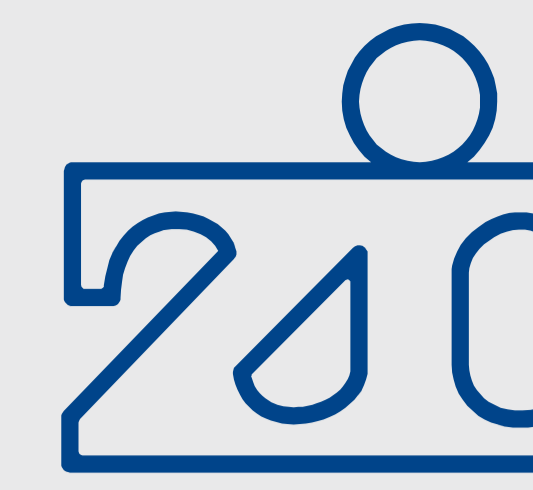


Virtual Reality Exposure Therapy in Real Life

Implementation of VR Therapy in an University Outpatient Clinic



Zentralinstitut für
Seelische Gesundheit
Landesstiftung
des öffentlichen Rechts

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Aims

- Gain hands on experience
- Learn about feasibility, usability and practical use
- Insights of multiple therapists

Background

Virtual reality exposure therapy (VRET) is a promising treatment option for University outpatient clinics due to its ability to provide exposure-based therapy in a controlled and personalized manner and therefore opening valid and reliable research options. VRET has been shown to be effective for a range of conditions, with studies suggesting comparable efficacy to traditional exposure therapy while offering increased accessibility and acceptability.

Implementation Process

- 2019 Beginning of the Collaboration
- Practical Applicability
- Start with 6 Scenarios
- 2020-08 Revision by VTplus
- 2020-11 CE Certified System

Training of the therapists

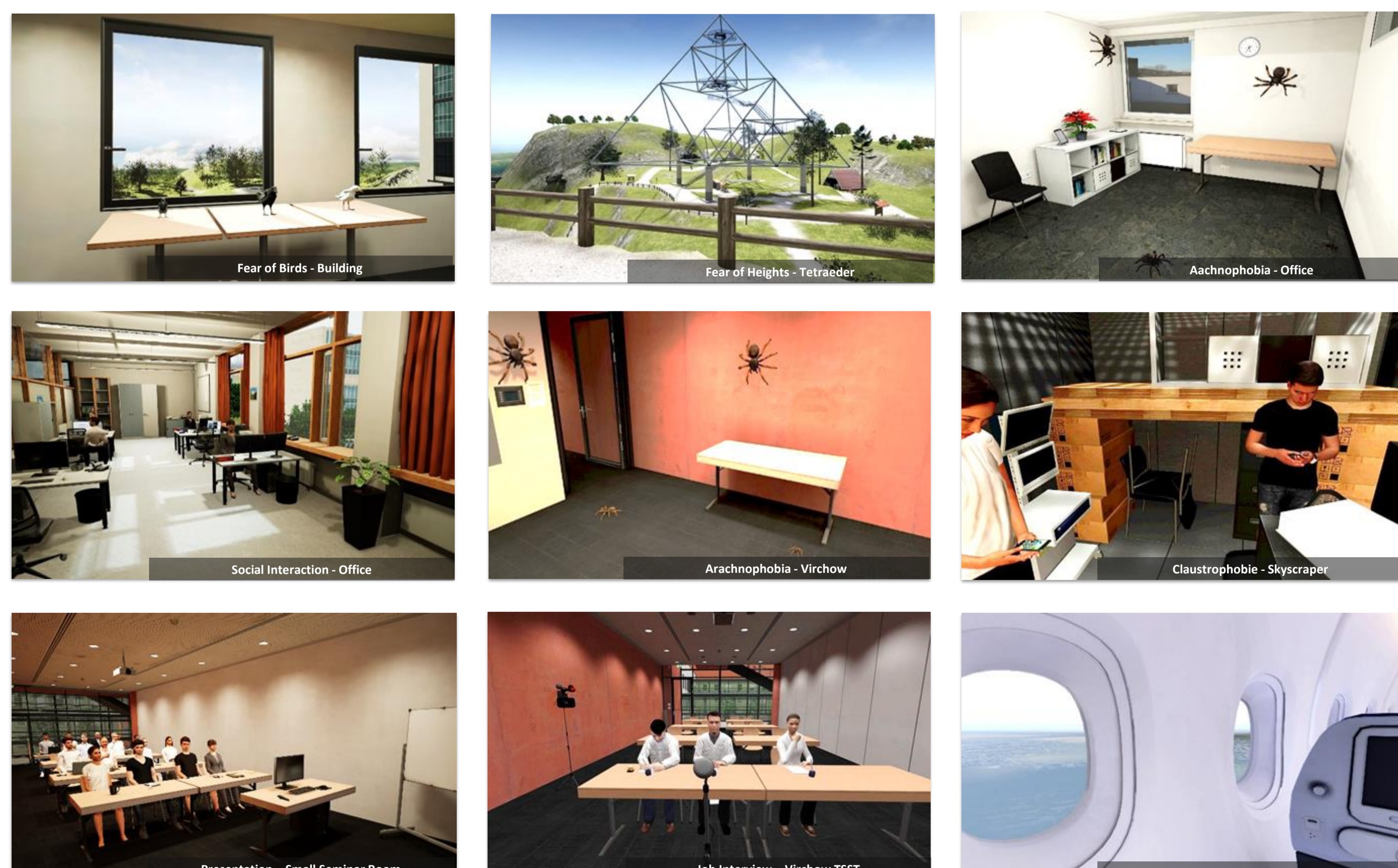
- 120 min Training on the system
- Training manual
- Unlimited access to the system

Therapy Process

- 2 Consultation hours
- 4 Probatorik
- 3 VR Expo
- Additional Exposure Sessions
 - in-vivo, in-sensu, in virtual reality

Scenarios

The system is now in use with 14 different scenarios ranging from fear of heights, arachnophobia, claustrophobia to social phobia



Descriptive Results

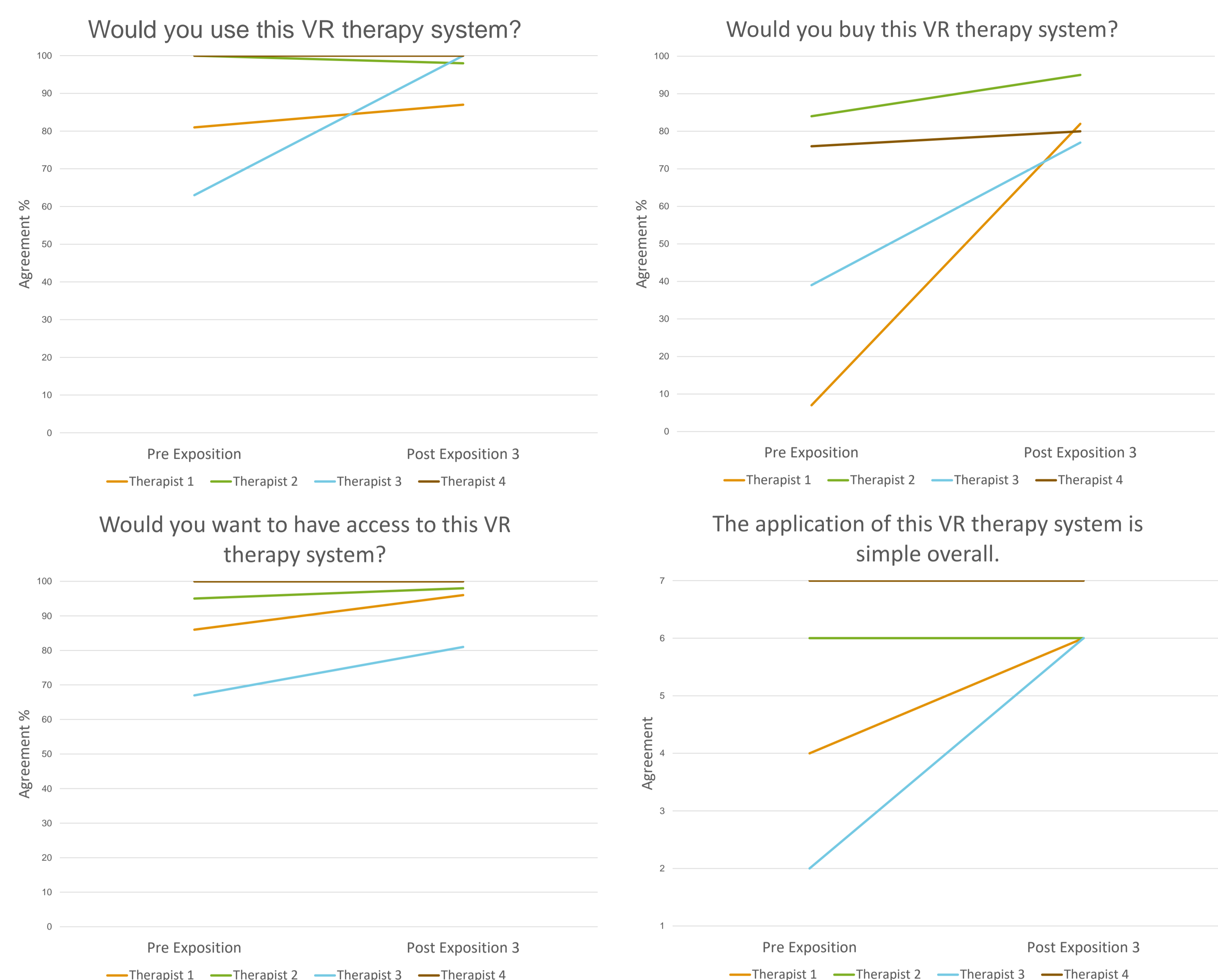
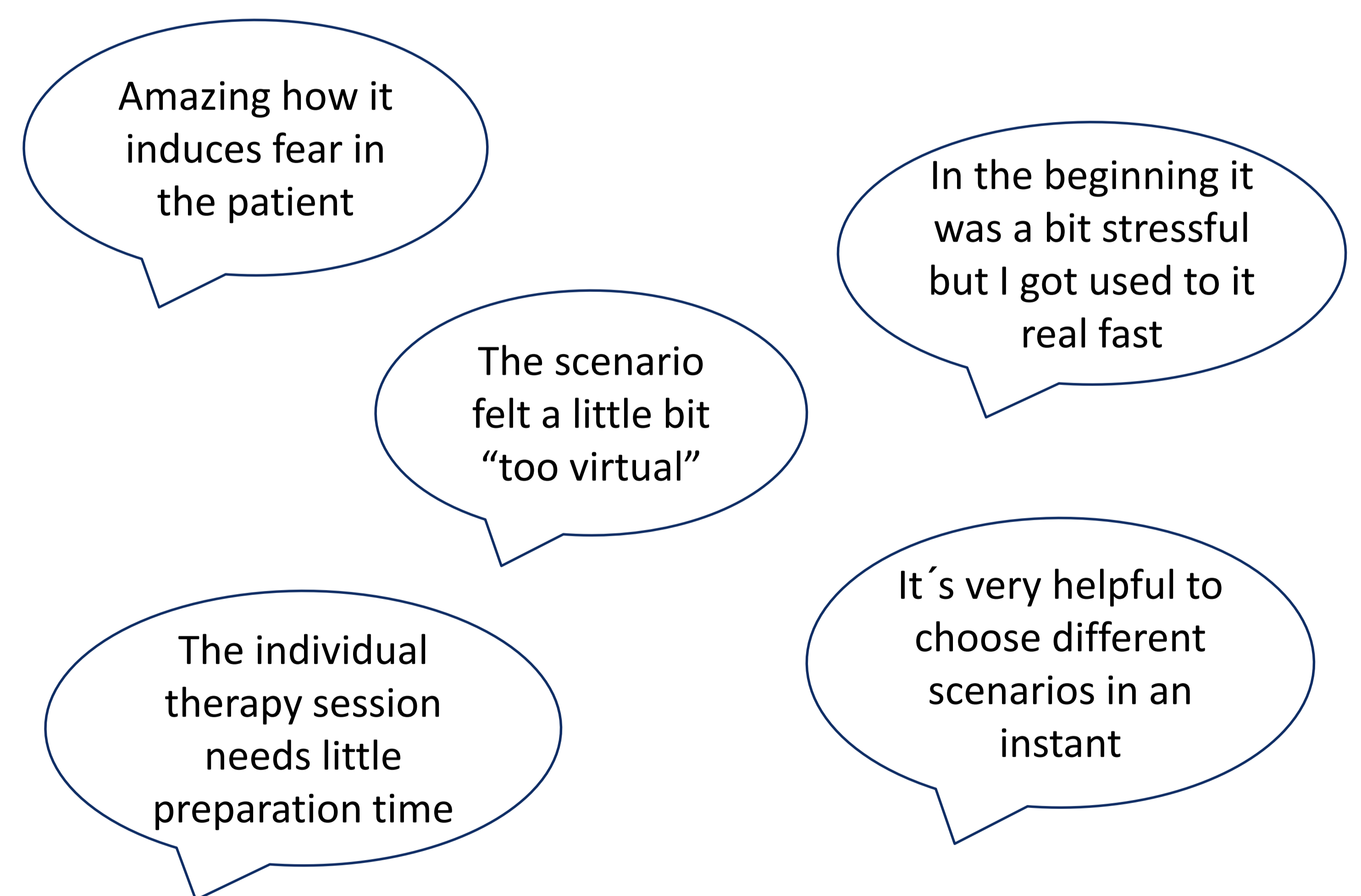


Figure 1. Technology Usage Inventory. Therapists completed the pre questionnaire after the training and the post questionnaire after the third exposition therapy session.

Insights of the therapists



Learnings

Virtual Reality Exposure Therapy is a promising addition to university outpatient clinic treatments. It requires minimal training and can help treat multiple phobias, while being more time and cost-efficient than in-vivo exposure therapy. Our therapists find it user-friendly and are eager to incorporate it into treatment plans. While costly for individual therapists, it's a beneficial investment for clinics with multiple therapists using the technology.

- Economic
- Initial price quite high
- Quick to learn