

Recommendations for Virtual Reality Creators to Reduce Discomfort in People with Phobias

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Abstract : Virtual Reality (VR) technologies have become increasingly popular, offering immersive experiences across various domains such as entertainment, education, and therapy. However, the high level of immersion in VR environments can sometimes lead to discomfort, especially for individuals with phobias. This investigation explores the impact of VR content on triggering phobic responses and proposes recommendations for VR creators to mitigate such effects. We discuss common phobias, techniques to control stimuli in VR environments, and recommendations for producers to enhance user comfort and reduce phobia-triggering experiences. Our findings underscore the importance of individualized approaches to VR content creation and highlight the need for ongoing research and development in this area.

Keywords : virtual reality, VR creators, people with phobias, phobia stimuli control, immersion in VR environments, phobia triggering

Conference Title : ICVR 2024 : International Conference on Virtual Rehabilitation

Conference Location : Rome, Italy

Conference Dates : May 02-03, 2024