VR Therapy Module for Stress Management

Description:

The **VR Therapy Module for Stress Management** is an immersive VR application designed to promote mental well-being. It offers guided meditation, guided breathing exercises, and a personalized chatbot with voice interaction for therapy sessions. The app dynamically tracks daily meditation and breathing times, monitors mood and mental state, and provides uplifting quotes tailored to the user's needs. Featuring serene, intuitive environments that users can customize, this module creates a tranquil space for relaxation and stress relief.

Functionalities:

Guided Meditation

- Provides step-by-step guidance for meditation sessions.
- Tracks and updates daily meditation time dynamically.

Guided Breathing Exercises

- Includes interactive breathing techniques with visual guidance.
- Tracks breathing time and progress over sessions.

Personalized Chatbot

- Offers voice-interactive therapy sessions.
- Tailors responses and suggestions based on the user's mood and state of mind.

Mood Tracking and Quotes

- Monitors the user's emotional state and displays encouraging, positive quotes relevant to their mood.

Dynamic Environment Customization

- Allows users to change the VR environment for enhanced relaxation.
- Supports switching between serene environments and customizable skyboxes.

User Progress Tracking

- Maintains a record of meditation and breathing times.
- Resets daily progress automatically and provides a cumulative overview.

Intuitive User Interface

- Simple, immersive interface to ensure ease of use.
- Controller-based input for seamless navigation and interaction.

Relaxation-Focused Design

- Includes calm, soothing visuals and sounds for a tranquil user experience.

Controls for interaction and locomotion:

Left-Hand Primary Axis – Locomotion

Left-Hand Primary Button – Go back to start scene/ Home page

Left-Hand Secondary Button – Pause/Resume timer in breathing exercise

Right-Hand Primary Button – Change environment in meditation and breathing modules

Right-Hand Primary Button – User Voice Record for chatbot input in personal assistance module

Right-Hand Secondary button – Change sky line in meditation and breathing modules

Tech stack

Game engine – Unity (2022.3.25f1) + C#

Version control – Git

Chatbot AI – Convai

3D assets and materials – Unity asset store

Audio – Pixabay