

# **Reducing impact of stress in patients with psychiatric disorders – a pilot study on the effects of swimming with wild, free dolphins in virtual reality**

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## **ABSTRACT**

In this pilot study, a 360° video VR relaxation program (VR Relax) will be developed in order to reduce the impact of stress in patients with depressive, anxiety and psychotic disorders. The relaxing effect of an underwater VR experience with wild, free dolphins will be compared to the effect of an VR experience with natural surroundings such as beach, open fields and dunes and to a 2D experience with video clips of natural surroundings.

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**Full papers will be published in the Conference Proceedings and will be freely available to delegates at the conference and online on September 20, 2016.**