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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Part I: Introduction -- Presence -- Sickness in Virtual Reality -- Part II: Fear of Flying (Aviophobia): Efficacy and methodological lessons from outcome trials -- Arachnophobia and Fear of Other Insects: Efficacy and lessons learned from treatment process -- Fear of Heights (Acrophobia): Efficacy and lessons learned from psychophysiological data -- Claustrophobia: Efficacy and treatment protocols -- Panic Disorder, Agoraphobia and Driving Phobia: Lessons learned from efficacy studies -- Social Anxiety Disorder: Efficacy and virtual humans -- Virtual Reality for Posttraumatic Stress Disorder -- Generalized Anxiety Disorder and Obsessive-Compulsive Disorder: Efficacy and the Development of Virtual Environments -- Part III: A Case Example of a Virtual Reality Clinic -- Conclusions: The present and future of Virtual Reality in the treatment of Anxiety Disorders.
Sommario/riassunto	The interactive computer-generated world of virtual reality has been successful in treating phobias and other anxiety-related conditions, in part because of its distinct advantages over traditional in vivo exposure. Yet many clinicians still think of VR technology as it was in the 1990s—bulky, costly, technically difficult—with little knowledge of its evolution toward more modern, evidence-based, practice-friendly treatment. These updates, and their clinical usefulness, are the subject

of *Advances in Virtual Reality and Anxiety Disorders*, a timely guidebook geared toward integrating up-to-date VR methods into everyday practice. Introductory material covers key virtual reality concepts, provides a brief history of VR as used in therapy for anxiety disorders, addresses the concept of presence, and explains the side effects, known as cybersickness, that affect a small percentage of clients. Chapters in the book's main section detail current techniques and review study findings for using VR in the treatment of:

- Claustrophobia. • Panic disorder, agoraphobia, and driving phobia. • Acrophobia and aviophobia. • Arachnophobia. • Social phobia.
- Generalized anxiety disorder and OCD.
- PTSD. • Plus clinical guidelines for establishing a VR clinic.

An in-depth framework for effective (and cost-effective) therapeutic innovations for entrenched problems, *Advances in Virtual Reality and Anxiety Disorders* will find an engaged audience among psychologists, psychiatrists, social workers, and mental health counselors. The interactive computer-generated world of virtual reality has been successful in treating phobias and other anxiety-related conditions, in part because of its distinct advantages over traditional in vivo exposure. Yet many clinicians still think of VR technology as it was in the 1990s—bulky, costly, technically difficult—with little knowledge of its evolution toward more modern, evidence-based, practice-friendly treatment.

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