

Immersive Cognitive Behavioural Therapy

Using Extended Reality as an intervention for Cognitive Behavioral Therapy

LEADING CLINICAL PSYCHOLOGICAL THERAPY COMPANY



BACKGROUND AND CHALLENGE

Patients who often suffer from anxiety, depression, negative thoughts, panic attacks and phobias have detrimental influence on their mood.

They generally undergo Cognitive Behavioral Therapy (CBT) - a type of psychotherapeutic treatment that helps people learn how to identify and change destructive or disturbing thought patterns.

A UK based Clinical psychological therapy company approached Tata Elxsi to provide the psychologist an effective platform to deliver corrective therapy sessions for people suffering from phobias.

SCOPE OF WORK

Tata Elxsi was approached to provide an intuitive VR based immersive Cognitive Behavioral Therapy solution for treating phobias and disorders in patients. The immersive solution had to empower patients to manage their care and improve care outcomes.



SOLUTION

- Using Virtual Reality, Tata Elxsi developed immersive experiences to address threatening scenarios that can be manipulated based on the participants level of fear.
- Exposure settings was designed that could gradually be increased or a logical scenario could be introduced to instill the pragmatic reasoning into the participants mind. Hence assessment could be made on the extent of discomfort or anxiety evoked.
- Keeping CBT in mind, an interactive virtual platform was also created to treat phone phobias. This 3 month long project involved designers, digital artists, and developers.
- The final platform output was created on Unity and uploaded on Oculus Quest.

IMPACT

- Reduced anxious feelings and changed behaviour which led to an improved behavioural confidence, better end user satisfaction and successful deployment of the product in the field.