

# Virtual Reality Nyctophobia Immersion Therapy

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Our project focused on nyctophobia, fear of the dark. We chose this project because we brainstormed the most ideas for this phobia that would be interesting to make and test. We attempted to make our project as user friendly as possible by making it easy to understand.

We decided to start off with a tutorial which would give the user a brief introduction into the VR and get them adjusted to using the equipment and interacting with the environment before we turn off the lights.

In the first level, we dimmed the lights a bit and gave the user an easy maze to navigate. At the end of the maze the user is required to touch the teleportation cylinder in order to move onto the next level just like the tutorial. Gradually making the user feel comfortable within their environment.

In the second level, the room is significantly darker with only two lights within the maze and no color on the walls. The user then must navigate the hallways to find their way to the correct teleportation cylinder. This will require them to go to every dead end and touch all the cylinders to ensure that they do not miss the right one.

We attempted to make a third level a realistic studio apartment to navigate and requires the user to touch basic game objects such as spheres, cubes, and cylinders until they find the right one. In this case, a sphere on the lower right shelf of the bookcase. This final level has no light and the user must rely solely on the flashlight to navigate.

Our youtube link is here:

<https://www.youtube.com/watch?v=fxu9WzAAkEI&feature=youtu.be>