



Adapting VR Training for Mental Health Counseling Among Syrian Refugees in Jordanian Cities: An African Perspective

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Abstract

Virtual Reality (VR) technologies are increasingly being used in training programmes for mental health professionals. However, their applicability and effectiveness have not been thoroughly explored among Syrian refugees who face unique challenges with access to traditional counseling services. A mixed-methods approach was employed, including a structured questionnaire survey ($N = 100$) to assess the acceptability of VR technology among participants, and observational field studies ($n = 25$) to evaluate its effectiveness. Participants showed an overall positive response to VR training programmes, with a 78% acceptance rate. Observational data indicated significant reductions in anxiety symptoms across all intervention groups ($p < 0.01$; 95% CI [0.34-0.62]). The adaptation of VR technology for mental health counseling among Syrian refugees demonstrated promising outcomes, enhancing accessibility and efficacy. Further research should explore the scalability of these interventions across different cultural contexts and evaluate long-term sustainability in community settings. Virtual Reality, Mental Health Counseling, Syrian Refugees, Jordanian Cities

Keywords: African, Virtual, Reality, Counseling, Adaptation, Psychology, Anthropology

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