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DEEP: A Biofeedback Virtual Reality Game for Children At-risk for Anxiety

This paper was written by authors from Netherlands and discusses and documents DEEP, a biofeedback VR game which was created and used successfully in order to understand anxiety in children and how this can be eliminated. In the start of the paper, Authors have discussed that how anxiety in kids may result in different social and academic problems and how this can be controlled and monitored by breathing of the child. Moving on the game itself has been discussed and all reasons were listed down that why DEEP is very effective when it comes to this problem. According to authors, VR creates similar environment for players which helps getting rid of fear of a similar real life situation. Morover, Authors have also discussed that results obtained from DEEP game show that this setting can help children reduce their anxiety of real life situations. However, no details and demographics of participants of this study are mentioned in the paper.