

Virtual Reality Therapy for Youth Mental Health

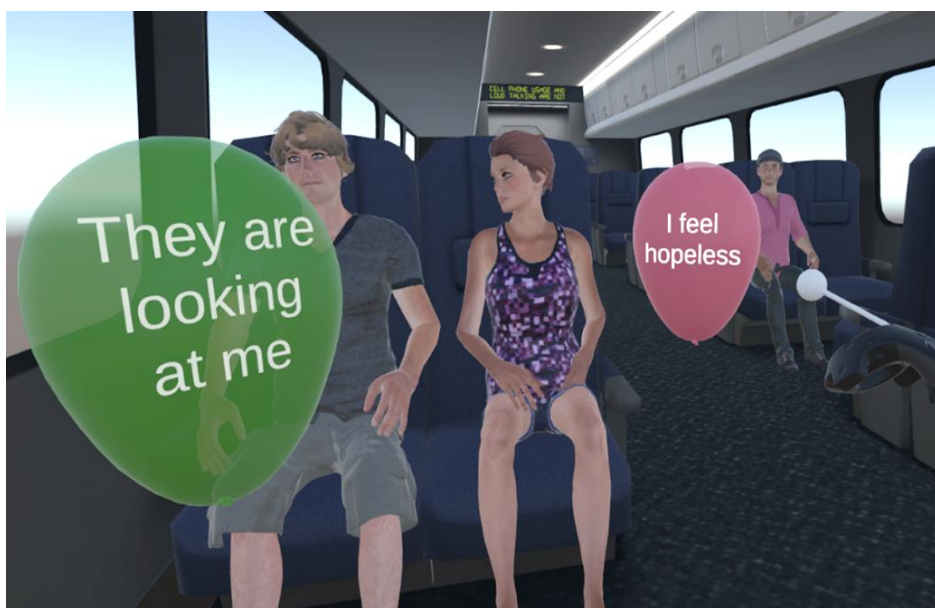
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Our team is designing VR apps for use in psychotherapy with young people diagnosed with psychosis or depression. Whereas many therapeutic VR apps have simulated phobic stimuli, our apps simulate processes in the user's mind, especially Automatic Negative Thoughts. Our app designs include:



Thought Balloons: Troublesome thoughts appear as balloons. In some versions the user is placed in a challenging situation. In others the user can interact with the balloons. The therapist helps the user learn ways to deal with these thoughts.

Thought Monsters: This is a two-user app: therapist and young person are both in VR, with the therapist role-playing “monsters” that represent unhelpful emotional responses such as self-doubt and rumination. Users learn to identify their “thought monsters” and deal with them effectively.



This is work in progress: we are designing and testing acceptability with end-users but have not yet conducted medical trials.

For more information please see <https://blogs.unimelb.edu.au/vrt4ymh/>