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<table>
<thead>
<tr>
<th>Institution/s</th>
<th>Disorder</th>
<th>Experimental group</th>
<th>Control group</th>
<th>N</th>
<th>Aim of the study</th>
<th>Treatment Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital del Mar</td>
<td>Claustrophobia</td>
<td>Exposure with VR</td>
<td>No treatment</td>
<td>30</td>
<td>Anxiety reduction equal or greater than the control group which is not using VR.</td>
<td>Exposure to VR prerecorded sessions. Delivered by a nurse while in the waiting room.</td>
</tr>
<tr>
<td>Vall d’Hebron Hospital</td>
<td>ADHD</td>
<td>Mindfulness treatment with Virtual Reality</td>
<td>Treatment as Usual</td>
<td>50</td>
<td>Improvements in attention and hyperactivity equal or greater than the Treatment as Usual group.</td>
<td>Mindfulness pre-recorded sessions. Delivered at the clinic by the psychologist.</td>
</tr>
<tr>
<td>Universidad San Jorge</td>
<td>Social Anxiety</td>
<td>VR exposure</td>
<td>-</td>
<td>30</td>
<td>Anxiety reduction after repeated VRET</td>
<td>Real time sessions controlled by the psychologist at the consultation.</td>
</tr>
<tr>
<td>Stanford University</td>
<td>Childhood Anxiety</td>
<td>Training in Relaxation techniques With VR</td>
<td>Training in Relaxation Techniques Without VR</td>
<td>12</td>
<td>Anxiety reduction equal or greater than the control group which is not using VR.</td>
<td>Real time sessions controlled by the psychologist at the consultation.</td>
</tr>
<tr>
<td>UCLA</td>
<td>Agoraphobia</td>
<td>Relaxation in a group setting VR</td>
<td>Relaxation in a group setting without VR</td>
<td>12</td>
<td>Reducing anxiety (equal or greater than the control group).</td>
<td>Real time relaxation sessions delivered at the clinic by the psychologist to up to 12 patients at the same time.</td>
</tr>
</tbody>
</table>

*For confidentiality reasons, further information about this study cannot be disclosed.*
J is an 8-year-old boy that according to his parents and school tutors, was experiencing serious problems at the moments where he had to pay attention and stay focused, and also had difficulties when he had to concentrate on any given task. Those closest to him, described him as a restless and nervous child who did not like doing a thing for more than a short amount of time. He had been referred to several professionals before without significant progress, mainly because he lost interest in the treatment easily and was not thoroughly involved.

We decided that a case like J’s could benefit from a session with the virtual environment the meadow, originally designed for Mindfulness. When we first introduced the environment to him, he showed an enormous fascination, capturing his interest almost immediately. From there, we got his full involvement during the whole process, which significantly eased the process and helped him to pay attention to the stimulus.

Despite the notorious hyperactivity presented before, when he had the glasses on, he could calm down enough to follow the instructions of the exercises, which would also favor his listening skills and concentration throughout the task.

At the end of the session and after taking the glasses off, J remained in a state of calm without going back to the activation levels that presented at the beginning of the session. He also told us about how glad he was with this experience and that he would be more than happy to do it again in the future.
When R arrived at our office a few months ago, he told us that since he was young he has experienced an intense fear of the sea, and just the idea of getting into the beach was terrifying. This fear was due to a traumatic incident back when he was 11, where he was attacked by a mako shark while scuba diving with his grandfather. What at the time was a hobby and passion, quickly became a trauma that would completely prevent him from getting into the water, and even prevent him from enjoying other aquatic activities, even if they presented in a different context.

Among his many fears, he stressed that the idea that any animal (not necessarily a shark) could suddenly attack him while he was in the water constantly invaded his thoughts.

We decided to expose R to the under the sea relaxation environment. Since it was the first time in many years he looked in an underwater environment, he showed extremely high levels of anxiety (nine on a 1-10 scale) especially at the beginning of the session. We applied diaphragmatic breathing exercises many times during the session until the anxiety levels gradually decreased to three.

After the session, R informed us that he felt much better and was glad to have remained calm in the difficult moments at the beginning of the session, especially at the time that the shark shows up. He said he could not have done it otherwise since exposure imagination had not worked and the real exposure was out of the question for him.