

Special Issue

Virtual Reality in the Assessment, Understanding and Treatment of Mental Health Disorders

Message from the Guest Editors

In the computer sciences, virtual reality (VR) is usually described as a set of fancy technologies. However, in medicine and neuroscience, VR is instead defined as an advanced form of human-computer interface that allows the user to interact with and become present in a computer-generated environment. The sense of presence offered by VR is a powerful tool for personal change because it offers a world where the individual can stay and live a specific experience. For this reason, the use of VR in mental health shows promise: different researches support its clinical efficacy for conditions including anxiety disorders, stress-related disorders, obesity and eating disorders, pain management, addiction and schizophrenia. However, more research is needed to transform VR according to a clinical standard for mental health. This Special Issue aims to present the most recent advances in the mental health applications of VR, as well as their implications for future patient care.

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