



Virtual Reality Therapy Evaluation for PTSD Among Refugees in Cairo City: A Six-Month Study

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Abstract

Virtual reality (VR) therapy has shown promise in treating post-traumatic stress disorder (PTSD), but its efficacy among refugees is less explored. Participants were recruited from a local NGO providing services to Syrian refugees. A mixed-methods approach was used with semi-structured interviews and focus groups conducted over six months. Data were analysed using thematic analysis. VR therapy sessions demonstrated significant positive impacts on PTSD symptoms, particularly in reducing anxiety levels (42% reduction). Participant feedback indicated high satisfaction rates (85%). The study highlights the potential of VR therapy as a viable intervention for refugees with PTSD, offering a novel method to enhance treatment outcomes. Further research should explore long-term efficacy and cost-effectiveness. Clinical guidelines should be developed incorporating VR therapy into standard care protocols.

Keywords: *Cairo, Refugees, PTSD, Virtual Reality, Evaluation, Therapy, Methodology*

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