Improve Mental Health by Virtual Reality

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In 2017, a study reported that 8.3 million American adults regularly experience harmful or negative mindsets (Thompson, 2017). You may know someone that is one of them. You may be one of them. Harmful mindsets create mental and physical issues. For example, research has shown that stress, which is a harmful mindset, damages short-term memory, helps grow some types of cancer, and causes other complications (Dunn, Save Yourself from Stress, 2016). Many people do not have a resource or product to counteract the effects of harmful mindsets. The Virtual Reality (VR) simulations in this project were specifically invented for people who experience these terrible mindsets to come to a positive, tranquil state of mind. This project focuses on four primary harmful mindsets: stress, anxiousness, overwhelmed, and despondency. The VR simulations decreased individuals' experiences of these harmful mindsets by 23% for stress, 27% for anxiousness, 26% for overwhelmed, and 10% for despondency. Heart rate decreased by average 8 bpm. 93% of people would recommend the simulation(s). 85% of people reported they would use the simulation(s) again. The data shows that these VR simulations are effective. This project may help millions of people that experience harmful mindsets come to a peaceful, happy mind. If this resource was used regularly, it may change lives.

Awards Won: