development. Bean's experience of Depression onset in adulthood underscores the possibility of mental health challenges emerging later in life, emphasizing the need for ongoing awareness and support across the lifespan. Additionally, Mashu's retrospective recognition of symptoms throughout high school suggests that individuals may not always immediately recognize their mental health struggles, emphasizing the importance of self-awareness and reflection. Overall, this analysis underscores the complex and varied nature of mental health experiences, stressing the significance of early recognition, intervention, and ongoing support.

4. Can you describe some feelings and emotions you've experienced when dealing with mental illness?	
Panda	The feeling of hopelessness, not having the will to live, not being good enough, and guilt.
Kin	Not feeling like they fit in and being conscious about how they were perceived. Feeling emotionally available to others and to themselves.
Flor	They felt insecure about who they were, did not know who they could turn to, and felt guilt and shame. Feeling heavy most days

	and lighter some days, but still noticeable. The biggest emotions are feeling hopeless and not good enough and stress.
Blib	For Anxiety, the heart is racing and panic attacks, but Depression is more persistent. Have thoughts of feeling worthless and guilty and focus on what they did wrong for not reaching the expectations they set for themselves. Tired all the time, constant negative thoughts.
Bean	Feel like they weren't good enough, that nobody would want them, hopeless, useless, and weak; they feel left behind in life, guilt, tired, and not getting to fit in.
Mashu	Hard time breathing and they cannot control their body. Feeling sad, so bad, and disassociated. The constant overwhelmingness, hopelessness, and chest tightening.

The characterizations of emotions associated with mental illness provide insight into the subjective experiences of individuals grappling with these issues. Feelings of hopelessness, worthlessness, and insecurity are recurrent themes, illustrating the profound impact of mental illness on self-perception and emotional well-being. Physical symptoms such as racing heart and difficulty breathing further underscore the interconnectedness of mental and physical health. These accounts emphasize the need for comprehensive support systems that address both the emotional and physiological aspects of mental illness.

5. Have you encountered the stigma and stereotypes associated with mental illness? If yes, please describe the situations or experiences where you felt stigmatized.	
Panda	Yes, while openly expressing emotions to parents it backfired as they would only laugh about it.
Kin	Yes, people belittle them because of their self-worth.
Flor	Yes, it was tough at college to manage mental illness when some people were not very understanding of their struggles.

Blib	Yes, they feel isolated within families' expectations and invalidating what they are going through. Another one is not to take medication since they will get used to it even when it can help them.
Bean	Yes, coming from their parents, being invalidated, having a distant relationship, and being called lazy. Being compared to others, especially with gender, being a man does not show their emotions and how they feel because they must be tough.
Mashu	Yes, their parents need to confirm if they have mental illness first and are perceived as crazy and overeating, but when they realize it's real, they stop. Friends downplay the experiences when they share making them feel not knowing what to do.

Participants' experiences of stigma and stereotypes shed light on the societal barriers individuals with mental illness often encounter. Instances of laughter, belittlement, and invalidation from family, friends, and broader social circles reflect the pervasive stigma surrounding mental health. Gender stereotypes, particularly regarding the expression of emotions by men, are also evident, highlighting the intersectionality of stigma and identity. These narratives underscore the importance of destigmatizing mental illness and promoting empathy and understanding within communities.

6. The proposed thesis project aims to shed light on mental illness through Digital Illustration, Augmented Reality, and Motion Graphics. How do you feel about exploring and expressing mental illness using art and technology?	
Panda	Art and technology can be useful for exploring and expressing mental health issues and it will allow people to openly express themselves with strangers without feeling like it is an interrogation or their comfort being invaded.
Kin	It's cool to use art and technology to talk about mental health because mental health issues can be tough to explain.

Flor	Utilizing art and technology to express mental health issues offers an additional platform to amplify voices that may go unheard. Incorporating a creative element enables individuals from diverse backgrounds to engage with the resulting art and technology.
Blib	It is a wonderful concept to be executed; art and technology can reach many people and enable them to visually express what people are experiencing, which is a good thing.
Bean	It's cool to use art and technology to express and explore feelings without having any words to say.
Mashu	Using technology is a way to express emotions and experiences. They love the idea of exploring and sharing it with other people through technology and art.

The responses regarding the use of art and technology for mental health expression reveal a collective openness to innovative approaches in addressing mental illness. Participants recognize the potential of creative mediums to provide a safe and accessible outlet for sharing their experiences. Art and technology are viewed as powerful tools for amplifying voices, reaching diverse audiences, and fostering empathy and connection. The enthusiasm expressed suggests a willingness to explore alternative forms of communication and expression in the context of mental health.

## **Conclusion**

Upon comprehensive analysis, the participants' mental health experiences were complex and diverse. The findings shed light on various aspects, including the prevalence of diagnosed mental illnesses, the extent of conditions experienced, developmental trajectory, emotional characterizations, experiences of stigma and stereotypes, and the potential for creative expression through art and technology.

With these insights in mind, the proposal to utilize digital illustration, motion graphics, and augmented reality to address the stigma and stereotypes surrounding

depression and anxiety is particularly pertinent. By providing a platform for individuals to share their experiences through art and technology, the project aims to provide a safe and accessible medium for self-expression and communication.

The use of augmented reality, especially through platforms like Instagram's Spark AR, provides the project with a fresh dimension of innovation. In addition to engaging audiences visually, the project allows for a deeper level of immersion and interaction with the audience. This is done through integrating diary entries with augmented reality experiences. Narration and music further enhance emotional impact. This provides comfort to those who relate to the experiences shared and raises awareness among those who may not fully understand mental illness challenges.

Further, by leveraging social media platforms such as Instagram, the project has the potential to reach a wide and diverse audience, amplifying voices and fostering empathy and connection globally. In doing so, the project destigmatizes mental illnesses and seeks to provide a more welcoming and supportive environment for individuals struggling with mental illness. It does this by embracing creative mediums and technology.

## **Recommendations**

Discussing both research and creative topic enhancements that can be made to the project in the future. Understanding mental health stigma requires acknowledging research limitations and exploring qualitative methods. Prioritizing inclusivity and accessibility in the creative process to reach diverse audiences. By amplifying voices and challenging stereotypes, this approach empowers individuals and advocates for mental health awareness effectively.

## **Research Topic**

The importance of acknowledging the limitations of my research, including the possibility of selection bias as well as the subjective nature of self-reported experiences, is imperative. There is a possibility in the future of conducting research to examine the long-term effects of such interventions on attitudes towards mental health and the change in their attitudes over time.

In qualitative research, individuals' lived experiences are explored in depth, thereby providing insight into how stigma and stereotypes manifest themselves in different contexts. Through direct engagement with participants, researchers can uncover unique perspectives and narratives that may not be captured through quantitative analysis alone. In addition, qualitative research can provide an opportunity to identify potential interventions that may address stigma and promote empathy and understanding within communities.

Considering my study's findings, it would be beneficial to conduct further research into whether augmented reality as well as other innovative technologies could be used in destigmatizing mental illnesses in an effective way in the future. Furthermore, I encourage continued efforts to ensure open communication and support are made available to individuals who are struggling with mental health issues in both a virtual and offline environment.

As a result of this recommendation, researchers can build upon the existing knowledge base and contribute more to the discourse surrounding mental health stigmas

and stereotypes, ultimately contributing to the development of more targeted and effective interventions and initiatives.

### **Creative Process**

A creative process that combines digital illustrations, motion graphics, and augmented reality presents an opportunity to amplify voices and challenge stigmas associated with depression and anxiety. It is recommended that collaboration and co-creation with individuals who have lived experiences of mental illness be prioritized to maximize the effectiveness of this creative endeavor.

The project will ensure authenticity and resonance in its messaging and visuals by involving individuals with firsthand experience of depression and anxiety in the creative process. Collaboration workshops and brainstorming sessions can be used as platforms for participants to share their stories, ideas, and artistic visions. In turn, these visions can be translated into digital artworks and augmented reality experiences.

Moreover, accessibility and inclusivity should be prioritized as part of the creative process to ensure that the resulting artworks are accessible to individuals of diverse backgrounds and abilities. Consideration may be given to factors such as language, cultural sensitivity, and accessibility features within the augmented reality platform.

With this recommendation, the creative process becomes not only a means of expression, but also an avenue for empowerment and advocacy, amplifying the voices of individuals with lived experience and challenging stigma and stereotypes associated with mental illness.



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## Appendix A

### List of Contributors (Voice Actors)

#### Voice Actors:

- Beatrice Colleen Liberato – Emily, personifying depression
- Jaime Rodriguez – Oliver, personifying anxiety

#### Soundtrack Artist:

- Lost Comets

Album: Drift Away

Song 1: Prequel

Song 2: Exposition

Song 3: Rising Action

Song 4: Climax

Song 5: Falling Action

Song 6: Resolution

Song 7: Sequel

## Appendix B

### Script for Interview

(DATE)

To Whom It May Concern,

I request your permission for an interview on mental health and artistic expression as part of my thesis project, titled "**Unmasking the Mind: A Diary Entry through Digital Illustration, Motion Graphics, and Augmented Reality Illuminating Depression and Anxiety**," on mental health and artistic expression. This interview aims to gather valuable insights and personal information. experiences related to mental illness and enhanced the understanding of the subject matter.

The interview will take place on (DATE) through an online platform that is convenient for you. The discussion **will be recorded** for accurate documentation and analysis purposes, and I assure you that all information provided will be treated with the utmost confidentiality. I will assign you a **pseudonym** to protect your privacy during the data analysis and presentation.

Participation in this interview is **entirely voluntary**, and you have the **right to decline or withdraw your consent at any time** without any negative consequences. **Your personal information and identity will be kept confidential, and your real name will not be used in any publication or presentation.**

By agreeing to this interview, **you grant permission for me to use the information collected for academic and research purposes**, including potential publication in my thesis and related materials while maintaining your anonymity.

If you have any questions or concerns and want to discuss any aspect of the interview, please do not hesitate to contact me at **krdomingo2@student.apc.edu.ph**. I will be happy to address any inquiries or provide additional information.

I am sincerely grateful for your consideration of my request for this interview. Your valuable insights and experiences, shared under a pseudonym, will significantly

contribute to my research and its potential impact on the awareness and understanding of mental health issues.

Thank you for your time and consideration.

Sincerely,

Kyla Sophia R. Domingo

### **Interview Questions**

**Title:** *Unmasking the Mind: A Diary Entry through Digital Illustration, Motion Graphics, and Augmented Reality Illuminating Depression and Anxiety*

**Introduction:** Thank you for participating in this questionnaire. Your responses will help us gain valuable insights into experiences related to mental health and the proposed thesis project. Please be as open and honest as you feel comfortable.

#### **Section 1: Mental Health Experiences**

1. Have you ever been diagnosed with a mental illness? (Please select one)
  - Yes
  - No
2. If yes, please specify the mental illness(es) you have been diagnosed with and provide any additional information on your diagnosis (e.g., age when diagnosed).
3. At what age did you first notice the signs or symptoms of mental illness?
4. Can you describe some feelings and emotions you've experienced when dealing with mental illness?
5. What is the closest memory you can recall related to the onset or early experiences of your mental illness?

#### **Section 2: Coping and Support**

1. How have you been helping yourself with your mental illness? (e.g., therapy, medication, self-care, support groups)

2. Have you encountered the stigma and stereotypes associated with mental illness?  
If yes, please describe the situations or experiences where you felt stigmatized.

**Section 3: Thesis Project on Mental Health**

1. The proposed thesis project aims to shed light on mental illness through Digital Illustration, Augmented Reality, and Motion Graphics. How do you feel about exploring and expressing mental illness using art and technology?
2. The project will include narrated-audio poems or narratives to enhance the emotional connection. How do you believe this additional layer of storytelling can impact the audience's understanding of mental illness?
3. How has your experience with mental illness shaped your understanding of this topic, and what motivated you to participate in this survey?

**Closing Thoughts:**

1. Is there anything else you want to share or additional thoughts regarding mental illness, the proposed thesis project, or related experiences?

Thank you for your participation!

## Appendix C

### Script for Narration

#### Depression

##### 1. Moral Failing and Easy Solution

- *Beatrice Colleen Liberato*

In the quiet of my mind, that familiar voice crept in again and asked, (*sarcastic/mocking laugh*) "Wouldn't it be funny if tomorrow you're no longer here?" it taunted.

I resisted, (*hold your breath*) but it's draining (*sigh.*)

"Why would I?" I countered weakly.

"I'm tired... (*a lump stuck in your throat,*) I'm just so tired," I admitted, (*heavy sigh*) my gaze drifting downwards, but despite it all, a flicker of defiance ignited within me.

In one breath amidst the chaos, a fragile plea emerged, barely audible, it urged, (*whispering*) "Stay."

##### 2. No Valid Reason and Attention Seeking

- *Beatrice Colleen Liberato*

Within these pages, my soul confides (*sighs deeply.*) They say, "No reason," as tears collide (*silence.*)

Each blow unleashed; frustration grips tight (*rapid breathing frustration.*) Invalidation's sting, a relentless fight (*hold your breath.*) A shadow... a shadow (*whispering voice cracks*) looms, a familiar woe.

Yet in its grasp, acceptance grows, (*sigh of relief.*) A warrior's spirit, defiance shows.

### 3. Self-Pity and Unhappiness by Choice

- *Beatrice Colleen Liberato*

Confiding, I reveal my strife, (hold your breath.) Burdens heavy, shadowing my life (*sighs softly.*)

Lost in translation, reflection, disconnection, (*strangled sound.*)

Memories collide, scars intertwined. Desperation claws, longing to reclaim, (*trembling and hoarse.*) Happiness lost, a distant whisper, my name.

In tears, release, pain intertwined, (*breath hitching.*) But through it all, I fought, resigned.

### 4. Weakness and Inability to Function

- *Beatrice Colleen Liberato*

Ink bleeds from my heart's page (*exhales sharply.*) A weight, dragging me to a darker stage.

Once vibrant, now shadows cloak my path (*choked with emotions.*)

Each droplet a silent scream of wrath. Memories fade, happiness whispers (*sighs.*) Resilience sparks, despite the strain (*determined echo.*)

## Anxiety

### 5. Exaggeration and Overreacting

- *Jaime Rodriquez*

Frantic thoughts race through my mind, (*sighs deeply.*) Crowds press in, stomach in knots, I'm confined. I want to flee, every whisper aimed at me.

In isolation, deep breaths to regain, (*exhales shakily.*) But the crowd remains, fears still the same. It's my mind that twists, not the world around, (*hint of resolve.*) Finding calm, standing my ground.



## 6. Fear of Social Situations and Inability to Relax

- *Jaime Rodriquez*

Dread takes hold, skin feeling cold, (*frantic.*) Faces blur, tension spikes, (*ragged breathing.*) Isolation's grip, fear it likes.

Stepping out, seeking fresh air, (*breathes deeply.*) Deep breaths, a silent prayer.

Gazing around, resolve takes flight, (*limp in the throat*) fear's chains, I'll break tonight.

## 7. Perceive Control and Stress

- *Jaime Rodriquez*

In shadows, fears unfurl, (*quivers.*) Stepping out, into a world unforgiving, I swirl.

Laughter fills the air, suffocates, (*sarcastic laugh.*) Gripping tight, my heart contracts.

Breathing deeply, plea for peace, (*trembling.*) Through chaos, a moment's release.

Highs and lows twine, (*sighs in relief*) Knowing, I can shine.

**Author's Biographical Note**

My name is Kyla Sophia Domingo. I am a third-year college student studying for Bachelor of Science in Multimedia Arts at Asia Pacific College. Specializing in Graphics Design, particularly Illustrations, I'm passionate about visual storytelling. Alongside my graphics expertise, I also possess skills in film, animation, and sound design. My goal is to enter the visual development or concept art fields, bringing imaginative worlds to life through captivating visuals and aiming to leave a lasting impact, inspiring others with my creativity.