

Virtual Reality for Mental Health

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Improve access to treatment



New non-pharma treatments

Treating Fears through Virtual Reality

- Psychological treatment is recommended treatment for a range of conditions
- NHS does not have the staff or funding to meet demand
- VR could be a solution
- People with severe fears are willing to go into situations in VR because they are simulations
- But the learning from VR transfers to the real world



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Immersive technology for mental health

VR to Treat Fears of Heights



VR to Treat Fears of Heights

- Automated intervention guided by an avatar virtual coach
- User taken through a variety of tasks at different levels
- Coach delivers cognitive information about FoH and its treatment
- Outcome measures collected within the software



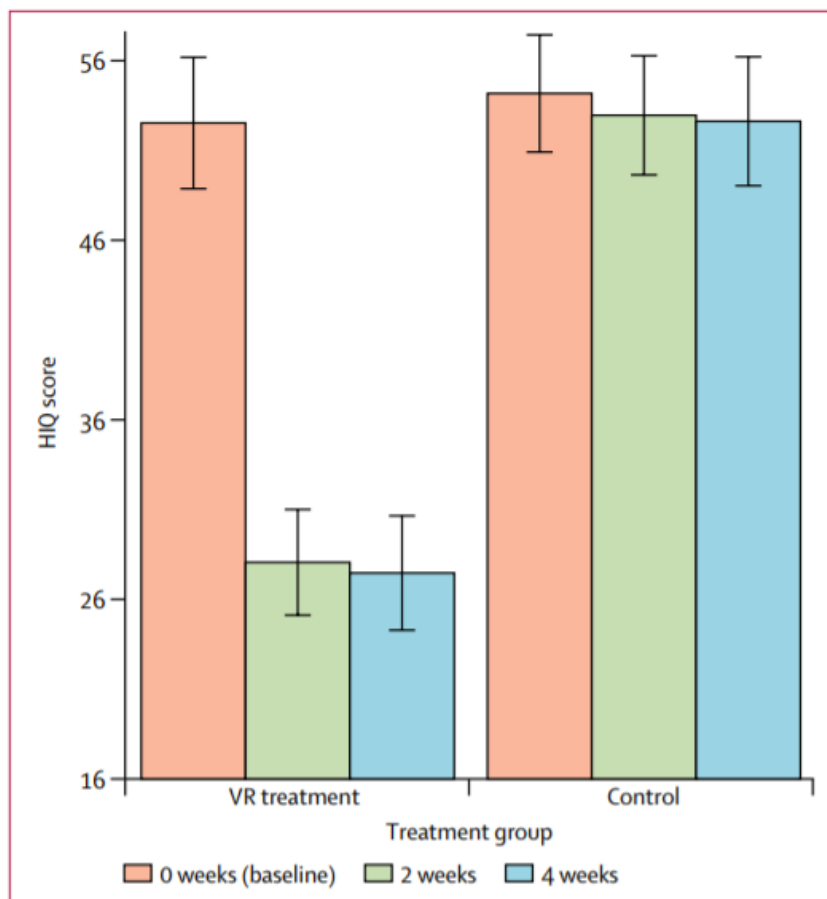
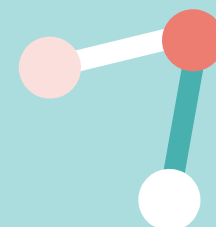
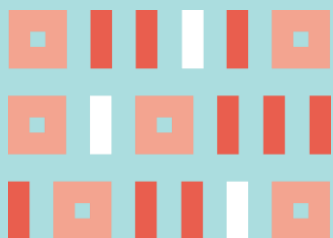


Figure 2: Scores on the HIQ at every timepoint for each randomised group
The minimum score on the HIQ is 16. Bars represent the mean, error bars the 95% CI. HIQ=Heights Interpretation Questionnaire. VR=virtual reality.

THE LANCET
Psychiatry

Freeman, Daniel, et al. "Automated psychological therapy using immersive virtual reality for treatment of fear of heights: a single-blind, parallel-group, randomised controlled trial." *The Lancet Psychiatry* 5.8 (2018): 625-632.



Richard's Story

<https://vimeo.com/264025028>



VR to Transform the lives of people with psychosis

- Winner of NIHR i4i Grand Challenge on Mental Health
- Multidisciplinary Team
- Commercial Partner
- 3 year project (2018-21)
- Y1: Development
- Y2-3 national NHS trial (n=480)



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Immersive technology for mental health

game**Change**

VR to Transform the lives of people with psychosis

gameChange

200,000+
people



With psychosis in
England and
Wales are being
treated in the
NHS
(NICE, 2014).

£7.2
billion



Cost to society
very year: 1/3 of
mental health and
social care
expenditure.
(LSE, 2012)



Patients are
sedentary for 9.5
hours of the daytime
([Vancampfort et al, 2017](#)).



People with
schizophrenia die
on average 14
years earlier
([Hjorthøj et al, 2017](#)).

Aim: taking VR into NHS Services



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Immersive technology for mental health