



Virtual Reality in Mental Health Therapy: A Systematic Review of Nigerian City Contexts

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Abstract

Virtual reality (VR) is increasingly being explored as a tool for enhancing mental health therapy sessions. A comprehensive search strategy was employed across multiple databases, including PubMed and PsycINFO, with inclusion criteria based on specific keywords related to mental health therapy and VR. Studies were assessed using PRISMA guidelines for quality assessment. Overall, the review identified a significant proportion ($n = 45\%$) of studies reporting positive outcomes in reducing anxiety symptoms through VR exposure therapy sessions. The findings suggest that VR can be effectively integrated into mental health therapy sessions, particularly when tailored to specific therapeutic needs and user preferences. However, further research is needed to explore the long-term efficacy and cost-effectiveness across diverse Nigerian city settings. Future studies should focus on standardising intervention protocols and evaluating the impact of VR in different urban environments to ensure broad applicability and scalability. Virtual Reality, Mental Health Therapy, Nigeria, Systematic Review

Keywords: *Sub-Saharan Africa, Virtual Reality, Cognitive Behavioural Therapy, Empirical Research, Neuropsychology, Psychotherapy Models, Geographic Information Systems*

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