# Amelia by XRHealth Clinical Case

Fear of Being Trapped; Cleithrophobia



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### **Patient**

#### Female, 26 years old.

Self confidence issues

Very pessimistic with low pervasiveness when explaining events.

#### **Reference diagnosis**

Clinical diagnose before VRT  $\rightarrow$  GAD, Cleithrophobia.

Pharmacotherapy  $\rightarrow$  **NONE** 

Initial sensitising event→ 5 years previous when the patient was trapped in the tube underground for approx. 5 min

### **Objectives**

#### Objectives to be achieved.

- Train the patient on abilities to improve her sense of autonomy and control, with the use of VR.
- Reduce or eliminate the fear of being trapped.

#### **Methodology**

### Therapeutic focus $\rightarrow$ Systematic desensibilization of fear response in elevators and in tube.

The sessions were organized in 4 sessions of 2 hours each.

- > Familiarization with the VR
- Breathing exercises
- > VR exposures
- Real world exposures

# Development

#### Session 1: Introduction to VR → Grounding and Familiarity

- > Being in the island → create grounding and familiarity with VR
- ➤ Continued to small elevator and then to big elevator, followed by outside tube → Just looking, not entering.
- When familiar with VR → breathing exercises were introduced (Just looking)

#### **Session 2:** VR exposure

- > Elevator scene repeated 6 times
  - o The patient was asked to control the level of exposure
- Session ends with elevator breakdown, breathing and muscle relaxation exercises are played <u>before</u>, <u>during</u> and <u>after</u>.
- > When the session is over, the patient is able use the elevator from 7th floor to the ground.



#### Imagery for relaxation

The patient walks along a beautiful island where they can relax to the sound of the sea and the sight of a waterfall. As they walk, they can also engage in relaxation exercises.

Start session

⊙ Open guide

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Virtual Environment

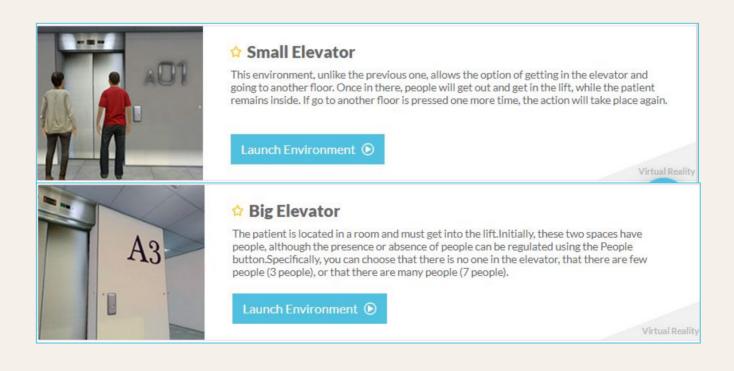
## Development

#### Session 3: VR exposure Tube scene

- Client reports taking elevators in real world.
- ➤ VR Tube → Repeated multiple times starting outside, then the station then approaching the platform, then watching the train approaching.
- > Breathing and muscle relaxation techniques applied when needed.
- > Session ends with two train breakdowns first for 60 seconds and then repeated with second breakdown for 5 minutes.

#### Session 4: VR exposure + Real world exposure

- > All environments were repeated again.
- Afterwards they left the therapy room and went to to the underground → The healthcare professional and the patient got on the first train, asking the patient to focus on her breathing and body posture.



### Results

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

- > After 4 sessions of 2 hours each, the client reports she is traveling to work on the tube everyday.
- No focus on the tube → Focus on her breathing and body posture.
- > She now "Believes that she will be akay, even if the train stops for a while."



