

Promoting Social Competence in Person with Mental Health Problems and Learning Difficulties

Serious Games for Social and Creativity Competencies 531134-LLP-2012-BG-KA3-KA3MP

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Background

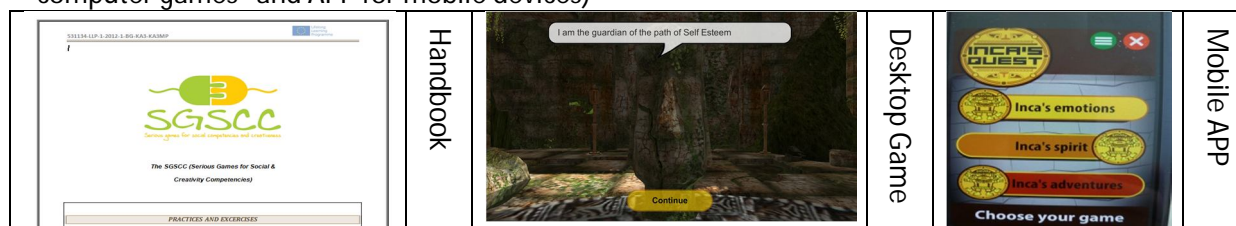
In the area of mental health and disability social competence plays a key role. The „functioning“ of a person with disability and/or mental health problems to a **high extent is correlated to his/her social competences**. Social competence is the ability to achieve personal goals in social interaction while simultaneously maintaining positive relationships with others over time and across situations¹. Schoon (2009) summarises in a broad sense that “social competencies reflect adjustment in the family, school, work, in society at large, and in old age, requiring more context specific definitions of the construct , as well as a focus on particular facets of social competence, such as **empathy, self control, trust, respect for other people, or civic engagement**” (p.2)².

Within DSM V social competence plays a key role in the field of

- **Intellectual disabilities (317)** **Anxiety disorders**
- **Communication disorders** **Personality disorders**
- **Depressive disorders (296.xx)** **Other problems related to the Social Environment**

Goal

The project aims to promote social competences (soft skills like cooperation, “listening”, empathy, conflict solution, self control, assertiveness..) by means of training curricula and serious desktop “computer games” and APP for mobile devices)



Results

Preliminary results show, that also persons with mild learning disabilities benefit from social competence trainings and that transfer effects into daily life and further employability can be hypothesized. All products are available free of charge in Bulgarian, English, German, Dutch, Turkish, Serbian and Lithuanian and will be fully functional from July 2015. Evaluation data of the impact of the training program and pilot runs with users will be available under www.games4competence.eu. For further information contact: office@sinn-evaluation.at.

¹ Rose-Kraasnor, L. (2006). The Nature of Social Competence: A Theoretical Review. Social Development, 6.1, 111–135

² Schoon, I. (2009). Measuring social competencies. German Council for Social and Economic Data, 2.