In recent years, there has been a shift in the approach to analyzing the impact of video games on human health and behavior. According to Forbes Global's 2020 data, more than 70% of companies use gamification in a variety of areas, including employee training and customer engagement, indicating a growing interest in gaming technology for cognitive purposes.

At the same time, the medical field is raising questions about how video games can affect people's health and well-being. Research is underway into the potential of gaming products in the treatment, rehabilitation, and improvement of cognitive functions such as attention and memory. According to the World Health Organization (WHO), millions of people suffer from various psychological problems and illnesses, highlighting the need to develop innovative methods to support mental health.

Current research confirms the positive impact of specialized games on the treatment and rehabilitation of patients with psychological disorders. There is a growing interest in medical practice in the development of games aimed at rehabilitation and prevention of mental illnesses, as evidenced by the results of recent studies.

However, despite the positive trends, there is a need for further research to better understand the effects of video games on health and behavior. Works in this area require a larger sample and more precise analysis to obtain objective results.

The purpose of this paper is to systematize and analyze existing research on the effects of video games on human health and to identify directions for future research. The research question is formulated as: "In which areas of medicine is the application of video games and VR-technology most promising?"