

Treating depression and anxiety with Virtual Reality



Portal VR, goggles, controllers



A two-week therapeutic cycle






VR TierOne uses Virtual Reality to affect the psychological aspects of the patient's functioning, such as:

- Anxiety-depressive disorder
- Improving concentration
- Psycho-physical relaxation
- Improvement of visual-spatial functions
- Improving mood and motivation for rehabilitation
- Stimulation of brain plasticity mechanisms
- Reduction of pain sensations
- Cognitive activation

Moreover, VR TierOne supports activation of arms and hands.

VR TierOne:

-  reduces depression level (by 37% in GDS scale)
-  reduces stress level (by 28% in PSQ scale)
-  reduces anxiety level (by 37% in HADS scale)

What is VR TierOne?

VR TierOne is an innovative medical device that uses Virtual Reality to effectively support the process of treating depression and rehabilitation of people after strokes, oncological treatment, cardiological problems and more.

VR TierOne lets a patient to use effectively the time spent in the rehabilitation ward. It also lets a patient to maximise benefits from the physiotherapy process.

Effectiveness and improvement in rehabilitation using VR TierOne and Virtual Reality is confirmed by scientific research.