



# Virtual Reality Therapy for Post-Traumatic Stress Disorder Among Female Survivors in Nairobi Slums: A Systematic Literature Review

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## Abstract

Virtual Reality (VR) therapy has shown promise in treating Post-Traumatic Stress Disorder (PTSD). Female survivors of trauma in Nairobi slums are at high risk but face significant barriers to traditional mental health care. A comprehensive search strategy was employed across multiple databases to identify relevant studies. Studies were screened, assessed for quality, and synthesized using PRISMA guidelines. Key findings were analysed based on study design and outcomes. VR therapy demonstrated a statistically significant reduction in PTSD symptoms ( $p < 0.05$ ) with a mean improvement of 34% compared to control groups. Virtual Reality Therapy appears effective for treating PTSD among female survivors in Nairobi slums, although further longitudinal studies are needed to confirm these findings and explore its scalability in resource-limited settings. Future research should prioritise replication studies with larger sample sizes and more diverse populations. Implementation of VR therapy should consider local cultural contexts and technological accessibility. Treatment effect was estimated with  $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African geography, PTSD, VR therapy, female survivors, Nairobi slums, trauma, virtual environments*

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