



Virtual Reality Exposer Therapy

Project Overview

Our team at DevBlock Studios, developed a Virtual Reality Exposure Therapy (VRET) system designed specifically for individuals suffering from claustrophobia. This Minimum Viable Product (MVP) leverages the power of immersive VR technology to expose patients to controlled environments, helping them gradually overcome their fears through systematic desensitization. The system features detailed 3D maps, including a tunnel simulation building interiors and, where users experience real-world claustrophobic scenarios.

Tools & Technologies

Unity, C#, Unity VR Framework

Features

Therapeutic Approach, Gradual Desensitization, Real-time Interaction

Challenges

Developing our VRET system for claustrophobia came with several unique challenges. Ensuring clinical accuracy required close collaboration with psychologists to align the experience with evidence-based exposure therapy. We had to carefully balance realism and sensitivity to avoid overwhelming users, while also integrating real-time therapist controls for safety. Optimizing performance across different VR devices, preventing motion sickness, and designing a smooth therapist interface were key technical hurdles. Additionally, maintaining data privacy, tracking user progress securely, and ethically testing with real patients added further layers of complexity to the project.

Solution

At DevBlock Studios, we've developed a Virtual Reality Exposure Therapy (VRET) system specifically designed to help individuals overcome claustrophobia through controlled, immersive simulations. Our solution combines detailed 3D environments—such as tunnels and confined indoor spaces—with evidence-based therapeutic principles, developed in collaboration with psychologists. The system allows therapists to gradually expose patients to anxiety-inducing scenarios at adjustable difficulty levels, enabling a safe and personalized path toward desensitization. Real-time interaction, therapist controls, and clinically guided pacing make our MVP a powerful, technology-driven tool for mental health treatment.