

## **Virtual Reality Therapy: A Case Study of Its Efficacy in Treating Phobias and Anxiety**

**Laria-Maria Trusculescu**

Victor Babes University of Medicine and Pharmacy of Timisoara, Romania  
SC Mindfulness Therapy SRL, Romania  
laria.trusculescu@umft.ro

**Ramona Amina Popovici**

Victor Babes University of Medicine and Pharmacy of Timisoara, Romania  
ramona.popovici@umft.ro

**Vasile Gherhes**

Politehnica University of Timisoara, Romania  
vasile.gherhes@upt.ro

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### **Abstract**

This article presents the effectiveness of Virtual Reality Therapy (VRT) in addressing specific phobias and anxiety disorders within a demographic specific to Western Romania. This research analyses data from 637 VRT patients conducted over a three-year period of active clinical practice. The study primarily focuses on measuring the outcomes of VRT in treating all kinds of phobias and anxiety and provides the first dataset on VR therapy efficacy for phobias in Romania. Additionally, it evaluates the optimal duration and frequency of VRT sessions to maximize therapeutic benefits while minimizing adverse reactions like fatigue and anxiety. The findings indicate that a certain minimal number of sessions are required for specific phobias and that VRT sessions ideally last one hour, spaced several days apart, to allow adequate cognitive and emotional processing by patients. It offers unique regional insights into the effectiveness of VRT, and it presents an exciting opportunity for future research and potential expansion into treating a broader range of phobias.

**Keywords:** virtual reality therapy, virtual reality, phobias, anxiety, case study