

# Phobias and virtual reality

Psychology



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Phobias and Virtual Reality of the of Phobias and Virtual Reality Answer

Answer 2 In both cases, the phobic individuals were avoiding the sources of their fears to utmost extent while they rated their fears differently in the initial session of virtual treatment. The acrophobic was much more uncomfortable by the initial session as compared to the arachnophobia patient.

Answer 3

Like all specific phobias, arachnophobia is most commonly treated through therapy, particularly cognitive-behavioral techniques. Antidepressant or anti-anxiety medications may also be used. Some newer research has shown that virtual reality therapy, in which the sufferer is exposed to virtual representations of spiders, may work as well as the older technique of gradually exposing the client to live spiders.

Treating Acrophobia

Cognitive-behavioral therapy, or CBT, is a main treatment of choice for specific phobias. Behavioral techniques that expose the sufferer to the feared situation either gradually (systematic desensitization) or rapidly (flooding) are frequently used. In addition, the client is taught ways of stopping the panic reaction and regaining emotional control.

Traditionally, actual exposure to heights is the most common solution.

However, several research studies performed since 2001 have shown that virtual reality may be just as effective. A major advantage of virtual reality treatment is the savings in both cost and time, as there is no need for "on-location" therapist accompaniment. This method is not yet readily available, but may be worth trying to find if you can.

The drug D-Cycloserine has been in clinical trials for anxiety disorder

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treatment since 2008. It appears that using the medication in tandem with cognitive-behavioral therapy may improve results, but the research remains preliminary at this time.

Acrophobia appears to be rooted in an evolutionary safety mechanism.

Nonetheless, it represents an extreme variation on a normal caution, and can become quite life-limiting for sufferers. It can also be dangerous for those who experience a full panic reaction while at a significant height.

Acrophobia can share certain symptoms with vertigo, a medical disorder with a variety of possible causes, as well as with other specific phobias. For these reasons, if you experience the signs of acrophobia, it is extremely important to seek professional help as soon as possible.

Answer 4

The virtual reality session helped the phobic individual; s in dealing with their anxieties regarding their phobias. The notion of VR therapy is to arouse the anxiousness of the phobia, and then facilitating the patient in handling it. So the basic aim of utilizing virtual techniques in treating phobia patients is to repeatedly letting them experience something that frightens them and the repeated interaction leads to desensitization and ultimately the patient starts tackling his/her fear.

References

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