

Using virtual environments for trigger identification in addiction treatment

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ABSTRACT

This paper presents a novel application of virtual environments to assist in encouraging behaviour change in individuals who misuse drugs or alcohol. We discuss the background and development, through user-led design, of a series of scenes to engage users around the identification of triggers and encourage discussion about relevant coping skills. We then lay out the results of initial testing of this application that showed variation in responses but, on average, the system encouraged discussion around the topic and was linked to a mild improvement in the users' confidence in the subject matter of the session.

Full papers will be published in the Conference Proceedings and will be available to delegates at the conference on Sept. 10.

Full papers will be released on-line in the ICDVRAT archive on March 15.