We Are

DES205 Design of Interactive Systems Final Course Project
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The "We Are" initiative leverages VR to offer personalised mental health support, addressing the challenges of stigma, accessibility, and cost in traditional therapy.

Related Works

Existing apps like **Carepatron**, **Oxford VR** and **Limbix** focus on exposure therapy and making the process of therapy easier but do not remove the human therapist element.

VR research papers highlight case studies and capture human reactions to using the system.

Limitations

Failure to create and deploy **hyperrealistic avatars** and environments due to them being too expensive (economically and temporally).

A delay in the query reception and reply delivery from the headset **limits the spontaneity** of human speech and thought.

To prevent these, arranging assets should be primary to the process along with a more secure software-hardware connection

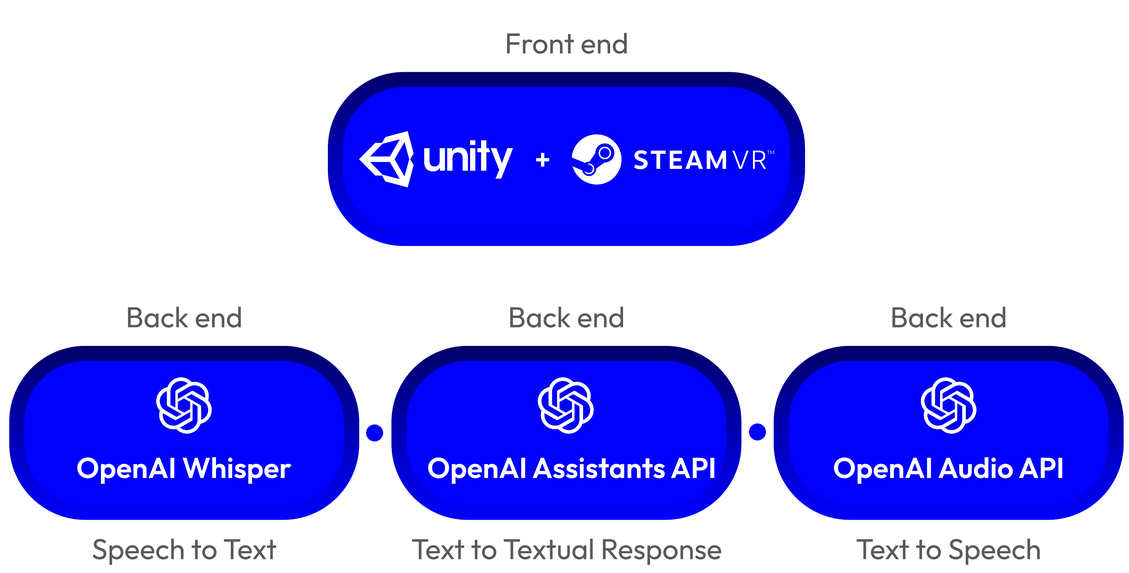
The Future

Seamless integration of body sensors and cameras to monitor a whole host of activities like galvanic skin response, heart rate, body language and posture and so on.

On-site military applications and other emergency workers to treat Post Traumatic Stress and related disorders

Hyper-realistic assets to setup the therapy space, with customisable spaces and therapist avatars.

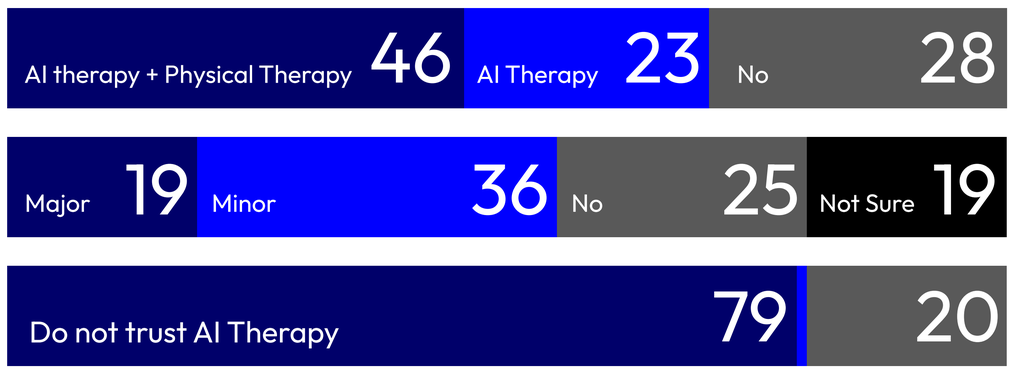
Methodology & Implementation



For the analysis we picked up the **AIEOU** and **PACT** analysis methods over other less effective and less popular methods. These increased awareness regarding our stakeholders and what the market wants.

To design the prototypes and products we picked up the **double diamond design process**, hurtling back and forth between the critical points. This helped us perfect the design, coupled with user feedbacks and expert testing.

Results & Findings



Users **communicated via text**, receiving verbal responses, resulting in **moderate satisfaction.** Users then initially **experienced nausea**, **requiring adjustment to the VR technology**. Accustomed users found VR to be **immersive**, **surpassing** text-based interactions. Transitioning to VR improved user experience, providing a **more engaging interaction** with the bot.

Conclusively, the project delivers the **promised VR therapy application** and **substantial research** on the usage of AI in mental healthcare.

Some **ground-breaking findings** concerning people's acceptance of AI in the healthcare space and **valuable insights** into product building and marketing to make AI and mental health **more accessible** to the people.