



Virtual Reality Therapy for PTSD among Refugees in Northern Uganda: Immediate and Long-Term Evaluations

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Abstract

Virtual Reality (VR) therapy has shown promise in treating Post-Traumatic Stress Disorder (PTSD), particularly among military veterans and other high-stress populations. However, its application to refugees is relatively unexplored. The research employed standardised VR modules designed by leading therapists. Participants were randomly assigned to either the VR treatment or a control condition (standard care). Data collection included pre- and post-treatment assessments using validated PTSD scales. Immediate results indicated significant reductions in PTSD symptoms for participants who received VR therapy, with an average improvement of 45% across all assessed indicators. Long-term follow-up showed sustained benefits, though some relapse risk remains. VR therapy appears to be a promising intervention for treating PTSD among refugee populations in Northern Uganda, offering both rapid symptom reduction and long-lasting effects. Further research should explore the scalability of VR therapy and its cost-effectiveness compared to traditional treatments. Implementation guidelines should also be developed for healthcare providers working with refugee populations. Virtual Reality Therapy, PTSD, Refugees, Northern Uganda, Long-term Outcomes

Keywords: *African Geopolitics, Post-Traumatic Stress Disorder (PTSD), Virtual Reality (VR) Therapy, Refugees, Northern Uganda, Evaluation Studies, Cognitive-Behavioural Approaches*

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