

# VR Phobia Installation Guide

This guide explains how to launch the applications. There are several methods to run the applications and view the code, all are listed below.

## HR Monitor Application Installation

HR monitor application can be launched on a simulator and a physical device. However, to interact and start data collection process, a physical watch and an iOS device are needed.

Download the repository and find the *.xcodeproj* file inside *HeartRateMonitor* folder. Click on it twice to launch Xcode project. Give it some time to sync and index the files.

If you wish to run the test classes or modify the code and then run the application, you would need to perform the *Code Signing*. It is a security feature by Apple to certify that the application was created by you. Since we are planning to alter the application and run it on the device that does not belong to the signer, we need to change the developer's team.

Select your project name at the top left corner. Then choose *Signing & Capabilities*. For the *Team* name you have to select your Apple ID (Figure 1). The application can only be launched from your device if unique ID is selected. Additionally, you can run the application on simulators and launch any test classes that are included in the project.

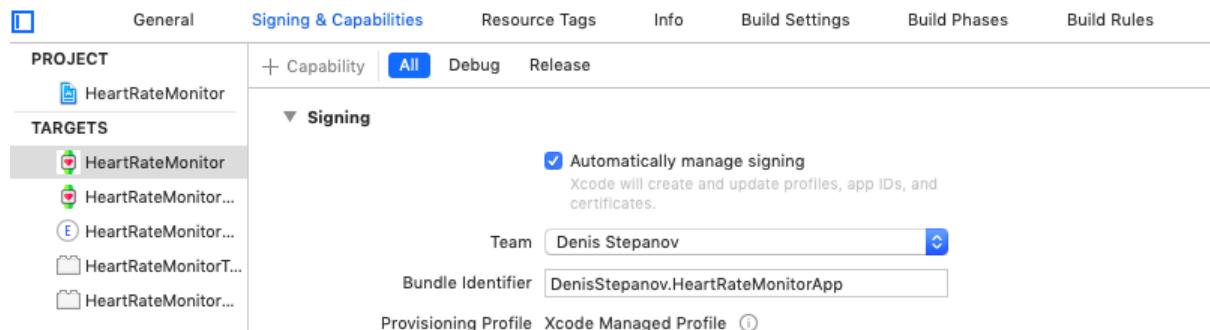


Figure 1: Developer Singing

After you have finished signing, you can launch specific test classes or the whole application by selecting a device on the top left corner and clicking play button (Figure 2).

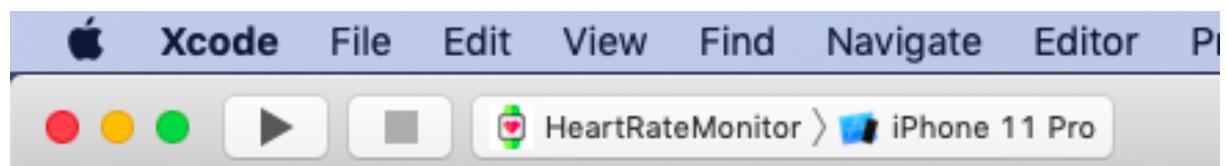


Figure 2: Unsigned Method Application Launch

## VR Application Installation

You would need Unity IDE for this step of the guide. The project is located in *VRPhobia* folder and you can open it in Unity IDE. The project files inside the folder will be located automatically and you would only need to select the platform for your build.

In Unity Hub click *ADD* and select *VRPhobia* folder (Figure 3).



Figure 3: Unity Hub

Next, Unity project window will open with all resources. Press *File - Build Settings* and select iOS platform. Click *Build and Run* (Figure 4).

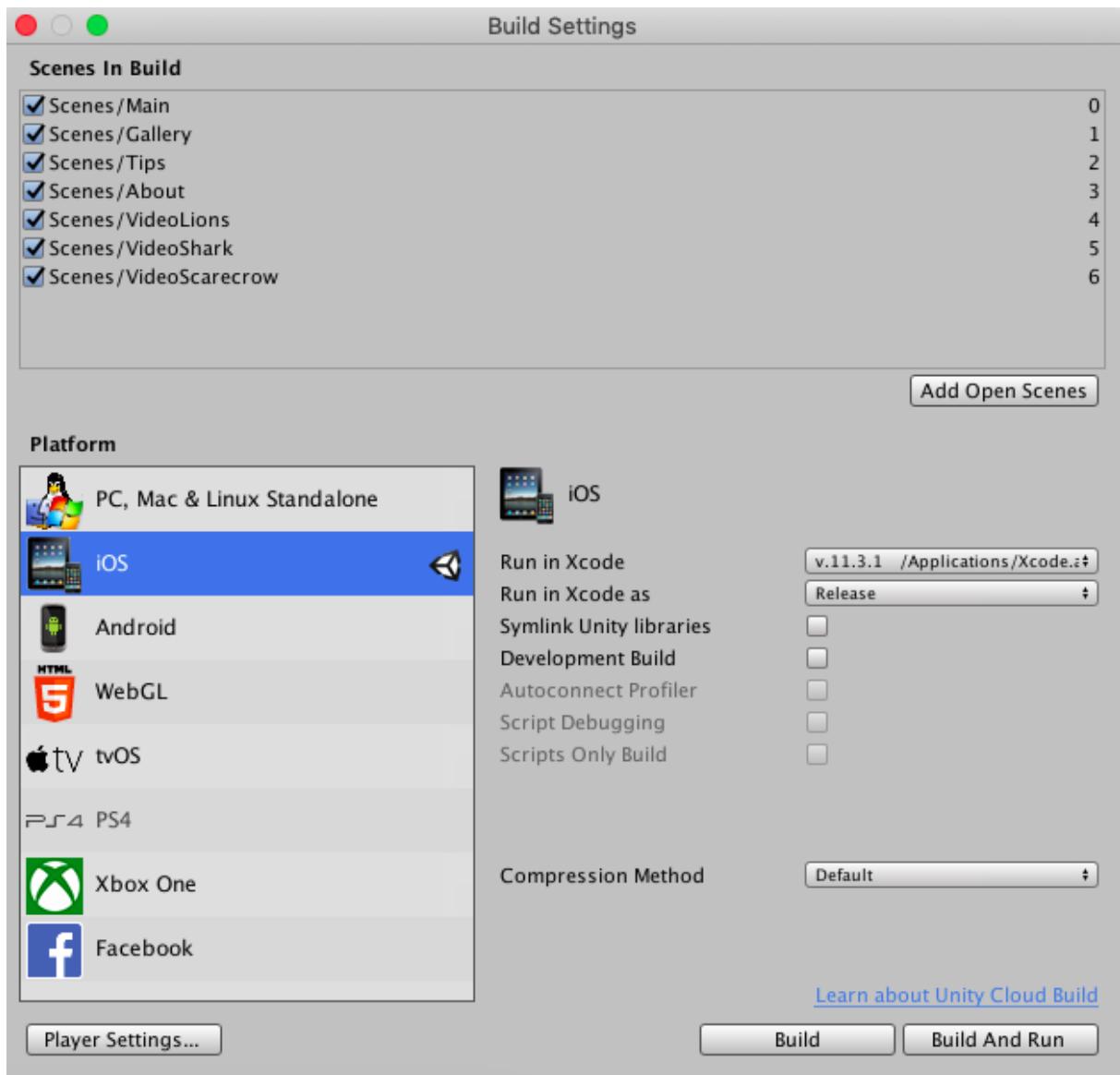


Figure 4: Build Settings

Xcode will be launched automatically. Perform the Code Signing as in HR monitor application and you are ready to go!

## Interaction

This section specifies the interaction steps after the application was launched. There are various possibilities on how to run the application, but the general idea of application use is described below.

First, start off by launching both iOS and watchOS Heart Rate Monitor applications (Figures 5 & 6). Your watch must be paired with your iOS device.

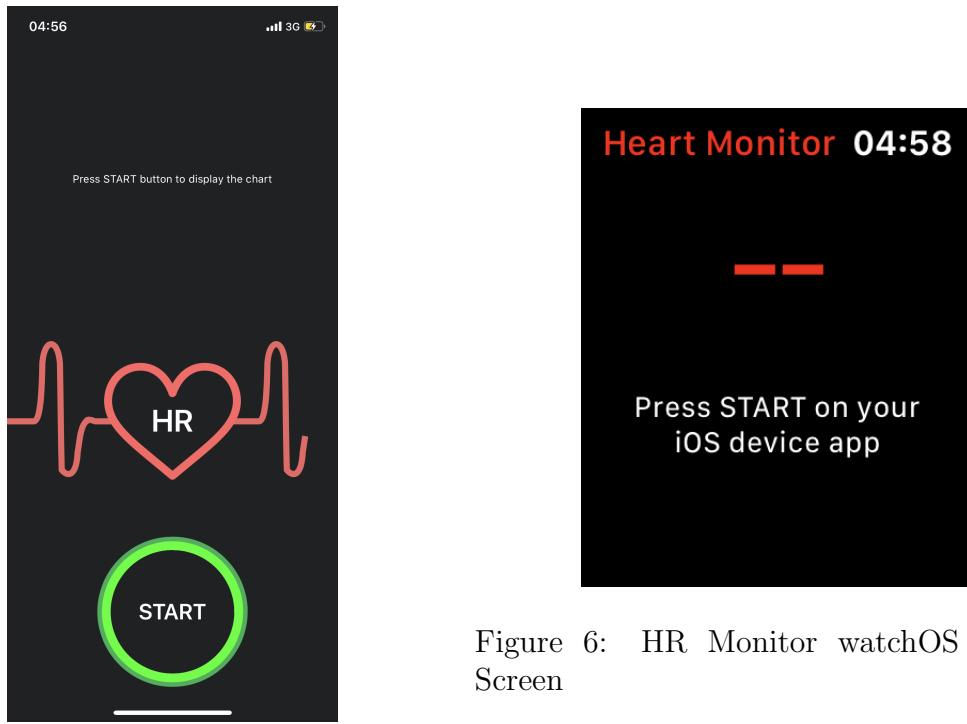


Figure 5: HR Monitor iOS Launch Screen

Figure 6: HR Monitor watchOS Launch Screen

Your watchOS application will request permissions on the first run. Agree to the permission on reading heart rate data (Figure 7).

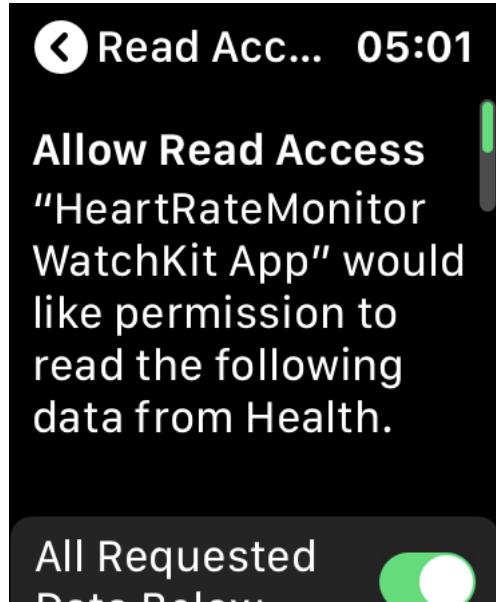


Figure 7: watchOS Permission Window

On the iOS device, push *START* button to launch the process. The button will turn red and the chart will show up at the top of the screen. The watchOS device will change text labels and display the updated heart rate of the user (Figures 8 & 9). It is worth noting

that the chart will not appear instantly. The iOS device waits for the first response from the watch to set the initial value on the chart and then displays it on the screen.

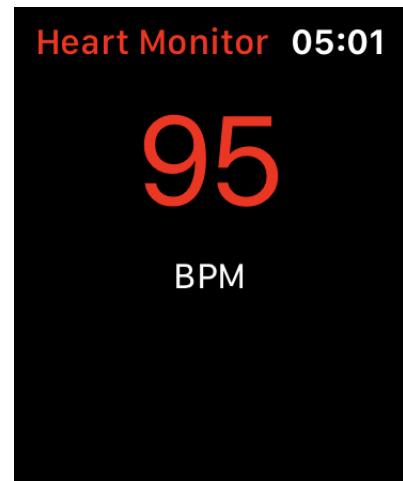
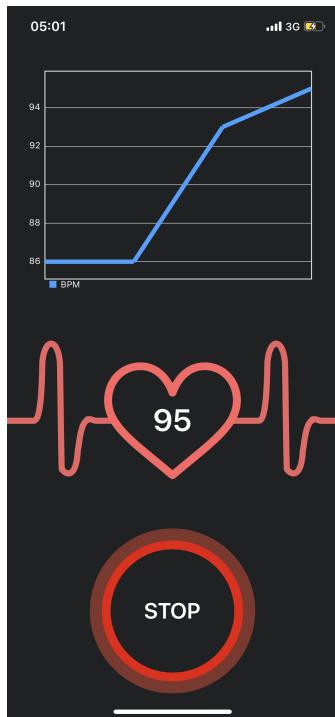


Figure 9: HR Monitor watchOS Process Start

Figure 8: HR Monitor iOS Process Start

Next, put the phone in the headset and launch the VR application (Figure 10).

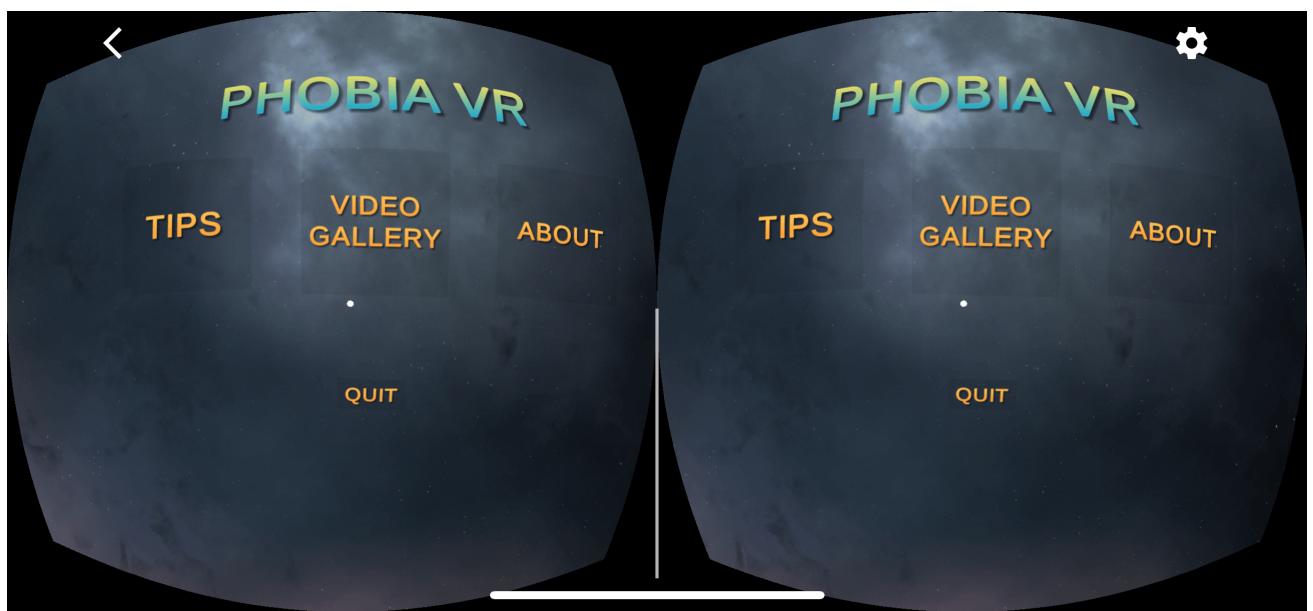


Figure 10: VR Application Launch Screen

You can choose the buttons by focusing the white cursor on them. You can lock your view on *Video Gallery* for two seconds and the application will change the window (Figure 11).



Figure 11: VR Application Video Gallery

You will have three videos to choose from. Select any video you like and lock your cursor on the video thumbnail for two seconds. The video will be launched (Figure 12).



Figure 12: VR Application Lions Video

At any point during the playback you can exit to the gallery or the main menu by focusing the cursor on one of the buttons (Figure 12). When you are finished with the VR session, you can find the quit button in the main menu.

Now you can return to HR monitor application. The whole time you were immersed in your VR session, the HR sensor on the watch was tracking your heart rate and sending it to the iOS application. You should be able to see the updated chart on the top of the

screen (Figure 13).

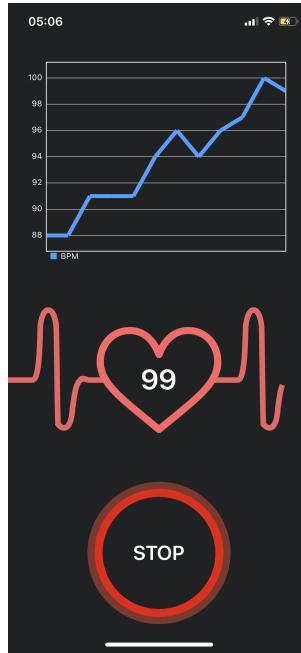


Figure 13: HR Component Updated Screen

Push the stop button. It will stop the measuring process and show you the pop up window. Insert your name, age and phobia name. If you do not know the name of your phobia, type “others” (Figures 14 & 15).

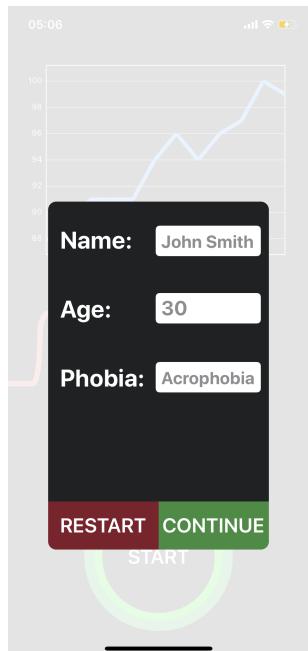


Figure 14: HR Monitor Pop Up Screen

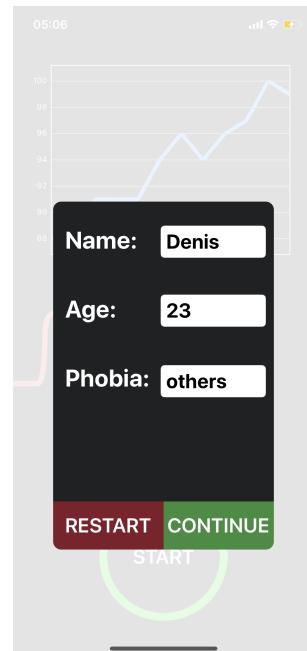


Figure 15: HR Monitor User Input

Proceed by pushing *CONTINUE* button. You will now see the results screen (Figure 16). Check if the information is correct.



Figure 16: HR Component Results Screen

Click on *SHARE* button and select how you want to share your results, such as email (Figure 17). Send the information to the channel that is available and check if it has arrived successfully.

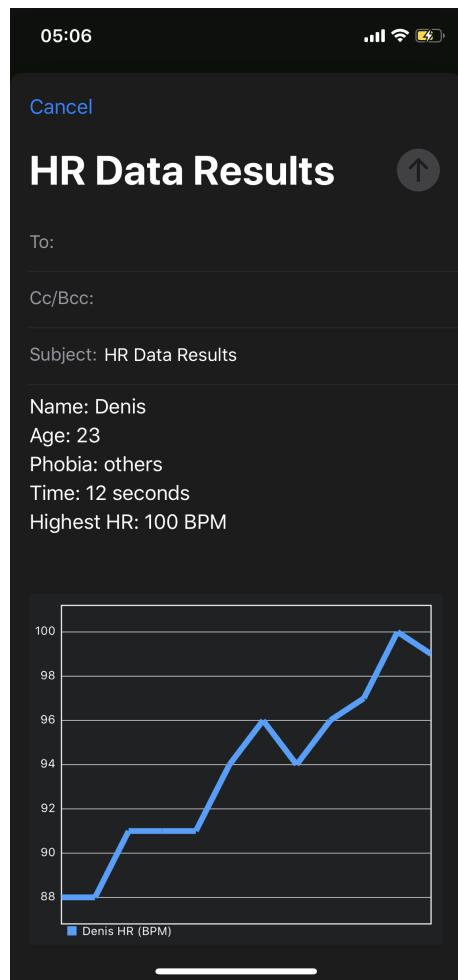


Figure 17: HR Component Email Share Screen