

# Virtual Reality and Its effects on Psychological disorders in Latinx Communities

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#### **RESEARCH QUESTION**

How can Virtual Reality be used to treat Post-Traumatic Stress Disorders in Latinx Communities?

# BACKGROUND

• Virtual reality is a computergenerated simulation that can be interacted with in a real or

## RESULTS

• Victims of violent crimes in Cd. Juarez, Mexico that were diagnosed with PTSD were given treatment through VR. • 90-minute sessions, twice a week of reliving triggering situations through VR.

### **CONCLUSION**

• Virtual reality therapy is a promising tool that can make living with traumatic expressions or mental issues more bearable in Latinx communities. This is significant because lots of people are affected by PTSD or other physiological problems and if it can help reduce the problems in Latinx communities it should be used more. This research made me realize that technology can be used in other ways and that it gave me an interest in how to help other with physiological problems through technology.

physical way by using electronic equipment. VR has been around since mid 90's and has been used mainly for gaming and now medical treatment



• Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it.

Symptoms may include flashbacks,

TABLE 1. TYPICAL AVERAGES AND DEVIATIONS OF EACH GROUP AT ANY TIME FOR PTSD, DEPRESSION AND ANXIETY MEASURES							
Pre	Post	1 mes	3 meses	Pre	Post	1 mes	3 meses
™ (DT)	M (DT)	M (DT)	M (DT)	M (DT)	M (DT)	M (DT)	M (DT)
79,2 (30)	7,9 (6,1)	0,6 (1,3)	2,2 (2,5)	76,9 (17)	15,6 (6,9)	6,9 (5,9)	3,5 (7,2)
24,1 (9,3)	2,8 (3,1)	0,2 (0,6)	0,6 (0,9)	24,4 (7,3)	1,9 (1,9)	1,9 (2,9)	1,2 (2,3)
32,2 (13)	2,3 (1,8)	0,4 (1,2)	0,8 (1,7)	28,4 (6,6)	7,9 (2,8)	2,8 (2,7)	0,9 (2,8)
24,1 ( 9,2)	2,8 (2,3)	0,0 (0,0)	0,6 (1,4)	24,4 (7,3)	5,8 (5,3)	2,2 (2,5)	1,4 (2,9)
32,5 (9,3)	5,7 (3,4)	1,4 (1,7)	1,2 (1,1)	30,9 (6,3)	6,1 (4,4)	4 (3,8)	4,2 (7,0)
53,6 (14)	32,4 (11)	26,7 (7)	26 (9,5)	56,9 (10)	31,4 (5)	24 (8,6)	4,8 (4,6) 24 (8,9) 30,3(9)
	Pre M (DT) 79,2 (30) 24,1 (9,3) 32,2 (13) 24,1 ( 9,2) 32,5 (9,3) 21 (12,3) 53,6 (14)	Pre M (DT)Post M (DT)79,2 (30)7,9 (6,1) 24,1 (9,3)24,1 (9,3)2,8 (3,1) 2,3 (1,8)32,2 (13)2,3 (1,8) 2,3 (1,8)24,1 (9,2)2,8 (2,3) 5,7 (3,4)21 (12,3)6,3 (6,3) 32,6 (14)	AND ANPre M (DT)Post M (DT)1 mes M (DT)79,2 (30)7,9 (6,1) 2,8 (3,1)0,6 (1,3) 0,2 (0,6)24,1 (9,3)2,8 (3,1) 2,3 (1,8)0,2 (0,6) 0,2 (0,6)32,2 (13)2,3 (1,8) 2,8 (2,3)0,4 (1,2) 0,0 (0,0)24,1 (9,2)2,8 (2,3) 5,7 (3,4)0,0 (0,0) 1,4 (1,7)21 (12,3)6,3 (6,3) 32,4 (11)4,7 (4) 	AND ANXIETY MEA   Pre Post 1 mes 3 meses   M (DT) M (DT) M (DT) M (DT)   79,2 (30) 7,9 (6,1) 0,6 (1,3) 2,2 (2,5)   24,1 (9,3) 2,8 (3,1) 0,2 (0,6) 0,6 (0,9)   32,2 (13) 2,3 (1,8) 0,4 (1,2) 0,8 (1,7)   24,1 (9,2) 2,8 (2,3) 0,0 (0,0) 0,6 (1,4)   32,5 (9,3) 5,7 (3,4) 1,4 (1,7) 1,2 (1,1)   21 (12,3) 6,3 (6,3) 4,7 (4) 4,6 (5,2)   53,6 (14) 32,4 (11) 26,7 (7) 26 (9,5)	AND ANXIETY MEASURESPre M (DT)Post M (DT)1 mes M (DT)3 meses M (DT)Pre M (DT)79,2 (30) 24,1 (9,3)7,9 (6,1) 2,8 (3,1)0,6 (1,3) 0,2 (0,6)2,2 (2,5) 0,6 (0,9)76,9 (17) 24,4 (7,3)32,2 (13) 32,2 (13)2,3 (1,8) 2,3 (1,8)0,4 (1,2) 0,4 (1,2)0,8 (1,7) 0,8 (1,7)28,4 (6,6) 24,4 (7,3)24,1 (9,2) 2,8 (2,3)0,0 (0,0) 0,0 (0,0)0,6 (1,4) 0,6 (1,4)24,4 (7,3) 30,9 (6,3)21 (12,3) 5,6 (14)6,3 (6,3) 32,4 (11)4,7 (4) 26,7 (7)4,6 (5,2) 26 (9,5)23,1 (11) 56,9 (10)	Pre M (DT)   Post M (DT)   1 mes M (DT)   3 meses M (DT)   Pre M (DT)   Post M (DT)   M (DT)     79,2 (30)   7,9 (6,1)   0,6 (1,3)   2,2 (2,5)   76,9 (17)   15,6 (6,9)     24,1 (9,3)   2,8 (3,1)   0,2 (0,6)   0,6 (0,9)   24,4 (7,3)   1,9 (1,9)     32,2 (13)   2,3 (1,8)   0,4 (1,2)   0,8 (1,7)   28,4 (6,6)   7,9 (2,8)     24,1 (9,2)   2,8 (2,3)   0,0 (0,0)   0,6 (1,4)   24,4 (7,3)   5,8 (5,3)     32,5 (9,3)   5,7 (3,4)   1,4 (1,7)   1,2 (1,1)   30,9 (6,3)   6,1 (4,4)     21 (12,3)   6,3 (6,3)   4,7 (4)   4,6 (5,2)   23,1 (11)   7,6 (8)     5,6 (14)   32,4 (11)   26,7 (7)   26 (9,5)   56,9 (10)   31,4 (5)	AND ANXIETY MEASURES     Pre   Post   1 mes   3 meses   Pre   Post   1 mes   M (DT)   M (DT)

Homicides in Mexico Yearly breakdown

 Registered homicides 40,000 35,000 30,000 25,000 20,000 15,000 10,000 5,000 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018

#### Source: National Institute of Statistics and Geography (Inegi)

nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

### **METHOD OF INQUIRY**

- Did background research on scholarly articles about PTSD and how it impacts people today because people hear PTSD and think about military Veterans but there are more people who are affected by it.
- Also did background research on Virtual Reality and how it has progressed in the past few years.
- After doing research on these to contextualize the main research was done on using current VR technology to treat PTSD on people have been affected by crime in Mexican populations.

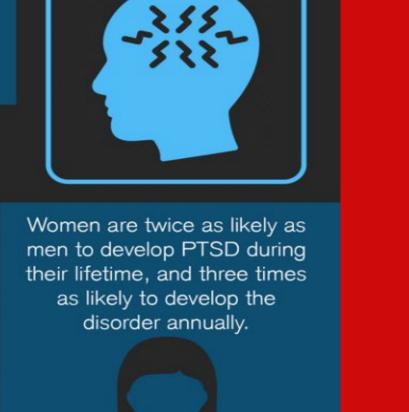
PTSD

Quick facts



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# 67 percent

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**ABOUT 37%** 

of those diagnosed with

PTSD are classified as

having severe symptoms.

of people exposed to mass violence have been shown to develop PTSD

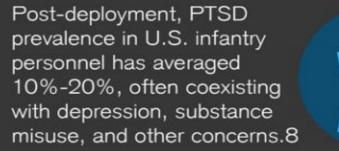
Among deployed troops, there have been over 138,000 new diagnoses of PTSD from 2000 to June 2015, as well as 40,000 diagnoses among troops not yet deployed.

PTSD affects

3.5% of the

U.S. adult population - about

8 MILLION AMERICANS.



SOURCE: https://adaa.org/understanding-anxiety/posttraumatic-stress-disorder-ptsd

- This picture represents what the people going through the treatment would see.
- This could cause a traumatic scene for people who have had a gun pulled to their face.