



# Virtual<sup>•••</sup>et

**VirtualRET** is the first Virtual Reality platform which has been designed specifically for the evaluation and treatment of the most common anxiety disorders in the current society.

[www.virtualret.com](http://www.virtualret.com)

VirtualRET platform is formed by **Hardware, Software** and parallel **services**.



## HARWARE & SOFTWARE

- VR earphones (HMD).
- Software license.
- Virtual environments variety.

## SERVICES

- Technical support: Hardware and Software.
- Initial training courses and continuous training.
- Psychological advising. VR use in psychotherapy.

## WHO IS IT FOR?

VirtualRET was created to get closer Virtual Reality technology and Mental Health specialists: psychologists, psychiatrics, etc.

## EXPOSICIÓN INTEROCEPTIVA:

VirtualRET not only allows the patient to be exposed to external incentives, but also to internal incentives.

- Breathless feeling.
- Tachycardia.
- Blurry vision.

## DATA REGISTER:

VirtualRET gives the possibility to register in real time all the relevant information from each exposure session (exposure time, subjective anxiety level, negative thoughts, etc.). As a result, it generates automatic reports about the therapy sessions that are recorded in each patient 's medical history.

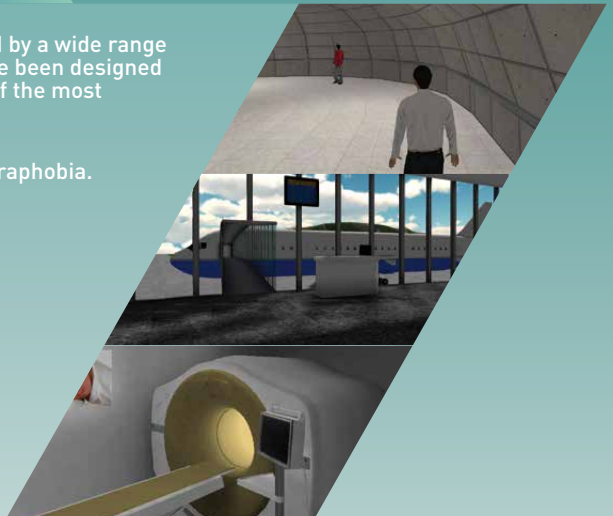
Nowadays, Anxiety Disorders have become one of the most common problems in our society. According to the last National Comorbidity Survey (2005) data, the Anxiety Disorders prevalence in the general population goes up to 29%. This data not only is important because of the high number of people suffering from anxiety, but also because of the negative consequences it has in their quality of life, affecting seriously to family, social and work environment.

The Virtual Environment Exposure Therapy (VRET) allows patients to deal with their main fears in a controlled and safe way without having to go out from the therapist's office. During VRET sessions, the professional has the opportunity to use, in a combined way, traditional treatment techniques: controlled breathing, muscular relaxation, cognitive restructuring, thinking stop, etc.

## VIRTUAL ENVIRONMENTS

The VirtualRET platform is formed by a wide range of virtual environments which have been designed for the evaluation and treatment of the most common anxiety disorders:

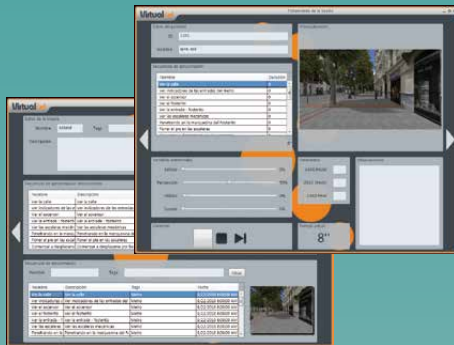
- Panic disorder with/without Agoraphobia.
- Generalized Anxiety Disorder.
- Public Speaking Fear.
- Fear of Flying.
- Claustrophobia.
- Fear of Blood/Injections/Harm.
- Fear of Little animals (spiders, cockroach and bees).
- Acrophobia.



## TAILOR-MADE THERAPIES

The therapist will be able to plan and design hierarchy exhibitions adapted to each patient's characteristics and needs.

## VIRTUAL REALITY



Within the Mental Health field, the Virtual Reality has become a common tool for the study, evaluation and treatment of psychological disorders.

## WHY USING VR IN THERAPY?

The patient who use this Virtual Reality, has the feeling of being "physically inside" the virtual worlds. In this way, the virtual experience will be able to induce emotions, thoughts and reactions very similar to real situations. This means the tool has a high therapeutic value.

## THERAPEUTIC EFFICACY:

Almost two decades of investigations and controlled studies support the high clinical efficiency of Virtual Reality exposure. Nowadays, there are evidence which prove that Virtual Reality is a more effective and efficient technique than the imagination, and the most surprising, it is as effective as a real exposure.

## PATIENTS SATISFACTION:

Recent studies show that patients suffering from anxiety disorders prefer to get a Virtual Reality exposure treatment instead of getting a classical techniques exposure treatment. Using VR allows increase the number of people willing to benefit from the psychological treatment.

Virtual Reality is a very attractive tool for patients, because it allows increase the adherence to the treatment and also reduce the give up rate.

## MAIN CHARACTERISTICS



- Quick investment depreciation. VirtualRET is the first platform focused on the evaluation and treatment of the most common anxiety disorders.
- A wide range of virtual environments, constantly growing and progressing.



- Construction of versatile and personalized exposure hierarchies for each patient.
- High control of the different parameter from each exposure session.
- Environmental incentives exposure and internal anxiety incentives exposure.



- The treatment is carried out in the therapist's office. Patient's confidentiality.
- Cost reduction. The number of real exposure sessions is reduced.



- Automatic data obtaining for each therapy session.
- It does not require previous technical knowledge. Its design is simple and intuitive.



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[www.virtualret.com](http://www.virtualret.com)



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