

Virtual Reality and Behavior Management

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Synopsis

Virtual reality is a very popular technology, and it is a rapidly emerging field of research. Virtual reality is a tool for the healthcare industry. There is a wide range of study in various disciplines, such as psychology and behavior. In addition, it is increasingly used to evaluate as well as treat mental disorders. Virtual reality seems to be really effective in realistic reactions and behaviors. Studying the articles, we draw the conclusion that virtual reality has a most significant role in mental health.

Introduction

Virtual reality is a very popular technology, and it is a rapidly emerging field of research. A computer application and a 3D environment are often used for its implementation. It is worth mentioning that the available information concerning the virtual environment is less. Virtual reality is a tool for the healthcare industry. There is a wide range of study in various disciplines, such as psychology and behavior. The first reference to virtual reality and mental health was made in 1990. In addition, it is increasingly used to evaluate as well as treat mental disorders. Virtual reality seems to be really effective in realistic reactions and behaviors.

Purpose

Virtual reality is increasingly used to evaluate as well as treat mental disorders. Virtual reality seems to be really effective in realistic reactions and behaviors.

Methods and Materials

In our systematic review we searched through international databases (PubMed, Pedro, Medline, The Cochrane Library). The keywords used in the search are a combination of terms: virtual reality, behavior management.

Results

There is a wide range of virtual reality that has been implemented to health and especially in behavior management.

Discussion

One research summarizes studies of mental disorder therapies using virtual reality. The results are most impressive in terms of posttraumatic stress, anxiety disorders, even in psychoses, addictions and eating disorders. Additionally, it is worth mentioning that it is also applied to children and adolescents. Another remarkable piece of work is a study on the effectiveness of virtual reality in children and more particularly in the management of pediatric stress. An interesting reference to the action of virtual reality in relation to the behavior is the "SAFER WATER" sessions. It is an interactive virtual experience aimed at supporting the suitable behavior that people should have in the face of natural disasters. In another study, a comparison of virtual reality versus mental health was made. Virtual worlds were created to study changes in behavior. The wide range of virtual reality has contributed to the treatment of psychological ailments.



Conclusions

Studying the articles, we draw the conclusion that virtual reality has a most significant role in mental health. However, further study of the cases is also needed. In addition, there are issues that it is necessary to be studied as well, such as the development of technology, possible side effects, the period of time that each session receives, and the number of them that should be held. Last but not least, a key factor that needs to be studied is the dependence of patients on virtual reality.