Free access link:

https://www.mdpi.com/2673-7051/1/2/11/htm

Article Overview:

This review summarises existing evidence regarding Virtual Reality-simulations for alcohol prevention targeting adolescents and to examine how gender is considered. 4 publications were included in this review.

Sample: adolescents between 10 and 19 years.

Key take home messages:

1. There is a lack of studies, however those that are published offer promising findings due to the use of diverse methodological approaches.

2. Adolescents appreciated the realism and the exposure to peer pressure and to negative alcohol consequences. Overall there was positive feedback on novelty and interactivity from adolescents.

3. Results indicated positive changes found in alcohol-related outcomes (e.g., attitude and behavioural intention towards binge drinking). Findings point to the potential of VR as an educational tool for alcohol prevention on an attitudinal and cognitive level.

4. Satisfaction seems to play an important role in the creation process. User satisfaction was associated with knowledge, attitudes, and intention towards binge drinking, positively influencing these outcomes.→ Participants should therefore be involved during the knowledge creation on a large scale.

5. Gender is addressed in studies but not reported as a central aspect or possible category of customization. It is recommended to tailor virtual reality to more accurately represent the target group (e.g. according to social categories such as gender).