



Virtual Reality Therapy for PTSD in Kigali's Urban Centers: A Comparative Study

Ngirabatware Nshimirimana¹, Kizito Mukasimana^{1,2}, Gatwamwe Kajumba^{3,4}, Mushinzimana Gaterima^{1,5}

¹ African Leadership University (ALU), Kigali

² University of Rwanda

³ Department of Research, African Leadership University (ALU), Kigali

⁴ Rwanda Environment Management Authority (REMA)

⁵ Department of Interdisciplinary Studies, Rwanda Environment Management Authority (REMA)

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Correspondence: nshimirimana@hotmail.com

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Author notes

Ngirabatware Nshimirimana is affiliated with African Leadership University (ALU), Kigali and focuses on Psychology research in Africa.

Kizito Mukasimana is affiliated with University of Rwanda and focuses on Psychology research in Africa.

Gatwamwe Kajumba is affiliated with Department of Research, African Leadership University (ALU), Kigali and focuses on Psychology research in Africa.

Mushinzimana Gaterima is affiliated with African Leadership University (ALU), Kigali and focuses on Psychology research in Africa.

Abstract

Post-Traumatic Stress Disorder (PTSD) is a prevalent mental health condition affecting urban populations in Rwanda. Virtual Reality (VR) therapy has emerged as a promising intervention for PTSD, offering immersive and controlled environments to simulate traumatic experiences. The study employed an experimental design where participants were randomly assigned to either VR therapy or a control group receiving conventional psychotherapy. Data collection included pre-treatment, post-treatment assessments, and follow-up sessions over six months. VR therapy demonstrated statistically significant reductions in PTSD symptoms compared to traditional treatments ($p < 0.05$), with an average reduction of 38% in symptom severity across all participants. Virtual Reality therapy shows promise as a viable and effective treatment for PTSD patients in urban settings, offering a tailored and engaging approach that complements conventional methods. Further research should explore the long-term efficacy and cost-effectiveness of VR therapy versus traditional treatments. Implementation strategies must consider accessibility and cultural appropriateness. Virtual Reality Therapy, PTSD, Urban Population, Psychological Treatment

Keywords: Rwanda, PTSD, VR therapy, Cognitive Behavioural Therapy, Virtual Reality Exposure Therapy, Neuroimaging, Urban psychiatry

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