



Virtual Reality Integration in Nigerian Mental Health Therapy Sessions: A Comprehensive Approach

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Abstract

Virtual reality (VR) has shown promise in enhancing therapy outcomes for various mental health conditions. In Nigeria, where access to specialized care is limited, integrating VR into therapy sessions could significantly improve treatment efficacy. Participants were recruited from urban clinics, with a randomized controlled trial design. They received either standard therapy or VR-enhanced therapy over six months. Data collection involved pre- and post-intervention questionnaires and clinician assessments. VR sessions led to higher engagement rates (72%) compared to traditional methods (45%), as measured by participant feedback surveys. Preliminary analyses suggest a trend towards better therapeutic outcomes in the VR group, although statistical significance has not been confirmed due to small sample size variability. While initial findings indicate promising trends, further research with larger samples is needed to validate these results and explore potential long-term benefits of integrating VR into mental health therapy. Future studies should focus on replicating this study in diverse urban settings across Nigeria. Additionally, exploring the cost-effectiveness and scalability of VR integration in mental healthcare delivery systems can inform policy recommendations. Virtual Reality, Mental Health Therapy, Urban Settings, Nigeria, Engagement Levels Model estimation used $\hat{\theta} = \underset{\theta}{\operatorname{argmin}} \{ \sum_{i=1}^n (y_i - f(\theta; \xi))^2 + \lambda \|\theta\|_2^2 \}$, with performance evaluated using out-of-sample error.

Keywords: *Virtual Reality, Mental Health, Therapy Sessions, Nigeria, Geographic Integration, Immersive Technologies, Cognitive Behavioural Therapy, Neurocognitive Models*

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