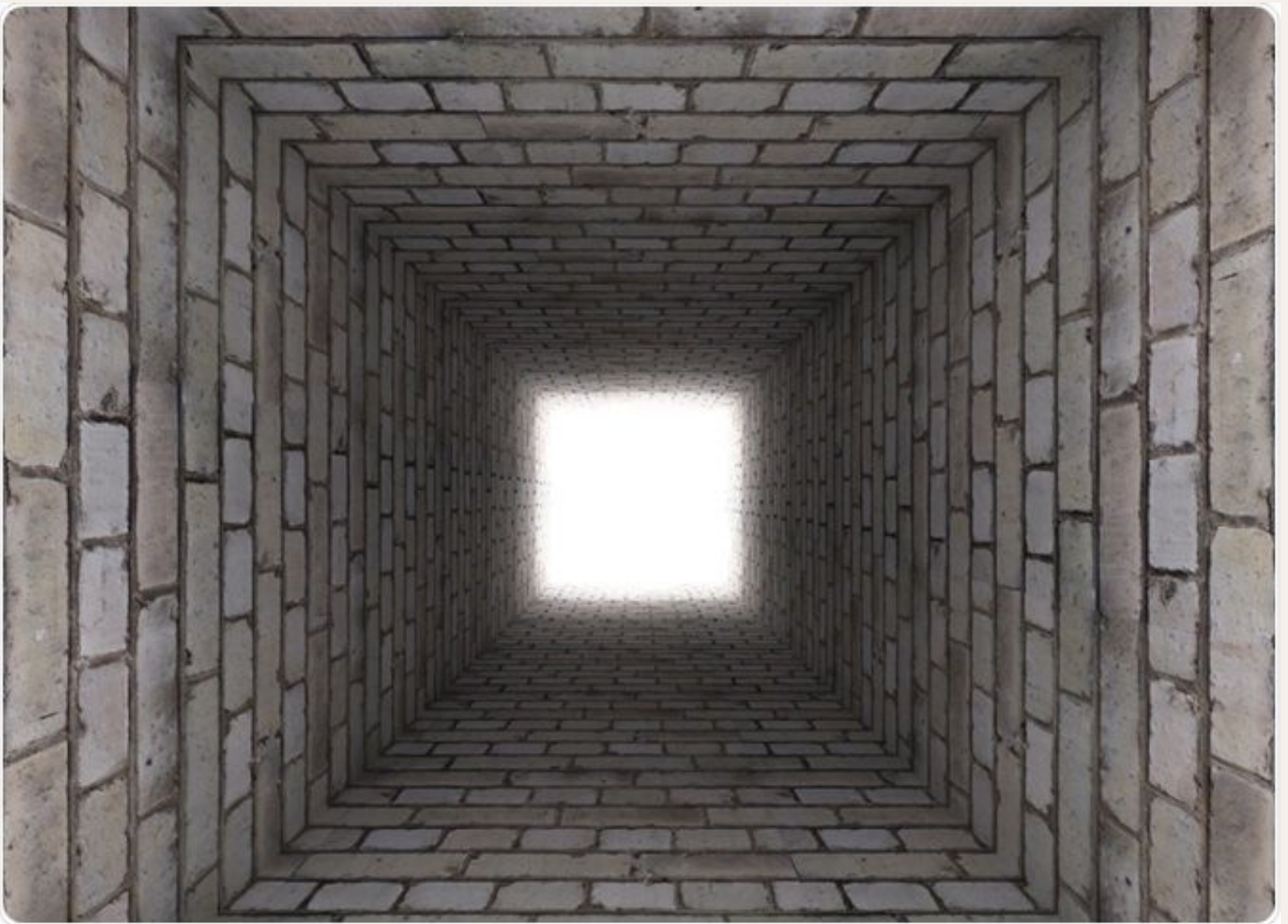


# Amelia by XRHealth Clinical Case

## Claustrophobia



Health care professional with expertise in VR:  
Isabel de la Orden Cazorla

# Patient

## **Woman, 49 years old.**

Abandons her university studies due to her disorder, but with time she gets back to study.

Currently she works as an administrative in a notary office → She must submit documentation in high-rise buildings, therefore she must use the elevator.

## **Reference diagnosis**

Anxiety disorder specific phobia. Claustrophobia.

The problem starts during her university studies after a bad experience on an elevator.

She assists to therapy voluntarily she feels limited by her fear.

# Objectives

## Objectives to be achieved

Reduce limitations and make it easier for the patient to get on an elevator without feeling scared.

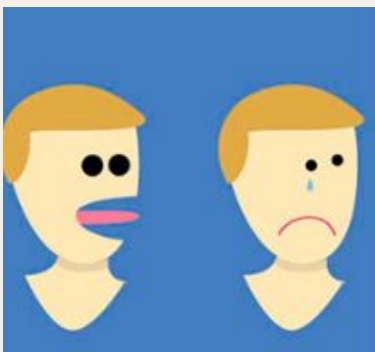
## Methodology

**Initial interview and ISRA questionnaire** → Evaluate the general level of anxiety (physiological, motor and cognitive).

- Presentes anxiety and evitative response under other situations like being in a small room alone and with low light. Her greatest fear it's to be trapped in an elevator
- The questionnaire results showed a high COGNITIVE component associated with the PHYSIOLOGICAL component.

→ Helps to **design the therapy**. (As therapy advances she chooses what to include in the sessions).

1. Psychoeducation .
  - a. VR videos on *Generalised Anxiety*.
2. Relaxation techniques (Diaphragmatic breathing)
3. Imagine exposure.
4. Systematic Desensitization with gradual sessions.
  - a. VR: situation : CLAUSTROPHOBIC scene (elevator scene).
5. In vivo exposure.



### ★ Definition of emotions

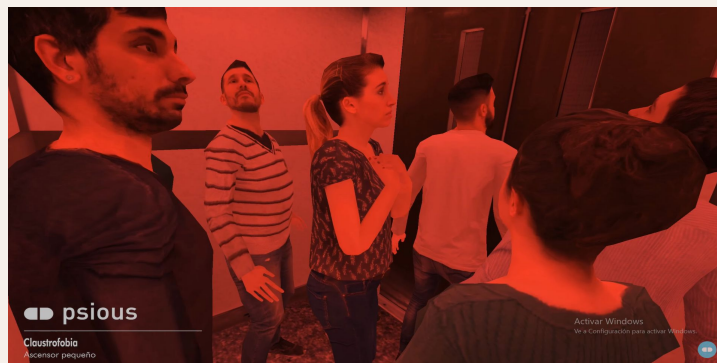
Video explaining the definition of emotions. Duration: 1 minute and 26 seconds

Launch Environment 

# Development

**Systematic desensitization with gradual sessions.** (we used breathing at times when the patient indicated an increase in subjective anxiety)

- Session 1. Open door.
- Session 2. Inside the elevator.
- Session 3-5. Elevator in movement..
- Session 6-7. Getting out the elevator..
- Session 8. In vivo exposure with the healthcare professional getting inside the elevator.
- Session 9. In vivo exposure with the healthcare professional on inside elevator in movement.
- Session 10. In vivo exposure with healthcare professional outside the elevator.



# Results

## **At the end of therapy it was possible to observe:**

The patient was discharge.

The use of VR helped the patient to reduce her anxiety levels before doing the live exposures, and she now is able to get inside an elevator without problems.





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