

VIRTUÁLNÍ REALITA V PSYCHIATRII: PŘEHLED LITERATURY

souborný článek

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SOUHRN

Bartečková E, Hořínková J. Virtuální realita v psychiatrii: přehled literatury

Virtuální realita (VR) je technologie, která umožňuje simulovat realistické prostředí a interakci uživatele s ním. Nejčastější způsob, jakým je simulované prostředí prezentováno uživateli, je tzv. projekční helma (*Head Mounted Display*, HMD). Využití VR v psychiatrii je zkoumáno již od 90. let 20. století, byl to ale teprve rozvoj technologie v posledních letech a s tím spojená větší finanční dostupnost, které zájem o VR výraznou měrou zvýšily. Aplikace VR v psychiatrii využívají především následující vlastnosti této technologie: navození pocitu přítomnosti (*presence*) v simulovaném prostředí, poskytnutí libovolných vjemů, manipulace se senzorickými modalitami a možnost měření chování uživatele. Stejnou vlastnost, která nejvíce odděluje VR od jiných médií, je právě navození pocitu přítomnosti, který může zvyšovat dopad prezentovaných stimulů na uživatele.

Největší množství literatury se zabývá možností využití této technologie jako intervencí, které zahrnují terapii, rehabilitaci, zvyšování kvality života, prevenci a profylaxi. Z intervencí se pak nejčastěji využívají implementace postupů kognitivně-behaviorální terapie (KBT) a zejména pak expoziční terapie ve VR (VRET). Druhá nejčastější oblast, která je zkoumána, je možné využití VR v diagnostice a hodnocení tíže symptomů psychiatrických poruch. Tato skupina aplikací využívá možnost měřit chování uživatele ve virtuálním prostředí. VR může být využita jako prostředek objektivní a ekologicky validní diagnostiky.

SUMMARY

Bartečková E, Hořínková J. Virtual reality in psychiatry: literature review

Virtual reality (VR) is a technology which allows simulation of a realistic computer-generated environment and user interaction with it. The most common means to present the simulated stimuli is HMD (Head Mounted Display). VR applications in psychiatry have been a focus of research since 1990's, however, it was a recent development and improved availability of this technology that lead to increased attention to this topic. Applications of VR in psychiatry utilise following attributes: induction of the sense of presence, presentation of any stimuli, manipulation with sensor modalities and measurement of user behaviour. The key attribute distinguishing VR from other ways of stimuli presentation is the sense of presence which can increase the effect of presented stimuli on the user.

The largest body of literature about VR in psychiatry deals with interventions including therapy, rehabilitation, quality of life improvement, prevention and prophylaxis. The most common therapeutical interventions are Cognitive-Behavioral therapy (CBT) techniques implementations, especially Virtual Reality Exposure Therapy (VRET). The second most explored field is an assessment which takes advantage of a possibility to measure user behaviour. VR could be used as a tool for objective and ecologically valid assessment. The third possible use of the VR in psychiatry is the research of mental disorders, their pathophysiology and their relationship

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