For exposure therapy to succeed, it is not only crucial that the patients confront the anxiety-provoking elements of the situation. The therapist also needs to remain informed about the patient’s field of view.

Using SMI Eye Tracking in the Oculus Rift DK2 head-mounted display as part of the VTplus VR exposure system, the gaze direction and the visual attention of the patient are known at all times. The VTplus VR software evaluates which elements are observed and when they are looked at.

Mathias Müller, Managing Director, VTplus GmbH:
“SMI’s unique HMD eye tracking integration is crucial for our VR exposure solution. Live gaze traces enable us to control if the patient really confronts stressful elements, and to optimize the exposure exercise based on this information.”