



Stress Training & Therapy of Fears in VR – Designing Exposure Scenarios to Help People

Open Bachelor/Master Thesis

Background

Many people are repeatedly exposed to stressful situations in work. Furthermore, around 7,7% of the population suffers from one or multiple phobias. Both types of stressors challenge people to react calm and avoid getting emotionally triggered. VR provides the opportunity to train challenging situations. Exposure to anxiety-provoking scenarios can help to train to react calmer to triggers of fear networks in the brain. Already single session exposure in VR can help to reduce fears on a clinically not significant level. Successful exposure therapy can increase the quality of life and reduce avoidance.

Research Goal

Goal of the thesis is to develop a stress-evoking VR scenario to train either fears or self-calming with different levels of detail. In a subsequent study, presence and stress levels shall be investigated to get insights into how stressful VR scenarios should be designed to effectively train self-calming or reduce fears respectively.

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