# Introduction

The problem of Social Phobia in our society has been prevalent for a considerable time. A problem with curing this type of phobia is that in vivo treatment can be difficult: those exposure treatments most of the time require the presence of other people. A possible solution to this problem is virtual exposure, or maybe even better: virtual exposure at home.

But how do you motivate the patient at home to continue to attend the treatment? A solution could be to use an eCoach. An eCoach is a device or program that can be used by the therapist as a tool to act in behalf of the therapist when the patient is at home. Using an eCoach could create an easier environment for the patient to be treated in and could make the decision to ask for treatment easier and could speed up the process.

The question that remains is: what is the effect of the eCoach on the treatment of a patient with social phobia? This report will try to give an answer to this question. The expectation is that there will be some positive effect on the motivation of the major part of the users. This will probably result in a decrease of the avoidance and drop out of the treatment. Not all users will have benefit of the eCoach because of personal reasons.

To answer the main question some other questions need answering. The report will start off with how big the effect of the eCoach is on the motivation of the user (compared to conventional treatments). Next will be a description of the advantages of an eCoach, and of course also the disadvantages. Last will be some requirements for an eCoach system to achieve the effect mentioned.