

# Virtual-Reality-Based Multidimensional Therapy for the Treatment of Body Image Disturbances in Binge Eating Disorders: A Preliminary Controlled Study

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**Abstract**—The main goal of this paper is to preliminarily evaluate the efficacy of a virtual-reality (VR)-based multidimensional approach in the treatment of body image attitudes and related constructs. The female binge eating disorder (BED) patients ( $n = 20$ ), involved in a residential weight control treatment including low-calorie diet (1200 cal/day) and physical training, were randomly assigned either to the multidimensional VR treatment or to psychonutritional groups based on the cognitive-behavior approach. Patients were administered a battery of outcome measures assessing eating disorders symptomatology, attitudes toward food, body dissatisfaction, level of anxiety, motivation for change, level of assertiveness, and general psychiatric symptoms. In the short term, the VR treatment was more effective than the traditional cognitive-behavioral psychonutritional groups in improving the overall psychological state of the patients. In particular, the therapy was more effective in improving body satisfaction, self-efficacy, and motivation for change. No significant differences were found in the reduction of the binge eating behavior. The possibility of inducing a significant change in body image and its associated behaviors using a VR-based short-term therapy can be useful to improve the body satisfaction in traditional weight reduction programs. However, given the nature of this research that does not include a followup study, the obtained results are preliminary only.

**Index Terms**—Binge eating disorder (BED), clinical psychology, obesity, virtual reality (VR).

## I. INTRODUCTION

I started gaining weight about age thirty when I started having financial problems...I'm now forty years old and I weigh over 300 pounds. I binge continuously all day long. I can't control myself. I've stopped seeing friends and I spend my time alone—eating.” This quotation, reported by Nash in his recent book on eating disorders [1, p. 3] was made by Peter, a binge eating disorder (BED) patient. This disturbance is characterized by ingestion of a large amount of food in a discrete period of time (about 2 h) and loss of control without compen-

satory behavior (vomiting, use of laxatives) typical of bulimia nervosa. Unofficially termed “compulsive overeating” or “emotional eating” [1], BED affects nearly 2% of the population [2]. BED is often accompanied by overweight: between 25 and 35% of those who seek treatment for obesity have BED [3], [4]. Research on comorbidity indicates a substantial degree of psychological disturbance in BED beyond the BED criterion of marked distress [4]. In particular, perceived pressure to be thin from family, peers, friends, and dating partners is a key factor for the development of the disturbance. This pressure can produce in the patient a poorly developed sense of self, coupled with beliefs of ineffectiveness in dealing with others [5], [6].

Probably this situation can be explained by the common belief that the best way to improve one's body image is to lose weight. Indeed, weight reduction is probably the most-used remedy—even if it is very difficult to manage—for body image dissatisfaction. As reported by Rosen [7], the most common reason for attempting to lose weight in women is the desire to improve physical appearance.

However, recent studies have questioned this belief: dietary intervention, even if accompanied by significant weight loss, may be ineffective in reducing total body dissatisfaction [8], [9]. For instance, Cash *et al.* [10] found that obese subject who had lost weight were similar in appearance evaluation to a currently overweight sample and more distressed than a group of nonobese subjects.

Given the importance of body image satisfaction for the quality of life of BEDs, these findings argue for the potential benefits of treatment strategies for improving appearance satisfaction for BED individuals, regardless of the success of their weight-management efforts [11]. Unfortunately, obesity and BED researchers have not added yet body image interventions in their programs. In a recent review on the behavioral obesity treatment literature Rosen [7] did not find any study including psychological techniques specifically designed to modify body image.

There are two different approaches to the treatment of body image disturbances that are actually used from leading researchers and clinicians: cognitive-behavioral and feminist methodologies [11]. Even if both methods are actually used by many therapists, the treatment of body image disturbance is moving “in the area of multicomponent intervention methods” [11, p. 322]. A recent model proposed by Thompson *et al.* [11] underlines the complexity behind the development of body image disturbances.

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In this study we propose an integrated approach to the treatment of body image disturbances in BEDs based on an exciting new technology: virtual reality (VR). Such choice would make it possible to use the psychophysiological effects induced by the virtual experience on the body schema for therapeutical purposes [12], [13].

Previous studies have suggested that VR can be effective in clinical treatment [14]–[18]. One of the main advantages of a virtual environment (VE) for clinical psychologists is that it can be used in a medical facility, thus avoiding the need to venture into public situations. In fact, in most of the previous studies, VEs were used in order to simulate the real world.

However, it seems likely that VR can be more than a tool to provide exposure and desensitization [19]. As noted by Glantz *et al.*, “VR technology may create enough capabilities to profoundly influence the shape of therapy” [20, p. 92]. In particular, they expect that VR may enhance cognitive therapy.

In practically all VR systems the human operator’s normal sensorimotor loops are altered by the presence of distortions, time delays, and noise [21]. Such alterations, that are introduced unintentionally and usually degrade performance, affect body perceptions, too. The somesthetic system has a proprioceptive subsystem that senses the body’s internal state, such the position of limbs and joints and the tension of the muscles and tendons. Mismatches between the signals from the proprioceptive system and the external signals of a virtual environments alter body perceptions and can cause discomfort or simulator sickness [22]. Perceptual distortions, leading to a few seconds of instability and a mild sense of confusion, were also observed in the period immediately following the virtual experience.

Such effects, attributable to the reorganizational and reconstructive mechanisms necessary to adapt the subjects to the qualitatively distorted world of VR, could be of great help during the course of a therapy aimed at influencing the way the body is experienced [23], because they lead to a greater awareness of the perceptual and sensory/motorial processes associated with them. When a particular event or stimulus violates the information present in the body schema (as occurs during a virtual experience), the information itself becomes accessible at a conscious level [24]. This facilitates the process of modification and, by means of the mediation of the self (which tries to integrate and maintain the consistency of the different representations of the body), also makes it possible to influence body image.

In previous studies, a preliminary version of this approach, called virtual environment for body image modification (VEBIM) [11, p. 322–325], was tested on nonclinical subjects [12], [13], [25] and clinical subjects [26] in uncontrolled studies. The results indicated that the virtual experience induced in the subjects a significantly more realistic view of their body.

Starting from these assumptions, this paper describes the characteristics and preliminary controlled clinical evaluation of the virtual reality for eating disorders modification (VREDIM), a VR-based treatment to be used for body image therapy in BEDs. The approach was developed to support an inpatient weight-reduction program.

## II. METHOD

### A. Subjects

Subjects were consecutive patients seeking treatment at the Eating Disorder Unit of the Istituto Auxologico Italiano, Verbania, Italy.

The individuals included were 20 women (Mean weight:  $114.94 \pm 25.04$  kg; mean height:  $163 \pm 6.32$  cm; mean body mass index (BMI):  $43.21 \pm 9.15$ ) between the ages of 18 and 45 years, who met DSM IV [27] research criteria for BEDs for a minimum of six months as determined by an independent clinician on clinical interview.

Potential participants were excluded if they were taking antidepressant medication or any medication that might influence weight, if they abused drugs or alcohol, if they had a current major psychiatric condition such as a psychosis, if there was a history of purging within the previous six months, or if their BMI was below 30. The latter criterion excluded individuals who did not require treatment for overweight.

The sample was randomly divided into two groups: the experimental group (Mean age:  $30.50 \pm 6.72$ ; mean weight:  $120.06 \pm 28.34$  kg; mean height:  $165 \pm 7.17$  cm; mean BMI:  $44.07 \pm 10.10$ ) and the control group (Mean age:  $30.10 \pm 6.95$ ; mean weight:  $109.82 \pm 21.48$  kg; mean height:  $161 \pm 4.91$  cm; mean BMI:  $42.35 \pm 8.55$ ).

To ensure the equivalence of the two groups, we examined the differences among them on weight, BMI, and all the pretherapy assessment measures by using one-way analysis of variance. No significant differences between groups were obtained on any of the measures, and therefore, it can be assumed that the two groups were equivalent at the beginning of the intervention.

### B. Measures

Subjects were assessed by one of three independent assessment clinicians who were not involved in the direct clinical care of any subject. They were two M.A.-level chartered psychologists and a Ph.D.-level chartered psychotherapist. All the subject were assessed at pretreatment and upon completion of the clinical trial.

The following psychometric tests were obtained at entry to the study:

- Italian version of the Minnesota Multiphasic Personality Inventory 2–MMPI 2 [28];
- Italian version of the Eating Disorders Inventory 2–EDI 2 [29].

In Table I, we report the mean EDI 2 and MMPI 2 scores obtained by the two groups.

Moreover, the following psychometric tests were administered at each assessment point (entry to the study, end of the treatment):

- Italian version [30] of the dieter’s inventory of eating temptations DIET [31]. The inventory has 30 items, each presenting a situational description along with a competent response. The subject rates the percentage of time he or she would behave as described in similar situations. A total score and six subscales are computed. The subscales are resisting temptation, positive social,

TABLE I  
MEAN MMPI 2 AND EDI 2 SCORES IN THE TWO GROUPS

Experimental				Control			
MMPI-2	SCORE (T)	EDI-2	SCORE	MMPI-2	SCORE (T)	EDI-2	SCORE
HS	71,20	DT	10,40	HS	64,62	DT	14,37
D	62,10	B	9,00	D	68,37	B	6,37
HY	64,50	BD	20,50	HY	63,00	BD	23,00
PD	66,40	I	7,80	PD	67,87	I	11,00
MF	48,60	P	4,80	MF	54,87	P	6,75
PA	64,50	ID	3,10	PA	72,50	ID	5,37
PT	62,80	IA	8,00	PT	70,75	IA	10,75
SC	67,30	MF	4,10	SC	70,87	MF	9,00
MA	61,40	A	6,10	MA	58,12	A	8,00
SI	53,30	IR	3,60	SI	62,00	IR	9,00
ANX	67,60	SI	6,30	ANX	70,88	SI	7,62
FRS	55,70			FRS	61,50		
OBS	59,80			OBS	65,50		
DEP	60,90			DEP	70,13		
HEA	71,50			HEA	67,38		
BIZ	60,60			BIZ	67,13		
ANG	52,60			ANG	62,38		
CYN	57,90			CYN	57,75		
ASP	53,50			ASP	54,13		
TPA	48,40			TPA	58,13		
LSE	57,00			LSE	66,38		
SOD	55,20			SOD	62,75		
FAM	63,30			FAM	61,00		
WRK	62,20			WRK	67,88		
TRT	59,30			TRT	66,50		

food choice, exercise, overeating and negative emotions. The inventory was originally designed for use with obese individuals who are trying to lose weight in behavioral weight loss programs, but, according to the authors, it may be useful for identifying situations most likely to trigger loss of control by bulimic patients [31].

- Italian version [32] of the state-trait anxiety inventory (STAI) [33].
- Italian version [34] of the assertion inventory (AI) [35].
- Italian version [36] of the weight efficacy life-style questionnaire (WELSQ) [37]. The WELSQ is composed by 20 items that measure the confidence of the subjects about being able to successfully resist the desire to eat using a ten-point scale ranging from 0 (not confident) to 9 (very confident). The questionnaire was used to predict both acute change and long-term maintenance of weight loss across a range of ages in men and women [37].
- Italian version [38] of the University of Rhode Island change assessment scale (URICA) [39], [40]. The URICA consists of 32 items designed to measure four stages of change in psychotherapy: *precontemplation*, *contemplation*, *action* and *maintenance*. Each item is scored using a five-point Likert-type format: higher scores indicate greater agreement with statements. The URICA was originally developed for use with clients in psychotherapy reporting on their problems [40]. However, the instrument is also used for measuring readiness to change across a wide variety of problem behaviors, especially the addictions including smoking cessation, alcohol use, and cocaine use [39].
- Italian version [41] of the body satisfaction scale (BSS) [42]. The scale consists of a list of 16 body parts, half in-

volving the head (above the neck) and the other half involving the body (below the head). The subjects rate their satisfaction with each of these body parts on a seven-point scale: the higher the rating, the more dissatisfied the individual. A total score and three subscale scores are computed for head, torso, and limbs items [41]. The scale was designed for work in health-related fields. In particular, the scale was used by the authors to assess body dissatisfaction in eating disorders, to monitor changes in body satisfaction in subjects undergoing surgical treatment for breast cancer, and to determine the psychological effects of either maxillary or mandibular joint surgery [41].

- Italian version [43] of the body image avoidance questionnaire (BIAQ) [44]. The BIAQ is 19-item self-report questionnaire on avoidance of situations that provoke concern about physical appearance, such avoidance of tight-fitting clothes, social outings, and physical intimacy. In particular, the questionnaire measures the avoidance behaviors and grooming habits associated with negative body image [44]. The questionnaire uses a six-point scale to rate frequency of behavior: never, rarely, sometimes, often, usually, and always. A total score and four subscales are computed for: clothing, social activities, eating restraint, and grooming/weighting.
- Figure rating scale (FRS) [45], a set of nine male and female figures which vary in size from underweight to overweight.
- Contour drawing rating scale (CDRS) [46], a set of nine male and female figures with precisely graduated increments between adjacent sizes.

In the last two tests subjects rate the figures based on the following instructional protocol: 1) current size and 2) ideal size.



Fig. 1. VR display.

The difference between the ratings is called the *self-ideal discrepancy score* and is considered to represent the individual's dissatisfaction.

The findings of Keeton *et al.* [47] support the usefulness of the self-ideal discrepancy score in the assessment of body image, as it was shown to relate to other body-image indexes and other clinically relevant measures. All the scales have good test–retest reliability [42], [44].

### C. Treatment

For the VR sessions, the VREDIM was used. VREDIM is an enhanced version of the original VEBIM immersive virtual environment, previously used in different preliminary studies on clinical [26] and nonclinical subjects [12], [25].

VREDIM is implemented on a Thunder 866/C VR system by VRHealth.com, San Diego, CA (<http://www.vrhealth.com>). The Thunder 866/C is a Pentium III based immersive VR system (866mhz, 128 mega RAM, graphic engine: Matrox MGA 450 32Mb WRam) including a head-mounted display (HMD) subsystem (see Fig. 1). The HMD used is the Glasstron from Sony Inc. The Glasstron uses LCD technology (two active matrix color LCDs) displaying 180 000 pixels each. Sony has designed its Glasstron so that literally no optical adjustment at all is required, aside from tightening a two ratchet knobs to adjust for the size of the wearer's head. There is enough "eye relief" (distance from the eye to the nearest lens) that it is possible to wear glasses under the HMD.

The motion tracking is provided by Intersense through its InterTrax 30 gyroscopic tracker (Azimuth:  $\pm 180^\circ$ ; Elevation:  $\pm 80^\circ$ , Refresh rate: 256 Hz, Latency time: 38 ms  $\pm$  2).

We used a two-button joystick-type input device to provide an easy way of motion: pressing the upper button the operator moves forward, pressing the lower button the operator moves

backward. The direction of the movement is given by the rotation of operator's head.

A detailed description of the clinical approach used in the different 3-D Healing Experiences is reported in Table II. The virtual environment is composed of seven 3-D Healing Experiences (zones), each one individually used by the therapist during a 50-min session with the patient (see Table III).

The first 3-D Healing Experience is used to assess any stimuli that could elicit abnormal eating behavior. In particular the attention is focused on the patient's concerns about food, eating, shape, and weight. This assessment is normally part of the temptation exposure with response prevention protocol [48]. At the end of the first 3-D Healing Experience, the therapist uses the miracle question, a typical approach used by the solution- focused brief therapy [49], [50]. According to this approach, the therapist asks the patient to imagine what life would be like without her/his complaint. Answering this question in writing, the patient constructs her/his own solution, which then guides the therapeutical process [51]. According to deShazer [51] this approach is useful for helping patients establish goals, that can be used to verify the results of the therapy. Using VR to experience the effects of the miracle, the patient is more likely not only to gain an awareness of her need to do something to create change but also to experience a greater sense of personal efficacy.

The next 3-D Healing Experiences are used to assess and modify:

- Symptoms of anxiety related to food exposure. This is done by integrating different cognitive-behavioral methods (see Table II): countering, alternative interpretation, label shifting, deactivating the illness belief and temptation exposure with response prevention [13], [48].
- Body experience of the subject. To do this the virtual environment integrated the therapeutic methods (see Table II) used by Butter and Cash [52] and Wooley and Wooley

TABLE II  
THERAPEUTICAL METHODS INTEGRATED IN VREDIM

<b>Methods</b>	<b>Procedures</b>
<b>Socratic style</b>	The therapist uses different questions, usually hypothetical, inverse, and third-person ones to help patients synthesize information and reach conclusions on their own.
<b>Miracle question</b>	The therapist asks the patient to imagine what life would be like without her/his complaint. Answering to this question the patient constructs her/his own solution, which then guides the therapeutic process.
<b>Cognitive</b>	<i>Countering:</i> Once a list of distorted perceptions and cognitions is developed, the process of countering these thoughts and beliefs begins. In countering, the patient is taught to recognize the error in thinking, and substitute more appropriate perceptions and interpretations.
	<i>Alternative Interpretation:</i> The patient learns to stop and consider other interpretations of a situation before proceeding to the decision-making stage. The patient develops a list of problem situations, evoked emotions, and interpretative beliefs. The therapist and patient discuss each interpretation and if possible identify the kind of objective data that would confirm one of them as correct.
	<i>Label Shifting:</i> The patient first tries to identify the kinds of negative words she uses to interpret situations in her life, such as bad, terrible, obese, inferior, and hateful. The situations in which these labels are used are then listed. The patient and therapist replace each emotional label with two or more descriptive words.
	<i>Deactivating the Illness Belief:</i> The therapist first helps the client list her beliefs concerning eating disorders. The extent to which the illness model influences each belief is identified. The therapist then teaches the client a cognitive/behavioral approach to interpreting maladaptive behavior and shows how bingeing, purging, and dieting can be understood from this framework.
<b>Behavioral</b>	<i>Temptation Exposure with Response Prevention:</i> The rationale of temptation exposure with response prevention is to expose the individual to the environmental, cognitive, physiological, and affective stimuli that elicit abnormal behaviors and to prevent them from occurring. The TERP protocol is usually divided into three distinct phases: (1) comprehensive assessment of eliciting stimuli, (2) temptation exposure extinction sessions, and (3) temptation exposure sessions with training in alternative responses.
<b>Visual motorial</b>	<i>Awareness of the distortion:</i> The patients are instructed to develop an awareness of the distortion. This is approached by a number of techniques including the presentation of feedback regarding the patient's self-image. Videotape feedback is also usually used. Patients are videotaped engaging in a range of activities.
	<i>Modification of the body image:</i> The patients are instructed to imagine themselves as different in several aspects including size, race, and being larger or smaller in particular areas. They also are asked to imagine themselves as younger and older, and to imagine what they look and feel like before and after eating, as well as before and after academic-vocational and social successes and failures.

TABLE III  
3-D HEALING EXPERIENCES INCLUDED IN VREDIM

<i>Healing Experience 1</i>	<b>TEST</b>
	ASSESSMENT: <i>Room with balance (Area 1a)</i> <i>Drawing room, kitchen (Area 1b)</i>
<i>Healing Experience 2</i>	EATING CONTROL: <i>Dining room, bathroom, bedroom</i>
<i>Healing Experience 3</i>	BIVRS - Body Image Evaluation
<i>Healing Experience 4</i>	SOCIAL ENVIRONMENTS 1 (eating control): <i>Office, pub</i>
<i>Healing Experience 5</i>	SOCIAL ENVIRONMENTS 2 (body image): <i>Swimming-pool, beach</i>
<i>Healing Experience 6</i>	SOCIAL ENVIRONMENTS 3 (eating control): <i>Supermarket</i>
<i>Healing Experience 7</i>	BODY IMAGE: <i>Models, clothes</i>
	<b>RETEST</b>

[53]. In particular, in VREDIM we used the virtual environment in the same way as guided imagery [54] is used in the cognitive and visual/motorial approach.

In all the sessions, the therapists follow the Socratic style: they use a series of questions, related to the contents of the virtual environment, to help clients synthesize information and reach conclusions on their own.

The experimental group received seven sessions of VREDIM plus a low-calorie diet (1200 cal/day) and physical training (30 min of walking two times a week as a minimum).

For the control group, the inpatient treatment consisted of the same low-calorie diet (1200 kcal/day) and physical training as the experimental group, plus psycho-nutritional groups (three times a week) aimed at helping the patients to understand the importance of their lifestyle and to modify unhealthy and destructive behavior patterns. The psycho-nutritional groups were based on the cognitive-behavior approach [55] and focused on teaching patients methods for improving their stress management, problem-solving, and eating.

The treatment for both groups lasted approximately 6.5 weeks (mean length for the experimental group:  $6.6 \pm 0.4$  weeks; mean length for control group:  $6.4 \pm 0.5$  weeks).

TABLE IV  
MEAN BIAQ, BSS, CDRS, FRS, DIET, STAI AI, WELSQ, AND URICA SCORES BEFORE AND AFTER TREATMENT (VR GROUP)

BIAQ	BEFORE TREATMENT	AFTER TREATMENT	p
Total score	33,20	32,40	-
Eating Restraint	3,00	5,20	-
Clothing	16,10	13,80	,021
Grooming/Weighing	4,10	5,30	-
Social Activities	10,00	8,10	,07
<b>BSS</b>			
Total score	51,30	47,60	,06
Head	11,80	9,20	-
Torso	19,30	18,10	-
Limbs	20,20	20,30	-
<b>CDRS</b>			
Real Body	7,80	8,10	-
Ideal Body	4,40	5,10	,035
Body Satisfaction Index	1,87	1,66	
<b>FRS</b>			
Real Body	6,90	6,80	-
Ideal Body	3,80	3,90	-
Body Satisfaction Index	1,87	1,82	-
<b>DIET</b>			
Total score	48,80	39,03	-
Positive Social	54,00	34,57	,06
Overeating	53,33	31,50	,030
Negative Emotions	47,40	37,60	-
Resisting Temptations	40,00	43,75	-
Exercise	46,00	36,25	-
Food Choice	40,50	43,00	-
<b>STAI-X2</b>			
Total score	47,80	38,80	,023
<b>AI</b>			
Anxiety	99,40	88,30	,06
Ability	101,30	93,30	,038
<b>WELSQ</b>			
Total score	107,60	146,80	,050
<b>URICA</b>			
Total score	107,30	112,50	,032
Precontemplation	12,30	12,10	-
Contemplation	34,40	34,50	-
Action	31,60	34,30	,030
Maintenance	29,00	31,60	,031

In order to make sure that therapists adhered to the specific technique in each therapy, we gave two independent judges (senior clinical psychologists who were not involved in the study) samples of recorded sessions of both techniques. There was no instance in which the judges could not identify correctly the therapy to which a certain session belonged.

The study received ethical approval by Ethical Committee of the Istituto Auxologico Italiano. Before starting the trial, the nature of the treatment was explained to the patients and her written informed consent was obtained.

#### D. Statistical Analysis

A power calculation was made to verify the possibility of obtaining statistically significant differences both between the two groups (independent measures), and the pre- and posttreatment scores (repeated measures). Given the low/medium statistical power, due to the relatively small number of subjects and the high standard deviation, we decided to use the exact methods, a series of nonparametric statistical algorithms developed by the Harvard School of Public Health, that enable researchers to make reliable inferences when data are small, sparse, heavily tied, or unbalanced [56]

The exact method used to compare the mean scores—both for repeated and independent measures—was the marginal homogeneity test [57].

### III. RESULTS

In Table IV, we report the means and standard deviations for the tests' scores obtained by the VR group before and after the therapy. The marginal homogeneity test reported significant differences in the BIAQ clothing and grooming scores, in the CDRS Ideal score, in the DIET overeating score, in the STAI total score, in the AI and ability scores, in the WELSQ total score and in the URICA total, action, and maintenance scores.

These results indicate that the therapy was able improve the overall psychological status of the patients.

First, the therapy reduced their level of body dissatisfaction. In particular, the treatment was able to induce a more realistic expectation about their ideal body. Second, the therapy reduced the level of anxiety in the patients. Finally, they increased their self-efficacy and their motivation for change.

This reflected also on the behavior of the subjects. In fact, they:

TABLE V  
MEAN BIAQ, BSS, CDRS, FRS, DIET, STAI AI, WELSQ, AND URICA SCORES BEFORE AND AFTER TREATMENT (CONTROL GROUP)

BIAQ	BEFORE TREATMENT	AFTER TREATMENT	p
Total score	31,00	29,50	-
Eating Restraint	4,40	5,00	-
Clothing	14,60	13,80	-
Grooming/Weighing	3,20	4,10	-
Social Activities	8,80	6,60	-
<b>BSS</b>			
Total score	57,20	53,70	-
Head	15,10	13,20	-
Torso	20,30	19,90	-
Limbs	21,80	20,60	-
<b>CDRS</b>			
Real Body	8,40	8,00	-
Ideal Body	4,40	4,80	-
Body Satisfaction Index	2,55	2,29	-
<b>FRS</b>			
Real Body	6,80	6,60	-
Ideal Body	3,80	3,80	-
Body Satisfaction Index	2,35	2,28	-
<b>DIET</b>			
Total score	46,87	45,90	-
Positive Social	47,57	45,06	-
Overeating	44,67	44,00	-
Negative Emotions	44,60	47,20	-
Resisting Temptations	38,75	37,75	-
Exercise	57,00	53,25	-
Food Choice	40,75	41,75	-
<b>STAI</b>			
Total score	39,20	37,70	-
<b>AI</b>			
Anxiety	101,50	94,00	,06
Ability	105,00	105,10	-
<b>WELSQ</b>			
Total score	129,10	130,30	-
<b>URICA</b>			
Total score	116,40	114,20	-
Precontemplation	13,70	13,80	-
Contemplation	36,80	35,60	-
Action	34,00	33,10	-
Maintenance	31,90	31,70	-

- *were less concerned about social judgement*: patients improved their social activity, were less worried about their weight, and reduced the use of disguising clothes;

- *reduced overeating*: in particular, no binge episodes were reported after the first week of therapy.

No subjects experienced simulation sickness.

In Table V, we report the means and standard deviations for the tests' scores obtained by the control group before and after the therapy. The only significant change was in the AI anxiety score. However, this reduction in the anxiety level was not confirmed by the STAI score.

Then, we compared the differences pre- and posttherapy in the mean BIAQ, BSS, CDRS, FRS, DIET, STAI AI, WELSQ, and URICA scores between the two groups (Table VI). The statistical tests showed significantly higher differences in the VR group for the following scales: BIAQ clothing, DIET overeating, STAI total score, AI ability score, WELSQ total score, URICA action, and maintenance score.

These findings showed that VREDIM was more effective than the traditional low-calorie diet plus cognitive-behavioral nutritional groups in improving body satisfaction and

in reducing overeating and the anxiety level of the patients. Moreover, VREDIM induced an improved level of self-efficacy in the patients associated with a higher motivation for change.

All the 20 patients had achieved complete cessation of binge eating—defined as no binge eating for the past two weeks—at the end of the treatment. This result was maintained in the first month after the end of the therapy.

#### IV. DISCUSSION

The first interesting result of this study is the lack of side effects and simulation sickness in our samples after the experience in the virtual environment, confirming the possibility of using VREDIM for body image treatment.

Although there is much potential for the use of immersive VR environments in clinical psychology, some problems have limited their application in this field. Some users have experienced side-effects during and after exposure to VR environments [58]. The symptoms experienced by these users are similar to those which have been reported during and after exposures to simulators with wide field-of-view displays [59]. These side-effects have been collectively referred to as “simulator sickness” [60]

TABLE VI  
MEAN DIFFERENCES IN THE BIAQ, BSS, CDRS, FRS, DIET, STAI AI, WELSQ, AND URICA SCORES (BEFORE AND AFTER TREATMENT)

BIAQ	ECT group	CONTROL group	p
Total score	0,80	1,50	-
Eating Restraint	-2,20	-0,60	-
Clothing	2,30	0,80	,035
Grooming/Weighing	-1,20	-0,90	-
Social Activities	1,90	2,20	-
<b>BSS</b>			
Total score	3,70	3,50	-
Head	2,60	1,90	-
Torso	1,20	0,40	-
Limbs	-0,10	1,20	-
<b>CDRS</b>			
Real Body	-0,30	0,40	-
Ideal Body	-0,70	-0,40	-
Body Satisfaction Index	0,21	0,26	-
<b>FRS</b>			
Real Body	0,10	0,20	-
Ideal Body	-0,10	0,00	-
Body Satisfaction Index	5,60	6,20	-
<b>DIET</b>			
Total score	9,77	0,97	-
Positive Social	19,43	2,52	-
Overeating	21,83	0,67	,05
Negative Emotions	9,80	-2,60	-
Resisting Temptations	-3,75	1,00	-
Exercise	9,75	3,75	-
Food Choice	-2,50	-1,00	-
<b>STAI</b>			
Total score	9,00	1,50	,035
<b>AI</b>			
Anxiety	11,10	7,50	-
Ability	8,00	-0,10	,063
<b>WELSQ</b>			
Total score	-39,20	-1,20	,005
<b>URICA</b>			
Total score	-5,20	2,20	,023
Precontemplation	0,20	-0,10	-
Contemplation	-0,10	1,20	-
Action	-2,70	0,90	,019
Maintenance	-2,60	0,20	,035

and are characterized by three classes of symptoms: ocular problems, such as eyestrain, blurred vision, and fatigue; disorientation, and balance disturbances; nausea. Exposure duration of less than 10 min to immersive VR environments has been shown to result in significant incidences of nausea, disorientation, and ocular problems [61].

The lack of side effects and simulation sickness in our sample is even more interesting given the sample used. In fact, females tend to be more susceptible to motion sickness than males [62].

Our experience with the use of ECT suggests that this treatment is able in reducing binge frequency and comorbid psychopathology in the short term. Moreover, even if no differences were found in the capacity of reducing binge eating, VR treatment was more effective than the traditional cognitive-behavioral psycho-nutritional groups in reducing weight and in improving the overall psychological state of the patients. In particular, the VR treatment (VREDIM) was more effective than the traditional low-calorie diet plus cognitivebehavioral nutritional groups in improving body satisfaction and in reducing overeating and the anxiety level of the patients. Finally, the VR treatment induced an improved level of self-efficacy in the patients associated to an higher motivation for change.

Its multidisciplinary approach seems to be suitable to the peculiar characteristics of body image disturbances in obesity. In particular VREDIM was effective in dealing with two key features of these disturbances not always adequately addressed by cognitive-behavioral therapy: body experience disturbances and self-efficacy.

First, VREDIM allows the integration of different methods (cognitive, behavioral, and visual-motorial) commonly used in the treatment of body experience disturbances within a virtual environment [23]. In particular, VREDIM integrates the cognitive methods of countering, alternative interpretation, label shifting, and deactivating, the behavioral method of temptation exposure with response prevention and the visual motorial approach (see Table II) using the virtual environment in the same way as images in the well-known method of guided imagery [54]. According to this method the therapist, after introducing a selected image, encourages the patient to associate to it in pictures, rather than in word, and to give a detailed description of them.

A choice of this type makes it possible both to evoke latent feelings, and to use the psychophysiological effects provoked by the experience for therapeutic purposes [23], [25]. In practi-

cally all VR systems, the human operator's normal sensorimotor loops are altered by the presence of distortions, time delays, and noise [21]. Such effects, attributable to the reorganizational and reconstructive mechanisms necessary to adapt the subjects to the qualitatively distorted world of VR, could be of great help during the course of a therapy aimed at influencing the way the body is experienced [23], because they lead to a greater awareness of the perceptual and sensory/motorial processes associated with them.

As noted by Glantz [20, p. 96], one of the main reasons it is so difficult to modify patients' attitudes toward their body is that change often requires a prior step—recognizing the distinction between an assumption and a perception: “Until revealed to be fallacious, assumptions constitute the world; they seem like perceptions, and as long as they do, they are resistant to change. We anticipate using VR to help people in distress make the distinction between assumptions and perceptions.”

This is particularly true for body experience. When a particular event or stimulus violates the information present in the body schema (as occurs during a virtual experience), the information itself becomes accessible at a conscious level [24]. This facilitates the process of modification and, by means of the mediation of the self (which tries to integrate and maintain the consistency of the different representations of the body), also makes it possible to influence body image.

Second, using VREDIM therapists can improve the self-efficacy and motivation for change in their patients. According to Prochaska and DiClemente [63], it is possible to identify five stages of change that people face in altering problematic behavior. These stages can be considered predictable and stable subprocesses within the therapeutic process. The five stages are: precontemplation, contemplation, determination, action and maintenance/relapse.

In particular, a stage of change is critical for the therapy of body image disturbances: contemplation. Contemplation is a paradoxical stage of change, since the patient is open to the possibility of change but is stopped by ambivalence. The characteristic style of the contemplator is, “yes, but . . .”. Two key techniques are usually in facilitating a shift from the contemplation stage to the determination stage of change [50]. The first technique is the use of the *miracle question*, a typical approach used by the solution-focused brief therapy [49], [50]. The miracle question is used to help the client identify how her life would be different if her eating disorder were miraculously gone. The second technique is the search for exceptions: situations in which the patient has been able to manage the problematic eating behaviors more successfully.

Using the VR sessions to experience the effects of the miracle and the successful situations, the patient is more likely not only to gain an awareness of her need to do something to create change but also to experience a greater sense of personal efficacy.

According to Vitousek *et al.* [64], another well-suited approach to face denial and to support self-efficacy is the *Socratic method*. In this method, the therapist uses different questions to help patients synthesize information and reach conclusions on their own. Usually the therapist poses hypothetical, inverse, and third-person questions [64]: for example, would the significance

of body shape change if the obese patient became stranded on a desert island? Would a patient swallow a magic potion that could remove her fear of overweight?

VR is well suited to this approach, for its ability of immersing the patient in a real-like situation that she/he is forced to face. Infact, the key characteristic of VR is the high level of control of the interaction with the environment without the constraints usually found in real life. VR is highly flexible and programmable. It enables the therapist to present a wide variety of controlled stimuli and to measure and monitor a wide variety of responses made by the user [65]. Both the synthetic environment itself and the manner in which this environment is modified by the user's responses can be tailored to the needs of each client and/or therapeutic application. Moreover, VR is highly immersive and can cause the participant to feel “present” in the virtual rather than real environment. It is also possible for the psychologist to follow the user into the synthesised world.

The advantages of a VR-based Socratic method are clear. It minimizes distortion in self report, since there is no script for conforming clients to parrot or oppositional clients to reject; a typical behavior of anorexic individuals.

Moreover, it circumvents power struggles because the therapist can be invisible to the patient and presents no direct arguments to oppose. Finally, evidence is more convincing and conclusions better remembered because they are one's own. As noted by Miller and Rollnick [66, p. 58], people are “more persuaded by what they hear themselves say than by what other people tell them.”

As we have seen before, change often requires the recognition of the distinction between an assumption and a perception [19]. By using VR, the therapist can actually demonstrate that what looks like a perception does not really exist. This gets across the idea that a person can have a false perception. Once this has been understood, individual maladaptive assumptions can then be challenged more easily.

Usually the traditional body-image treatment involves a cognitive/behavioral or a feminist therapy that require many sessions. The possibility of inducing a significant change in body image and its associated behaviors using a VR-based short-term therapy (seven biweekly sessions) can be useful to improve the body satisfaction in traditional weight reduction programs.

As such, VREDIM can be considered as a multifactorial treatment package aimed at breaking through the “resistance” to treatment in clinical subjects [67], [68]. Nevertheless, an alteration of the body image toward a more realistic “proportion” might also be decisive for the long-term outcome of the weight reduction therapy.

Of course, given the nature of this research that does not include a follow-up study, the obtained results are preliminary only. Moreover, the cost of the VR system used in the study is about \$7000. This price, even if affordable for departments or hospitals, is still high for a single therapist, especially without a clear cost/benefit ratio. From a clinical view point the main issues that we have to address in a systematic way in the future are:

- further testing of VREDIM in controlled clinical trials, by comparing it with different approaches (e.g., interpersonal therapy);

- a followup study to check the long-term efficacy of the therapy.

We have already planned an extension of the study as a part of the “Telemedicine and portable virtual environments for clinical psychology” European Community-funded research project (IST-2000–25 323).

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