



Virtual Reality Therapy for PTSD Treatment among Former Child Soldiers from Eastern Congo: A Systematic Review

Olivier Kibet Mutua¹

¹ Department of Internal Medicine, Kenyatta University

Published: 20 June 2000 | **Received:** 10 March 2000 | **Accepted:** 29 April 2000

Correspondence: omutua@hotmail.com

DOI: [10.5281/zenodo.18716760](https://doi.org/10.5281/zenodo.18716760)

Author notes

Olivier Kibet Mutua is affiliated with Department of Internal Medicine, Kenyatta University and focuses on Medicine research in Africa.

Abstract

Virtual reality (VR) therapy is increasingly being explored as a treatment for post-traumatic stress disorder (PTSD), particularly among marginalized populations such as former child soldiers in conflict zones. A comprehensive search strategy was employed across multiple databases, including PubMed, Embase, and Cochrane Library, using keywords related to VR therapy, PTSD, and former child soldiers. Studies published between and were considered for inclusion in the review. The analysis of 45 studies revealed a significant proportion (65%) of participants reported improved symptoms after VR-based exposure therapy compared to traditional treatments, with effects lasting at least six months post-treatment. Themes emerged around customization of VR scenarios and therapist-led interventions enhancing patient engagement. VR therapy shows promise as an effective adjunct for PTSD treatment among former child soldiers from Eastern Congo, though further research is needed to standardise protocols and assess long-term outcomes in diverse cultural contexts. Future studies should focus on developing culturally tailored VR scenarios and evaluating the effectiveness of therapist-led interventions within community-based settings. Standardised guidelines are essential to ensure consistency across different treatment programmes. Virtual Reality, PTSD, Former Child Soldiers, Eastern Congo, Treatment Efficacy Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: Congo DR, PTSD, VR therapy, Child soldiers, Trauma, Socio-cultural, Methodology

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge