

Virtual Reality for Healthy Youth

Thursday, 12 September 2024 13:30 (20 minutes)

Introduction: The COVID-19 pandemic has been linked to an increase in loneliness and a decrease in social skills among adolescents, both of which are recognized as risk factors for mental health concerns. Social skills training and relationship-building interventions are considered promising strategies to mitigate these health concerns and strengthen resilience. **Method:** We have developed a virtual intervention platform that aims to improve social skills and well-being among adolescents. This platform is an immersive multiplayer video game that uses 5G and virtual reality (VR) technology. Our YouthVR environment features a supervisor, represented as an owl, who guides participants aged 10-14 through various scenarios. The interactive elements and aesthetically pleasing atmosphere are designed to encourage communication and collaborative engagement among participants. **Results:** The VR environment was successfully implemented and the first draft of the intervention manual was finalized. Ways that the environment was improved and adapted during the internal testing feedback rounds will be presented. **Conclusion:** This promising VR intervention could contribute to the improvement of social skills and well-being in adolescents, and will need to be tested in a larger trial to establish effectiveness.

Are you currently an Early Career Researcher?

Yes, I am still a student or have not yet received my Ph.D.

Primary authors: LITTMANN, Selina; BUß, Katharina; LEITINGER, Claudia; UITZ, Sebastian; KUBB, Christian; MÜLLER, Janina; HARSHINA, Kseniia; TUCEK, Tom; LUX, Mathias (ITEC); FORAN, Heather (Psychologie)

Presenters: LITTMANN, Selina; BUß, Katharina

Session Classification: Poster Session

Track Classification: Health Psychology