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The Virtual World and Mental Health

The virtual world as a recovery medium for people with mental health problems

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psychological therapies – talking treatments

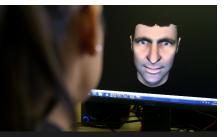
"Talking with voices" is a relational approach which emphasizes the importance of understanding voices (and voice relationships) within the person's biographical context.

Corstens et al., 2012; Longden et al., 2012

The are seven uses of virtual reality for psychosis:

- → symptom assessment,
- → establishing symptom correlates,
- → identification of predictive variables,
- → identification of differential predictors,
- → identifying environmental predictors,
- → establishing causal factors, developing treatment

Freeman, 2008



Frequency and intensity of the auditory hallucinations, the disruption they cause to life, and the beliefs patients develop about their hallucinations improved when patients had short dialogs with an avatar of their voices.

Rus-Calafell et al., 2014

Conclusion:



Although virtual reality technology offers significant potential as a recovery medium for people with mental health problems it needs farther investigation of both consumer and clinician attitudes and preferences toward this technology.



Virtual reality refers to interactive, multi-sensory, viewer-centered, three dimensional computer generated environments.