

# From medical facilities to homes. VR sessions from a Polish startup for mental health

VR TierOne combines medical achievements with new technologies. Now it is selling mobile VR goggles that can help with "deep therapeutic relaxation" in the comfort of your home.



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## ADVERTISEMENT

## DISCUSSION

VR TierOne GO is the first product of the med-tech start-up aimed at retail buyers. Previously, the Lower Silesian company directed its installations mainly to therapeutic centers . She helped reduce anxiety and stress levels thanks to virtual reality sessions. They were filled with the sounds of nature, interwoven with specially composed music, created under the supervision of a music therapist.

## ADVERTISEMENT

In 2021, the company boasted of research showing a 37% reduction in depression levels. (according to the GDS scale), anxiety level by 36%. (according to the HADS scale) and stress level by 27%. (according to the PSQ scale).

## Now VR TierOne wants to hit the roof

Why is it sometimes better to put on VR glasses than to go for a walk in the forest?

*First of all, not everyone has a forest close to their place of residence or even a garden. Secondly, not everyone can benefit from health-promoting contact with nature. I mean sick, immobilized or elderly people whose physical condition prevents them from changing their current surroundings and going for a walk. It is also an offer for residents of large cities, busy and stressed, who do not have time for regular rest in the natural surroundings - explains Paweł Pasternak, general director of VR TierOne.*

The portable VR system uses ready-made PICO goggles (G2 series, and soon G3), which turned out to best meet the startup's needs.

*It's about wirelessness, proper image and sound quality, but also the way of operation, comfort of wearing and the*

*possibility of easy cleaning. This is important for mass use - adds Pasternak.*

However, the most important thing is the content, i.e. 360° videos, which are intended to help us de-stress using images, sounds of nature and relaxing music. The whole is complemented by a narration with elements of meditation and mindfulness, based on breathing exercises.

## **10 minutes and we are calmer and relaxed**

*Our device allows users to completely immerse themselves in the world of virtual reality and contact with nature as close to a real experience as possible. Episodes of depression, chronic stress, anxiety and insomnia are part of our reality today. We must learn to help each other in this area and our goggles are the answer to these challenges , emphasizes Paweł Pasternak.*

The company wants to control the content that goes to the platform, so no materials from independent creators will appear on it.

*Materials must meet appropriate assumptions and remain consistent with the concept of effective VR TierOne GO relaxation. Creating relaxing 360° VR*

*content is within our scope, although we cannot rule out inspiring collaborations in their creation in the future - adds Pasternak.*

#### ADVERTISEMENT

For now, VR TierOne cooperates with a long list of medical facilities. This includes: SPZOZ Specialist Hospital of the Ministry of Internal Affairs and Administration in Złocieniec, where the solution is used in the Neurotic Disorders Treatment Department, and the Multi-Specialized State Hospital SA in Tarnowskie Góry. Goggles are used by aid associations, including: National Autism Society in Kielce and private specialist practices and individual users. The goggles are located at the St. Clinic. George in Ciechocinek, they also support the well-being of older people in the Social Welfare Home in Sierpc and Poznań.

*VR improves the accessibility of experiences. it supports doctors in gaining practice and empathy, and helps sick people feel better. Already today, simulated environments and virtual experiences are used and recommended by specialists to improve mental health. In the future, VR will be present in the everyday use of doctors and therapists. And more accessible in*

*the lives of people who want to take  
care of their health - summarizes  
Pasternak.*