

# User Manual

## For the Installation Steps

### Install MySQL 8.0

Use this link to download the MySQL 8.0

<https://dev.mysql.com/downloads/mysql/>

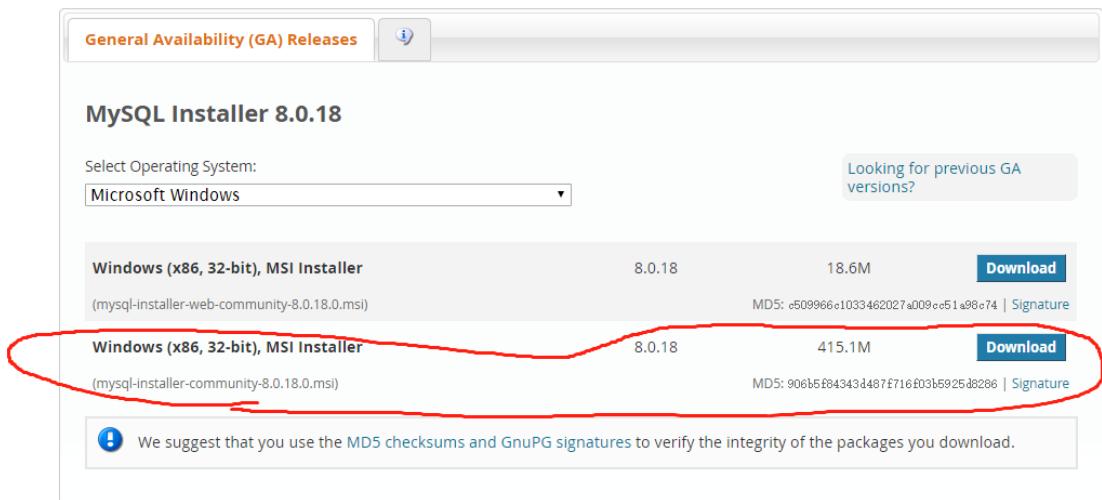
Then, simply click the 'Go To Download Page'

The screenshot shows the MySQL download page for MySQL Community Server 8.0.18. At the top, there's a dropdown menu for 'Select Operating System' set to 'Microsoft Windows'. Below it, a section titled 'Recommended Download:' features the 'MySQL Installer for Windows' package. This section includes a thumbnail of the MySQL logo and a note: 'All MySQL Products. For All Windows Platforms. In One Package.' A red circle highlights the blue 'Go to Download Page >' button. Below this, under 'Other Downloads:', there are two ZIP archive options: 'Windows (x86, 32 & 64-bit), ZIP Archive' (MD5: 3c1f0b3388639d988fb45bf3fa23d) and 'Windows (x86, 64-bit), ZIP Archive' (MD5: 8d56a0f2418d0659e495b411dc29d3b9). Each download row has a 'Download' button. At the bottom, a note suggests using MD5 checksums and GnuPG signatures for integrity verification.

Then, jump to the below page, and choose the circled one to download.

## MySQL Community Downloads

◀ MySQL Installer



The screenshot shows the MySQL Community Downloads page. At the top, there's a button for "General Availability (GA) Releases". Below it, the title "MySQL Installer 8.0.18" is displayed. A dropdown menu "Select Operating System:" shows "Microsoft Windows". To the right, a link "Looking for previous GA versions?" is visible. Two download links are listed:

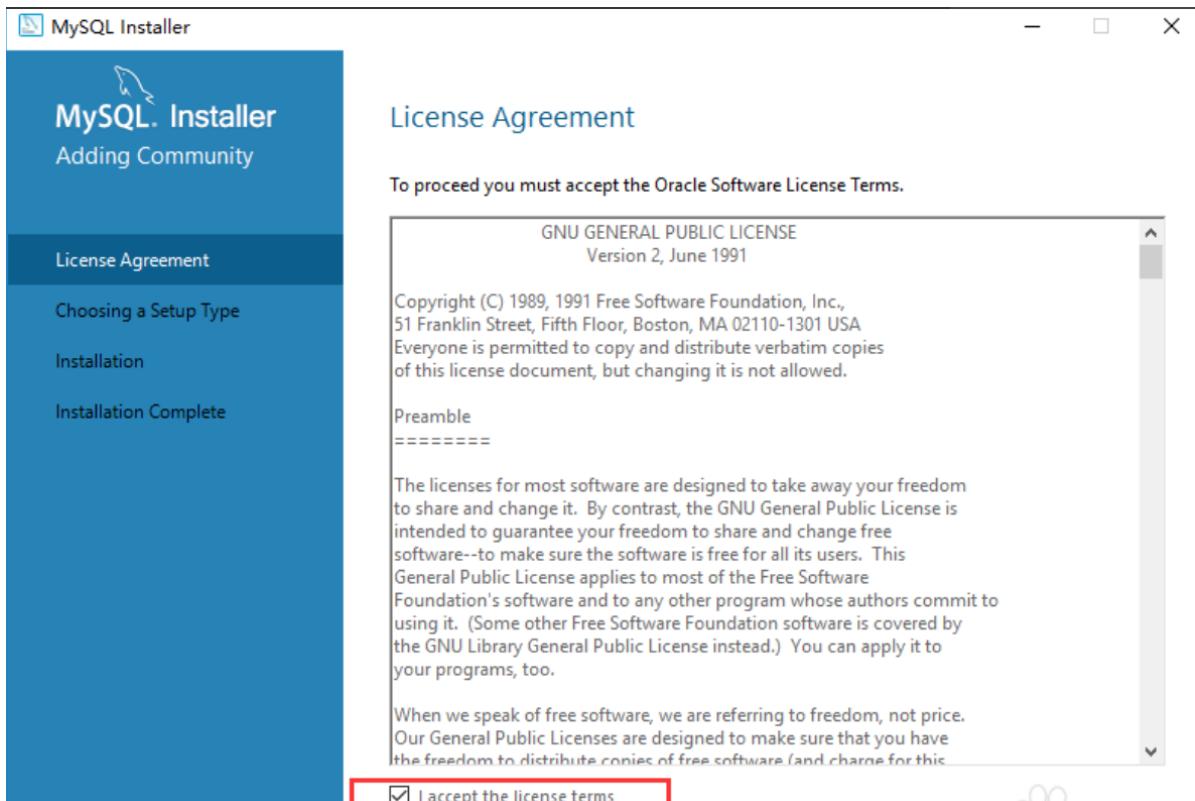
- Windows (x86, 32-bit), MSI Installer**: Version 8.0.18, 18.6M. Download button.
- Windows (x86, 32-bit), MSI Installer**: Version 8.0.18, 415.1M. Download button. This link is circled in red.

At the bottom, a note says: "We suggest that you use the [MD5 checksums](#) and [GnuPG signatures](#) to verify the integrity of the packages you download."

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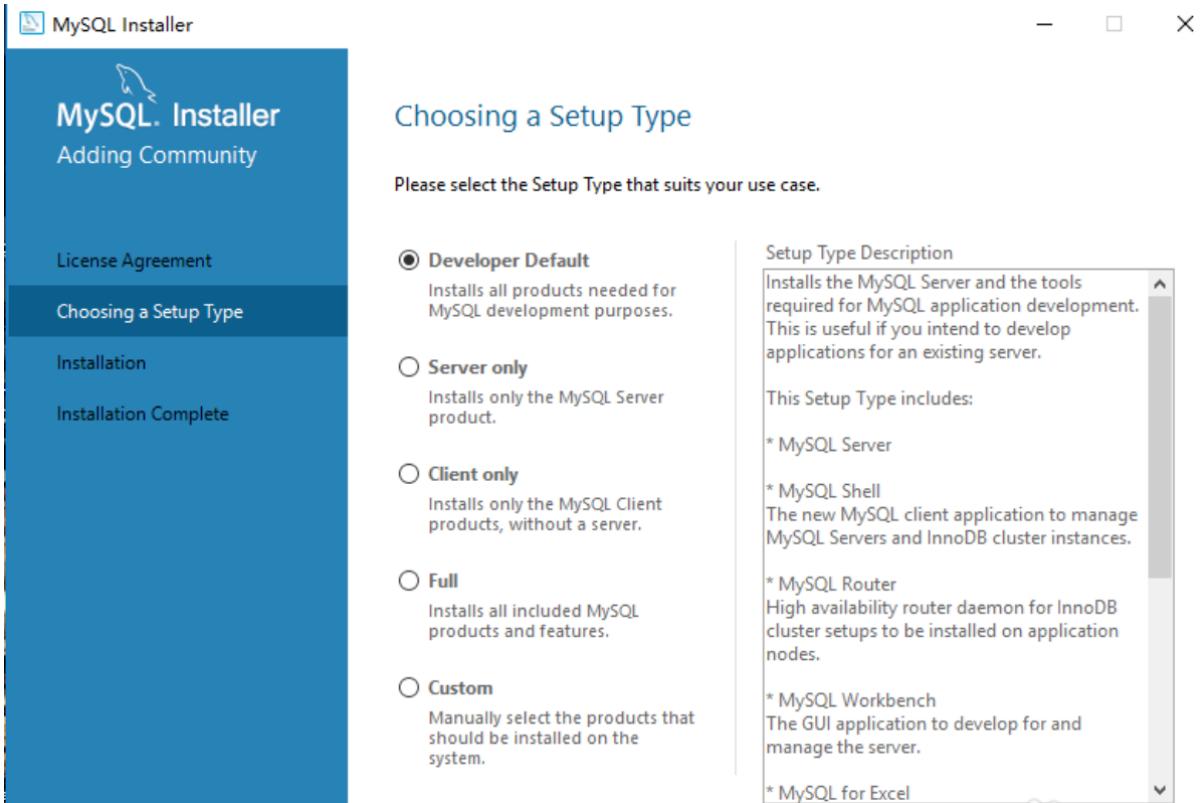
[Legal Policies](#) | [Your Privacy Rights](#) | [Terms of Use](#) | [Trademark Policy](#) | [Contributor Agreement](#) | [Cookie Preferences](#)

Then, click the downloaded file and the below page will appear, simply click the 'I accept'



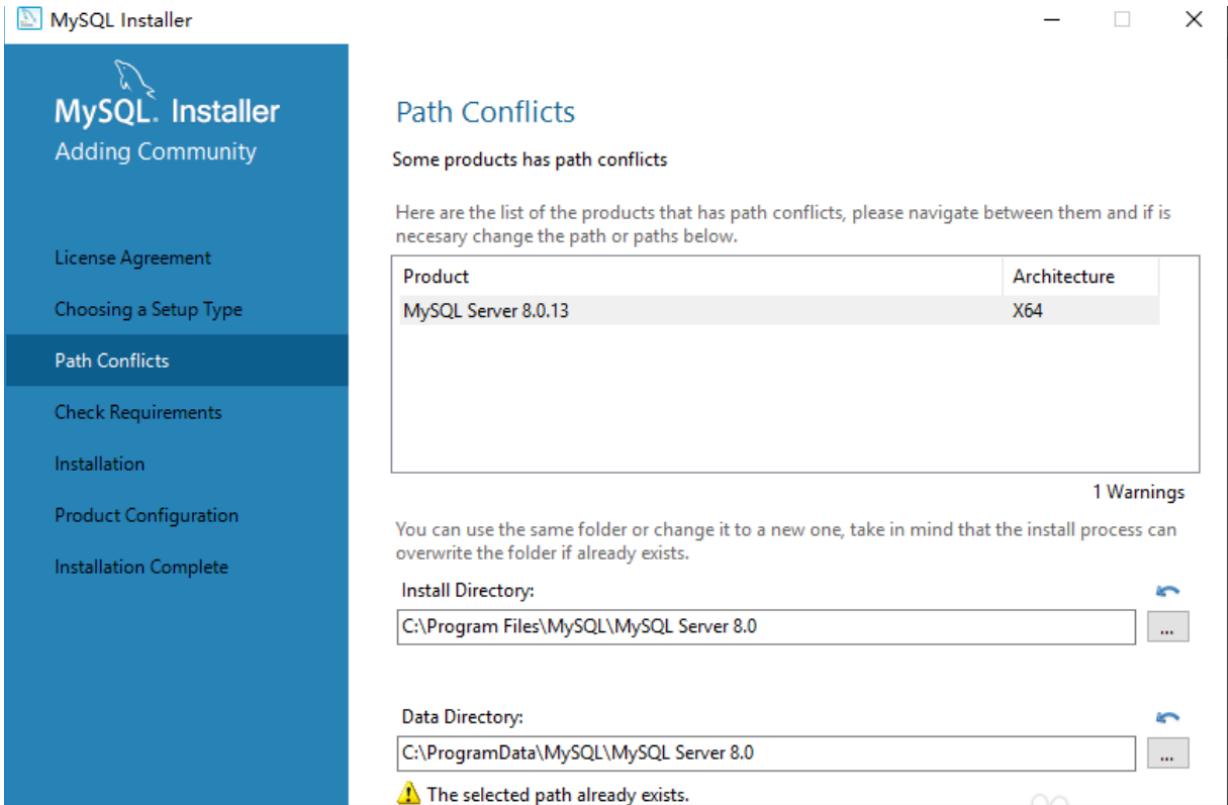
The screenshot shows the MySQL Installer "License Agreement" window. On the left, a sidebar lists steps: "Adding Community", "License Agreement" (which is selected and highlighted in blue), "Choosing a Setup Type", "Installation", and "Installation Complete". The main area is titled "License Agreement" and contains the text: "To proceed you must accept the Oracle Software License Terms." Below this is the "GNU GENERAL PUBLIC LICENSE Version 2, June 1991". The text explains the license terms, mentioning the Free Software Foundation and the right to copy and distribute verbatim copies. It also includes the Preamble and the full text of the license. At the bottom, there is a checkbox labeled "I accept the license terms" with a red border around it.

Then, choose the 'Developer Default'



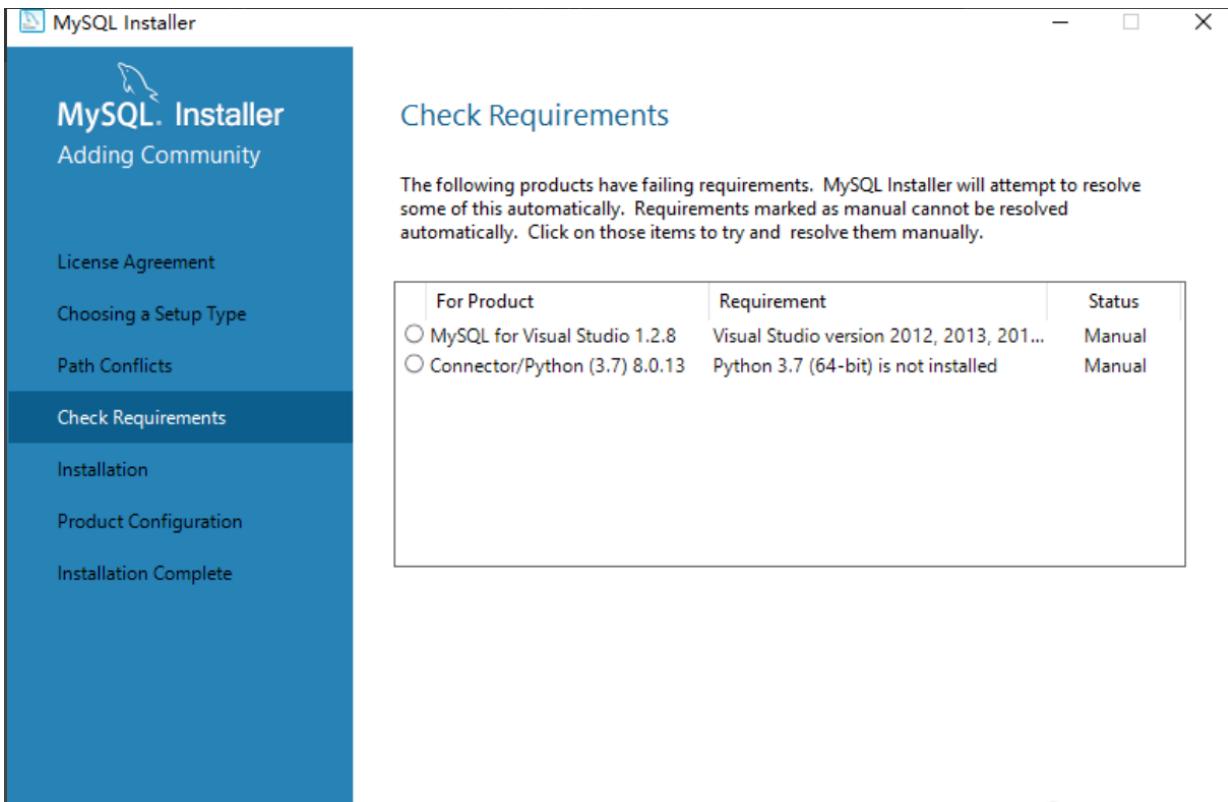
If had installed MySQL before, there will appear a warning to ask if we need to set another path or just keep the same. You could choose to change the path or keep the same and click 'Next'.

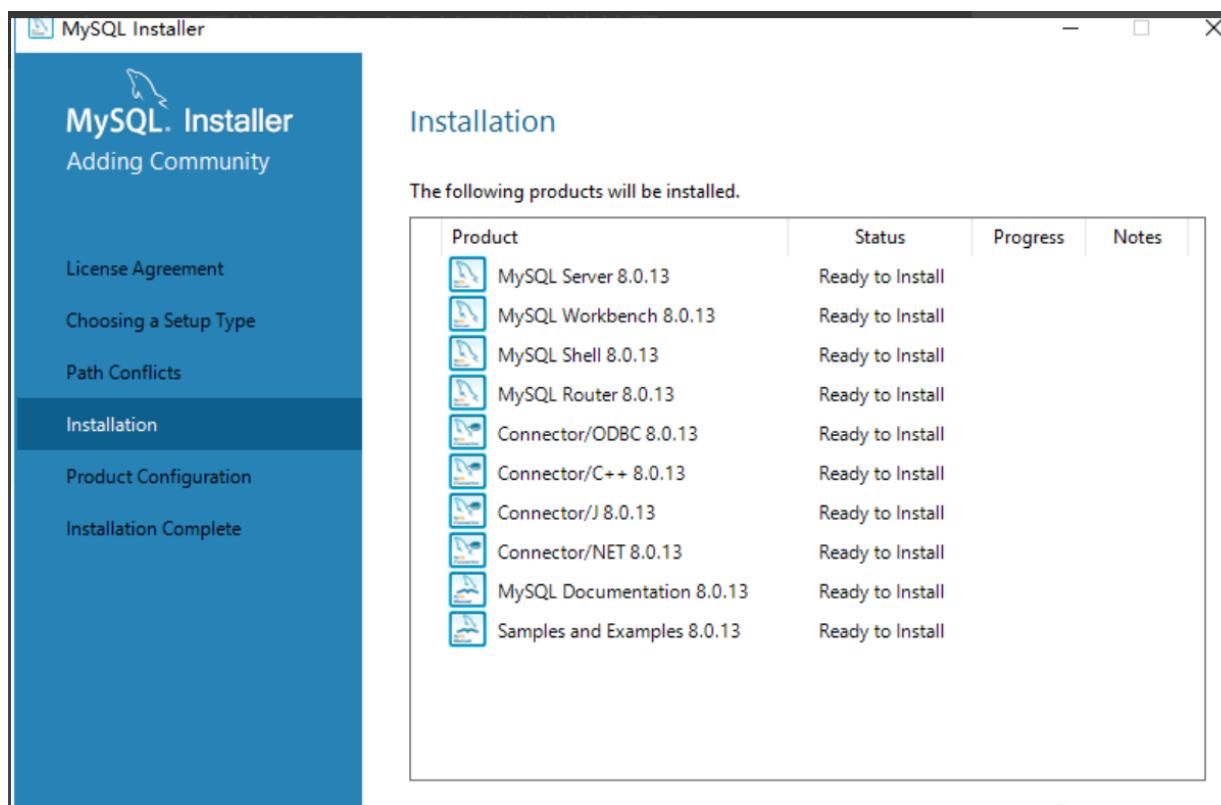
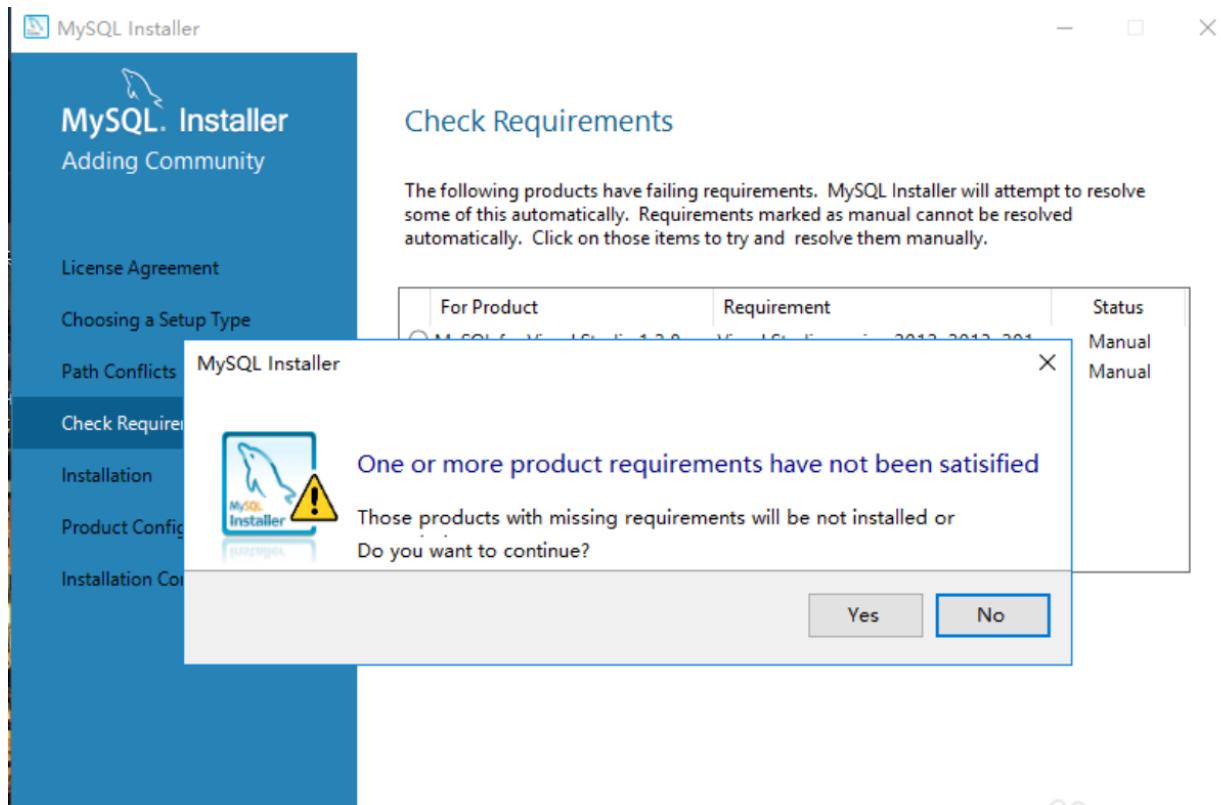
If this is the first time to install MySQL, simply click next and move to next page.

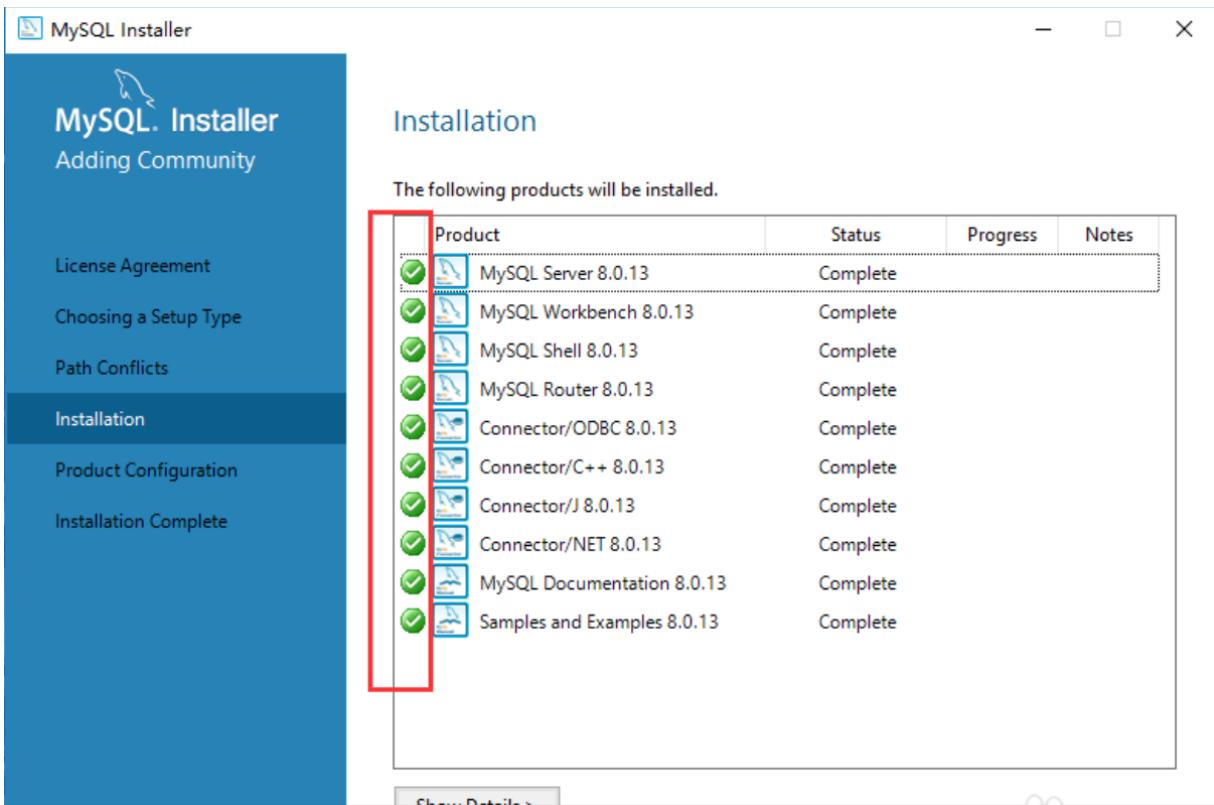


For these below screenshots, just follow the instruction and when appear the warning,

Simply click 'Next' and ignore this warning by choose 'No', and click 'Execute', wait a moment until everything was installed.

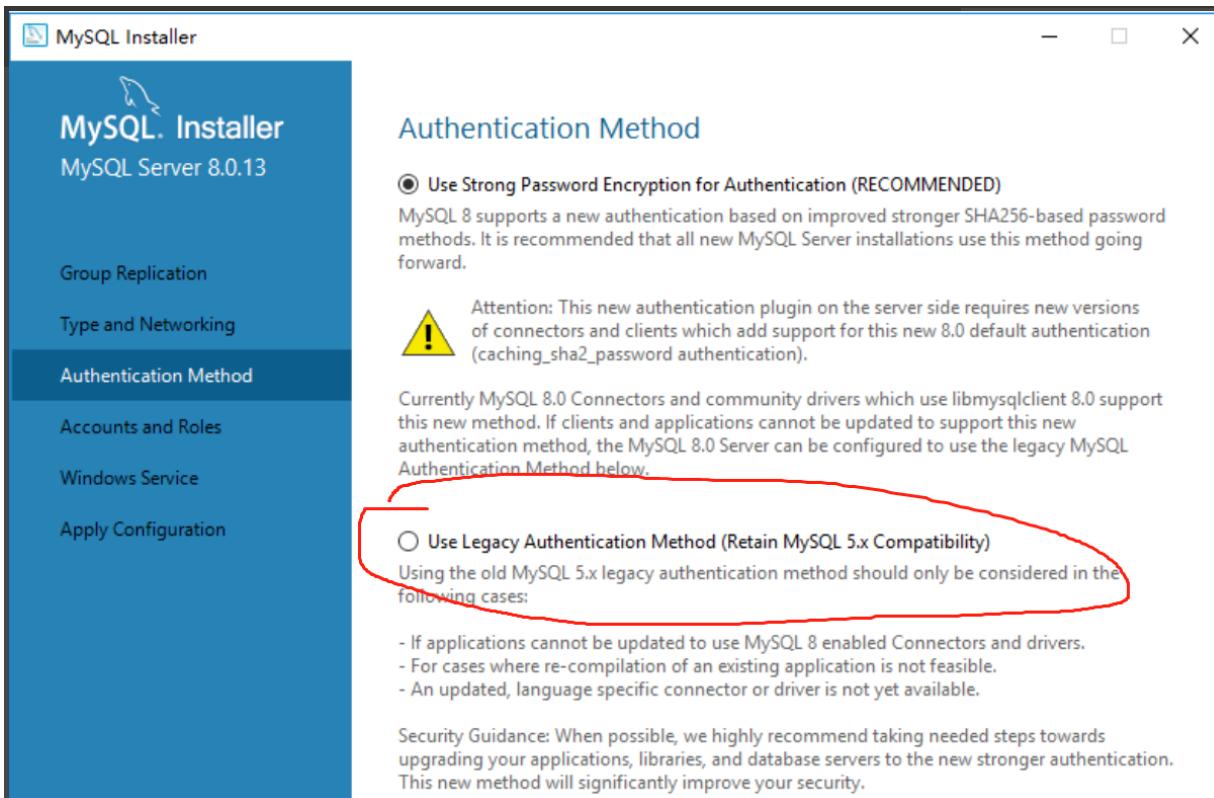




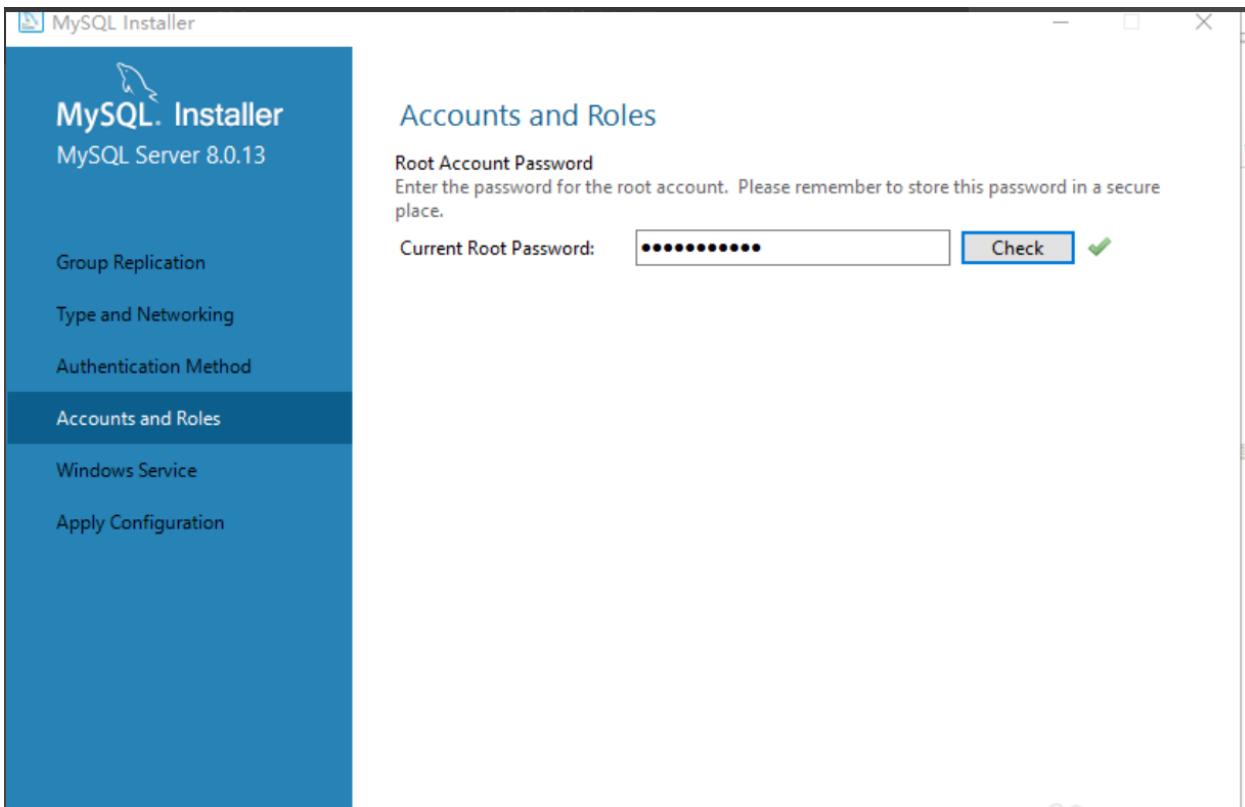


Then, move to the configuration.

Simply click 'Next' and use the default, until this below page. We choose the red circled one 'Use Legacy Authentication Method(Retain MySQL 5.x Compatibility)' .



Then, enter the password '123456'.



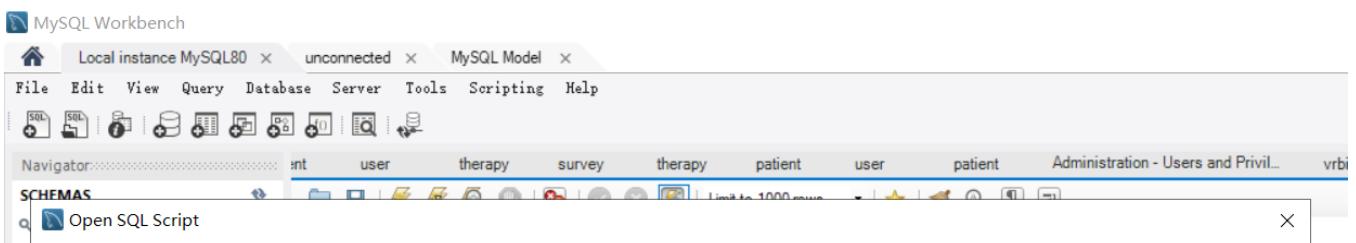
Then, just click 'Next' and enter the password we just set if required. When appear the command line, we finished our installation.



After the installation, we could see a tool called 'MySQL workbench', this is a very convenient tool, we will use this tool to import our .SQL file to create our schema and tables.

Open MySQL Workbench, and click 'File', click 'Open SQL Script', and choose our Vr\_bilby(MySQL.SQL), and click the yellow flash to execute.

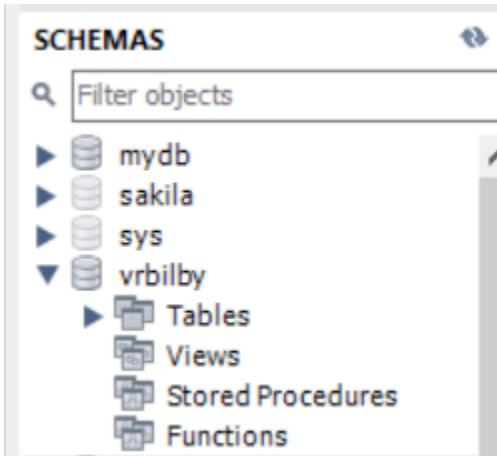
Then, refresh the schema, we will see the 'vrbilby' appears. All done.



```

1 • FLUSH PRIVILEGES;
2 • CREATE USER 'spider2' @'%' IDENTIFIED WITH mysql_native_password BY '123456';
3 • FLUSH PRIVILEGES;
4 • grant all on *.* to 'spider2'@'%';
5 • CREATE DATABASE `vrbilby1` /*!40100 DEFAULT CHARACTER SET utf8 COLLATE utf8_czech_ci */ /*!80016 DEFAULT ENCRYPTION='N' */;
6 • USE `vrbilby1`;
7 -- MySQL dump 10.13 Distrib 8.0.17, for Win64 (x86_64)
8 --
9 -- Host: localhost Database: vrbilby1
10 --
11 -- Server version 8.0.17

```



## Docker Installation:

Please go to this link to download the docker desktop for windows, it may need to sign up an account first.

<https://docs.docker.com/docker-for-windows/install/>

or if you don't want to create an account, you could download the docker directly, this is the direct link:

<https://download.docker.com/win/stable/Docker%20Desktop%20Installer.exe>

Then, Follow the detailed instruction by entering the below link: (Please note that Docker needs Hyper-V only in Windows 10. It will not work with VMware Workstation or Virtual Box.)

<https://docs.docker.com/docker-for-windows/>

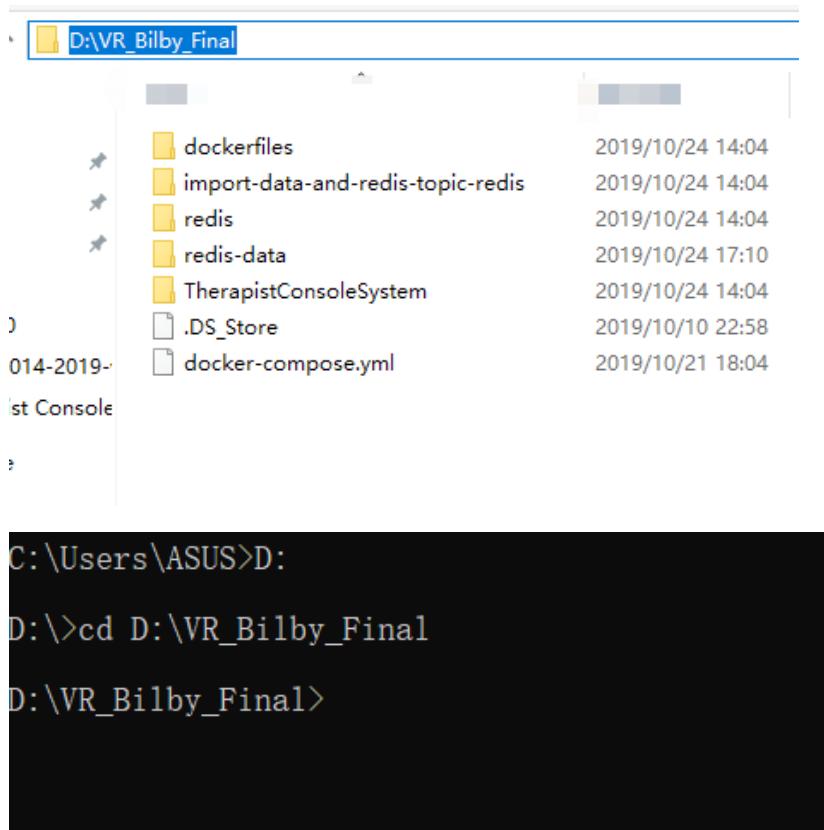
We choose the 'Linux' for docker container.

When we see there is a docker icon on our menu, it shows that we have successfully installed docker and the docker is running now.



After installation, we could run our project by docker now.

Firstly, we need to unzip the package 'VR\_Bilby\_Fina.zip', and move the file folder like below picture. Then, copy the path and open command line. Then cd to the path which we have copied(Here is D:\VR\_Bilby\_Final'), just follow the instructions below:



**Then, Simply enter these commands. Then, the system should run now.**

## docker-compose build

```
docker-compose up -d
```

**Open the Google Chrome browser and enter '<http://127.0.0.1:3000/html/index>'.** The sign up page should appear.

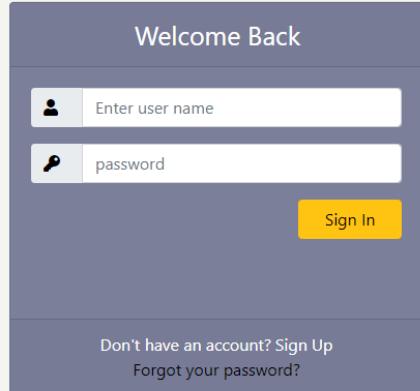
**When finished the using, enter command:**

`docker-compose down`

## For Therapist Console

1. The Login page is main page for the therapist console

- a. If the user does not have an account, he/she can click the button of "Sign Up" to register a new account.
  - b. The user can log into the system by username and password.
  - c. When the user clicks the button of "Sign In", if the user is a research, he/she would go to the Manu page; if the user is a therapist, he/she would go to the Patient page.



## 2. The Register page

- New user can register to become a therapist by entering username and password and selecting the specific type.
- When the user click the button of "Sign Up", he/she would go to the Login page.

A screenshot of a "Sign Up" registration form. It includes a "Go back" link at the top, a title "Sign Up", and two input fields: "Please Enter your username" and "Enter password(6-20 characters)". Below the fields are three radio buttons for selecting user type: "Researcher", "Therapist", and "Both". A yellow "Sign up" button is at the bottom.

## 3. The Patient page

- All patients are listed in order, which can be selected for this treatment.
- When the user clicks the button of "previous" and "next", the patient list can be displayed according to the specific page.
- The user can enter specific ID or name for search, the specific patient can be found quickly.

- d. When the user click the button of "select", he/she would go to the Setting page.
- e. When the user click the button of "export", all the treatments data for this specific patient will export to desktop with .txt format.
- f. When the user clicks the button of "Add New Patient", and then enter patient name, age, gender, phobia level and motion sickness level, the specific patient can be added and displayed in the patient list.

The screenshot shows the 'Patient List' page. At the top right is a blue 'Log Out' button. Below it is a title 'Patient List'. On the left is a search bar with a 'Patient ID' input field and a 'Search' button. The main area is a table with columns: Patient ID, Patient name, Age, Phobia Level, Motionsickness Level, Select, and Export. Two rows of data are shown:

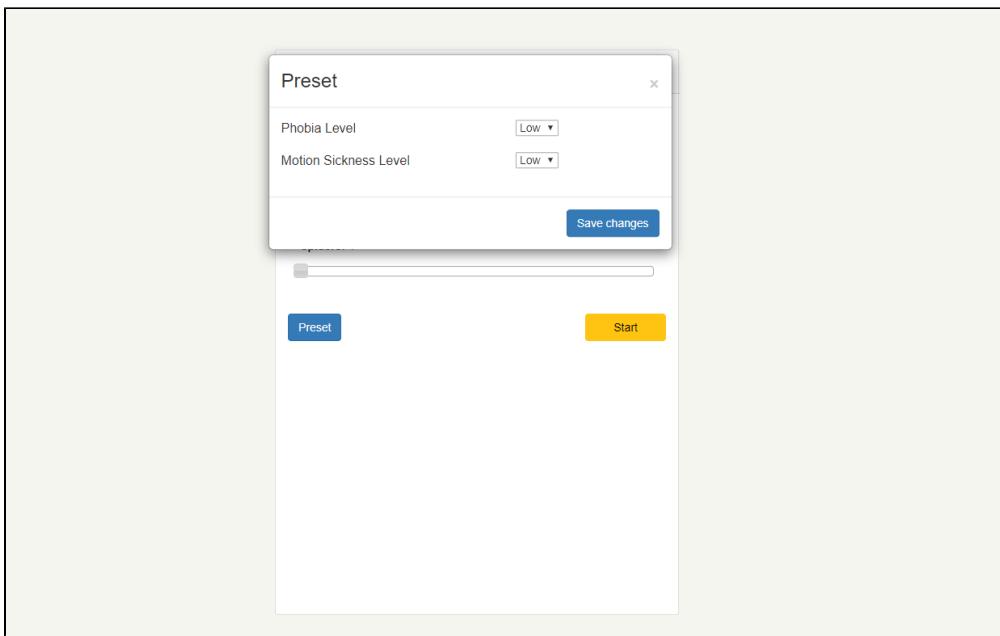
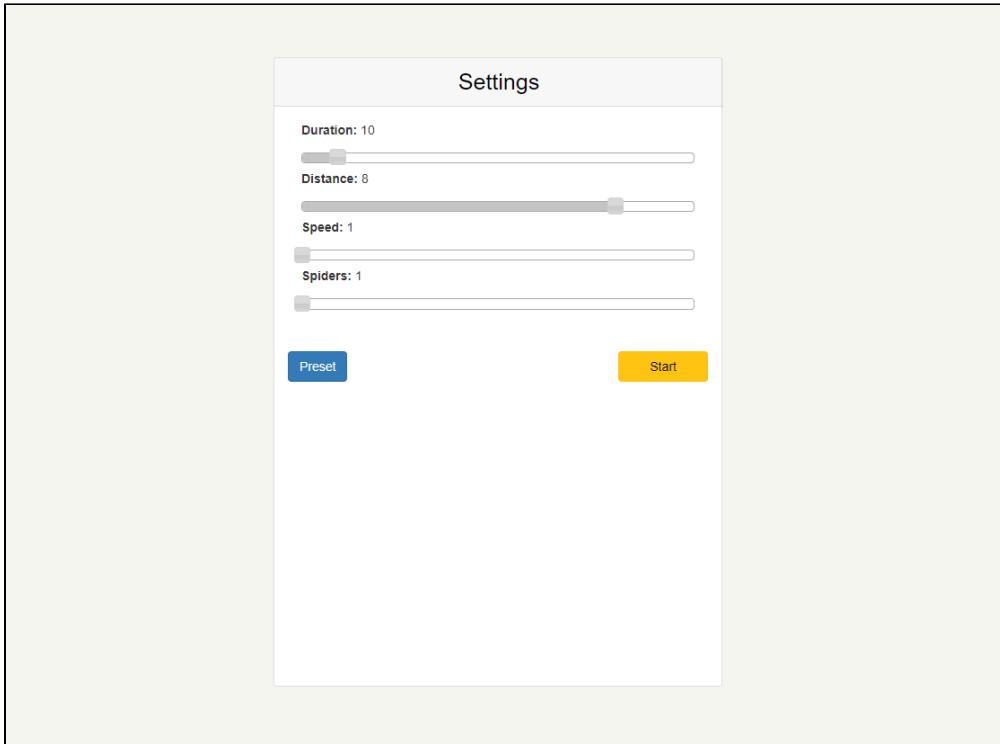
Patient ID	Patient name	Age	Phobia Level	Motionsickness Level	Select	Export
2	Dongming	24	high	high	<button>Select</button>	<button>Export</button>
1	Sarer	24	high	low	<button>Select</button>	<button>Export</button>

At the bottom are navigation buttons 'Previous' and 'Next', and a green 'Add New Patient' button.

The screenshot shows a modal dialog box titled 'Add New Patient'. It contains fields for Patient ID (14), Patient Name (Name), Age (Age), Gender (Gender), Phobia Level (Phobia Level), and Motionsickness Level (Motionsickness Level). To the right of the form is a vertical column of five green 'Select' buttons. At the bottom of the dialog is a blue 'Add' button.

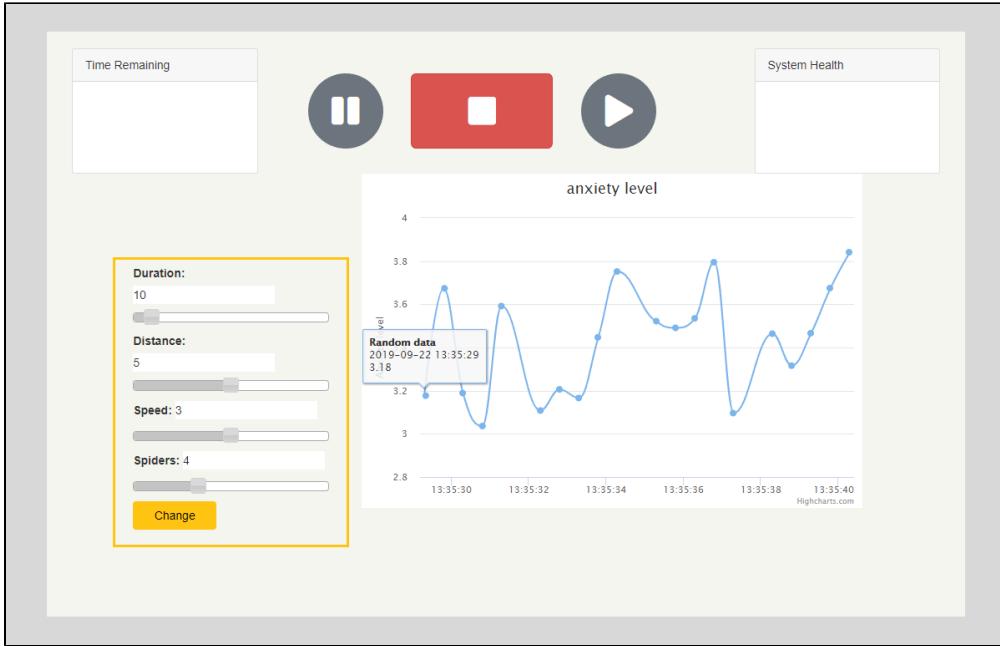
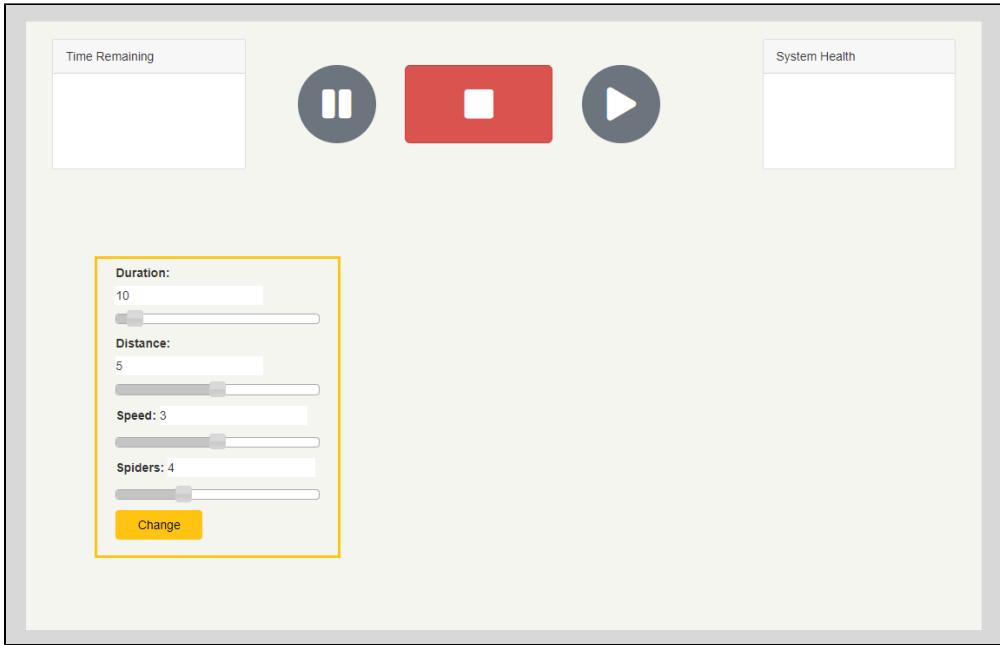
## 4. The Setting page

- a. All parameters can be pre-filled according to the selected patient.
- b. The user can change the slider to change the four parameters.
- c. When the user clicks the button of "preset", the user can use some template phobia levels and motion sickness levels to set the parameters.
- d. When the user click the button of "Start", he/she would go to the Monitoring page.



## 5. The Monitoring page

- a. If the VR equipment and the sensor connect with the system, the connection light would turn green; If the VR equipment and the sensor disconnect with the system, the connection light would turn red.
- b. When the user click the button of "Start", the graph that can display the patient's anxiety can change over time.
- c. The user can change the slider to change the three parameters. When the user click the button of "Change", the VR system would receive the new parameters.
- d. When the user click the button of "pause", the VR system would receive the pause instruction.
- e. When the user click the button of "resume", the VR system would receive the resume instruction.
- f. When the user click the button of "stop", the VR system would receive the stop instruction, and he/she would go to the Survey page.



## 6. The Survey page

- The user provide this survey with the patient that can answer all questions in the survey.
- When the user click the button of "Submit", this treatment can be completed.

## Survey

Patient felt comfortable today

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

Patient was OK with the speed of the spiders during today's experience

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

Patient was OK with the number of spiders during today's experience

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

Patient was not scared by proximity of spiders today

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

Patient felt challenged today

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

Patient was happy with the level of therapist interaction today

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**Submit**

## For VR System

### 1. Start with the instruction

For patients who first use this VR application, they can see the instruction of how to use this application.



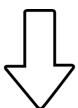
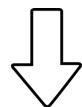
## 2. Start without the instruction

For patients who do not want to see the instruction as they already know how to operate the application, they can notify the therapist to skip the instruction part.



### 3. Pause the VR experience

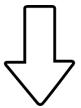
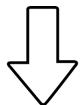
If patients feel uncomfortable at anytime during the VR experience, they can press the button "B" on their right hand Oculus Touch Controller. Then, the spiders will be disappeared.





#### 4. Resume the VR experience

The patient whose VR experience being paused can resume the VR experience by pressing the button "A" on their right hand Oculus Touch Controller. Then, the spiders will show up again.





## 5. Stop the VR experience

If patients feel extremely uncomfortable and want to stop the VR experience, they can press the button "X" or "Y" on their left hand Oculus Touch Controller. Then, the VR experience will be stopped with the application exited.