

Low-cost smartphone VR can be as effective as high-end VR for relaxation with a 360° nature video, and might be a feasible and affordable alternative for healthcare organizations

360° nature video for relaxation: does the medium matter?

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BACKGROUND

- VR relaxation promotes workplace well-being and has positive effects on relaxation and restoration in both the general and clinical population (Riches et al., 2021, 2022, 2023).
- However, adoption in clinical practice is limited because VR headsets are often too expensive.

INTERVENTION

- 360° nature video
- Approx. 6 min: 5 x 1-minute nature scenery
- Bird sounds, slight breeze, leaves



EXPERIMENT 1

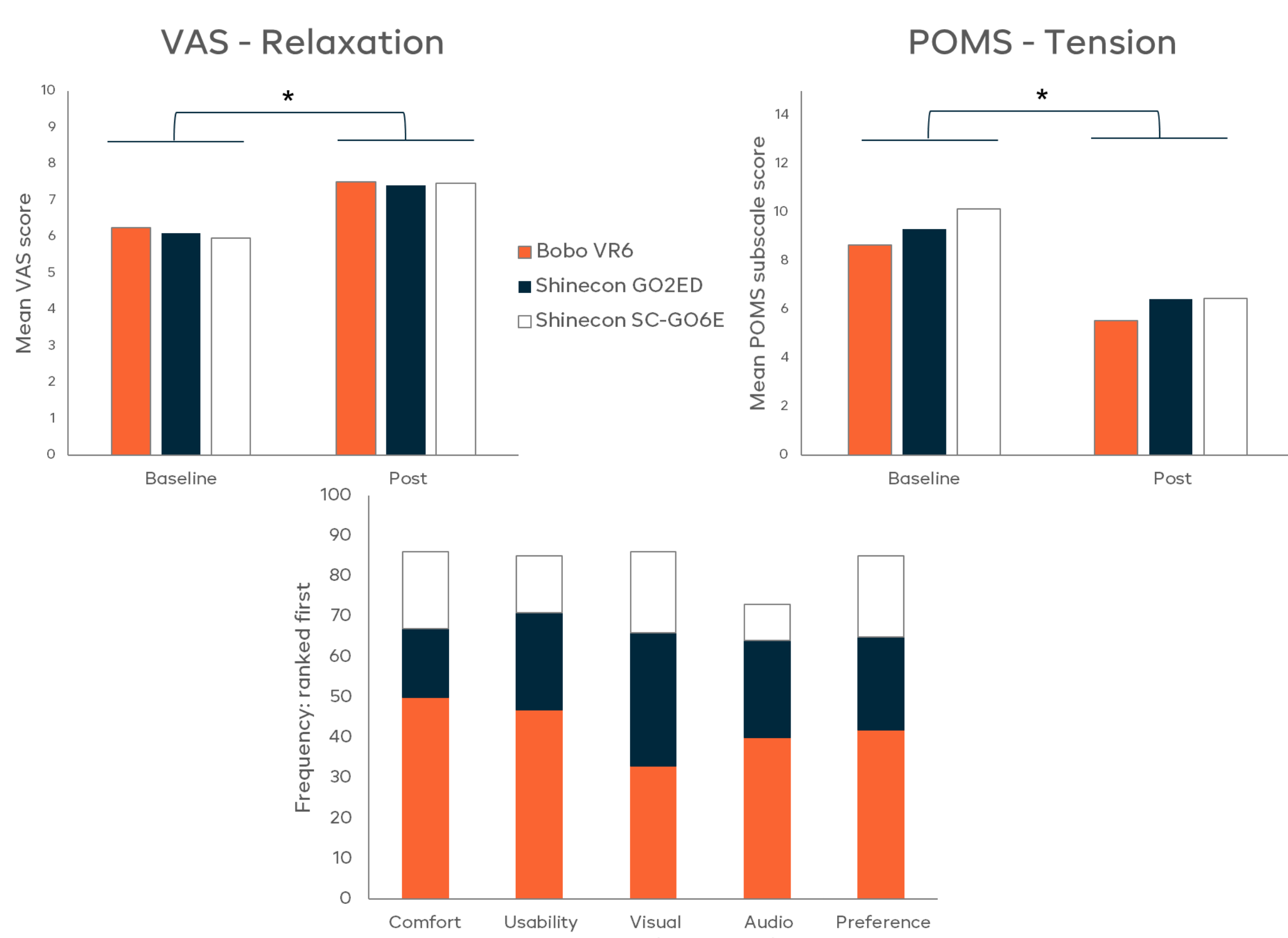
Which smartphone VR headset works best?

STUDY DESIGN

👤 N = 87 first-year applied psychology students + general public (70F / 14M / 3NB; Age M= 20.62, SD= 5.67)



RESULTS

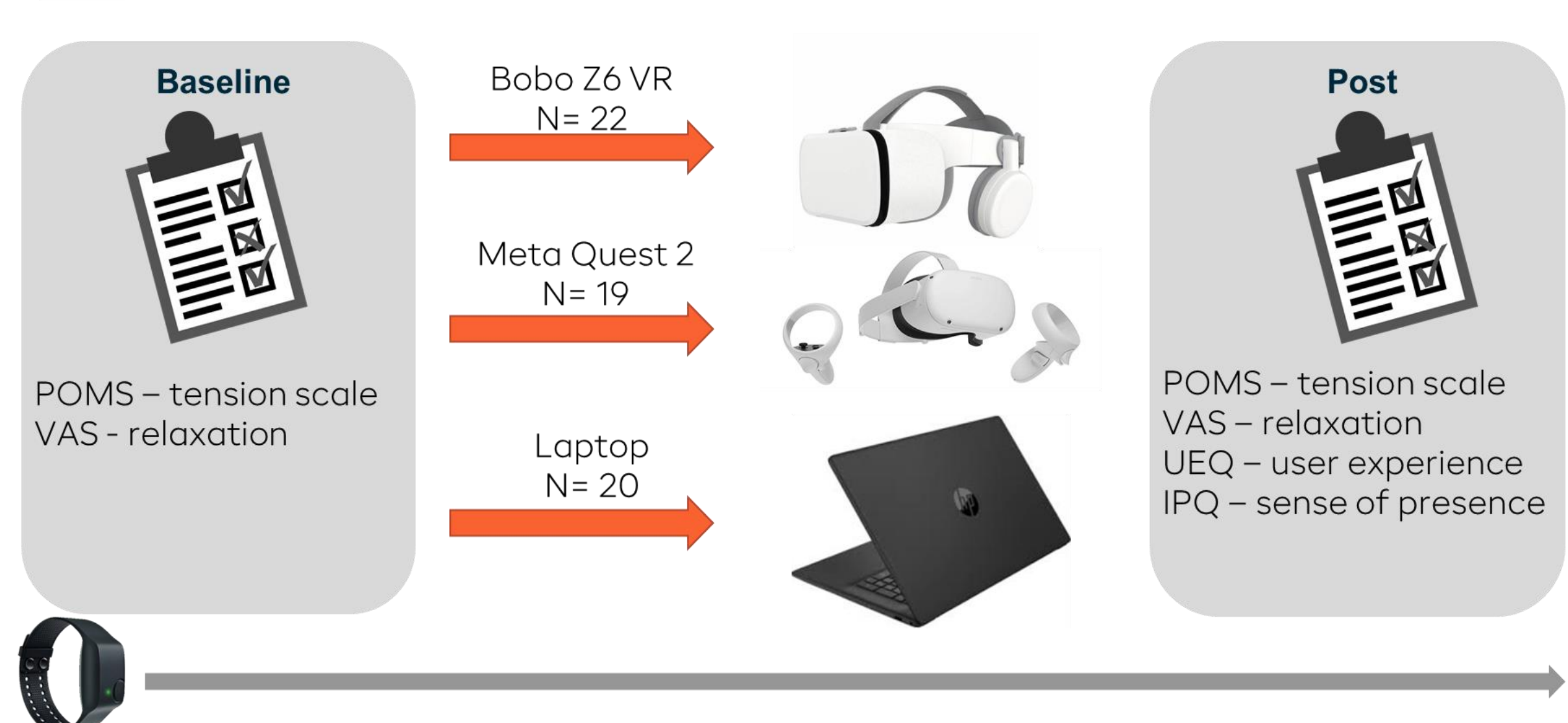


EXPERIMENT 2

Is there a difference in efficacy between presentation media?

STUDY DESIGN

👤 N = 61 first year applied psychology students (52F / 7M / 2 NB; Mean age = 18.75, SD= 1.77)



RESULTS

