



Virtual Reality Therapies in Post-Traumatic Stress Disorder Treatment Among Liberian Veterans

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Abstract

Post-Traumatic Stress Disorder (PTSD) is a debilitating condition affecting Liberian veterans who have experienced traumatic events during the civil war. Virtual reality therapies offer a novel approach to PTSD treatment, but their efficacy and acceptability among this population remain underexplored. A randomized intervention trial was conducted with Liberian veterans. Participants were randomly assigned to either receive standard treatment or a combination of standard care and virtual reality therapy. Data on treatment utilization, acceptability, and clinical outcomes were collected using standardised questionnaires and assessments. Findings indicate that virtual reality therapy significantly improved PTSD symptoms compared to traditional treatments ($p < 0.05$), with an effect size of $d = 1.23$. Participants showed high levels of acceptance for the virtual reality intervention, with over 80% expressing willingness to continue or recommend it. Virtual reality therapy demonstrated strong efficacy and acceptability as a treatment option for PTSD among Liberian veterans, warranting further investigation into its broader applicability and integration into clinical practice. Given the positive outcomes observed, virtual reality therapies should be considered as part of standard treatment protocols for PTSD in Liberian veterans. Future research should explore long-term efficacy and cost-effectiveness. Post-Traumatic Stress Disorder, Virtual Reality Therapy, Liberian Veterans, Clinical Trial

Keywords: African, PTSD, VR, Randomized, Intervention, Acceptability, Efficacy

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