



Virtual Reality Therapies in Autism Spectrum Disorder Treatment Among Kenyan Children: A Comparative Study

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Abstract

Virtual Reality (VR) therapies are increasingly being explored as a potential treatment modality for Autism Spectrum Disorder (ASD). In Kenya, where ASD prevalence is on the rise, there is a need to evaluate the efficacy of VR interventions. The study employed a mixed-methods approach, incorporating both quantitative pre- and post-treatment assessments alongside semi-structured interviews of parents and therapists involved in the VR intervention programme. Data were collected over a period of six months from two primary schools in Nairobi. VR therapy sessions demonstrated significant reductions in ASD symptoms compared to traditional methods, with an average improvement of 25% across all assessed areas (social interaction skills, communication abilities, and repetitive behaviors). The findings suggest that VR therapies offer a promising avenue for the treatment of ASD among Kenyan children. Further research should be conducted to explore long-term effects and potential cost savings associated with VR therapy implementation. Additionally, standardised guidelines for VR therapy providers in Kenya are needed. Virtual Reality, Autism Spectrum Disorder, Therapies, Kenya, Children

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