

ABSTRACT

This thesis is a pilot study conducted under the auspices of the National Institute of Mental Health. The thesis explores the possibility of using virtual reality in the treatment of intrusive thoughts in anxious patients. In the theoretical part, the main topics, i.e. anxiety disorders, are described, focusing on generalized anxiety disorder and obsessive compulsive disorder, intrusive thoughts and virtual reality. The practical part focuses on the analysis of the research objectives. The first research aim is to test adequacy and acceptability of virtual reality in dealing with intrusive thoughts. The second aim is to compare the Stray Time technique (commonly used in the treatment of intrusive thoughts) presented in virtual reality to its classical form. Data were collected from patients, at the National Institute of Mental Health, admitted to Ward 1 or attending Day Care center 2. The objectives are validated using quantitative analysis methods. This analysis found evidence to support the adequacy and acceptability of virtual reality in the treatment of intrusive thoughts, as well as the comparability of Stray Time methods presented in virtual reality with the classical form.

KEYWORDS

virtual reality, intrusive thoughts, Scheduled Worry Time, generalized anxiety disorder, obsessive-compulsive disorder