



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



Freedom of Information Request: Our Reference CTMUHB_318_25

You asked:

Background

Extended Reality (XR) is a broad term encompassing various technologies that blend virtual and real environments. It includes Augmented Reality (AR), Virtual Reality (VR), and Mixed Reality (MR) which can be used for many purposes and conditions related to physical and mental health within healthcare. We recognise that increasingly the definition of XR is becoming more fluid - if you are utilising other interactive media within a therapeutic context that you believe sits on the edges of this definition, we invite you to also share those details.

We are aiming to collect information on your organisation's involvement with this technology for healthcare purposes only (physical or mental health uses or conditions) and collect information on specific products being used, researched, made or purchased by your organisation for healthcare purposes. See question 10 for a list of categories of use in this area.

Freedom of Information questions:

1. Organisation's name: Cwm Taf Morgannwg University Health Board.

2. Under the Freedom of Information Act, will you be reporting the use, research, purchase, development, or otherwise of an XR technology within your organisation?

Yes.

3. Does your organisation have an established XR Technology Lab or Centre of Excellence for XR Technology?

No.

4. Please select the type of organisation that you represent:

- Health Board (Scotland/Wales)

5. Please select the nature of your organisation's involvement with XR health products (please select all that are applicable)

- We are using XR products that we have purchased
- We have researched XR products

6. Please state the name of the product(s)

DR.VR headset and software.

7. Please provide a brief description of the product(s)

The product provides four types of content: distraction, instructional, relaxation course and games.

The distraction content contains a variety of relaxing locations and experiences (e.g. beaches, wildlife, travel etc), allowing the user to focus away from their anxiety/stress.

The instructional content includes beach, forest and winter scenes: three meditative spaces with simple breathing exercises.

The relaxation course includes 8 relaxation and mindfulness meditation sessions e.g. mindful breathing, seeing and listening, body scan, progressive muscle and sleep relaxation, calming mind and belly breathing

The games content contains three games which users played by moving their head/neck.

Participants chose which content they wished to use each time they used the headset.

8. Please highlight any unique features of the product(s)

Developed mindfulness mediation content.

9. Please provide a link to the product website(s) if available

No working link available.

10. Please select the most relevant categories for the product(s) being developed or deployed:

- Mental Wellbeing and Therapy

11. Please select how these product(s) are being or will be adopted:

- Free to NHS staff

12. Please select the level of maturity of the product(s)

- Established Practice

13. Approximately what date/year was the XR product(s) first deployed within your organisation?

June 2021.

14. Where and/or in how many locations is the product(s) currently offered?

The staff member uses the product in their own home. They message the Wellbeing Service to arrange collection and return.

15. How is the product(s) currently distributed?

- Home use by staff

16. Please select the hardware that is used in your organisation (select all that apply):

- Other – DR VR Rescape headset

17. If your organisation is involved in the development of XR products, please select the development software that is used (please select all that apply):

We are not currently involved in the development of XR products.

18. Please provide details of external organisations such as development partners that are involved

The product was developed by Rescape Innovation Ltd

19. Please provide any further details

We have conducted a research study to explore the impact of mindfulness and relaxation as delivered by a VR headset on levels of insomnia, depression, anxiety, stress, secondary traumatic stress, burnout and compassion satisfaction in healthcare staff. Staff were given their headset to take home for an 8 week period. A series of Wilcoxon Signed Ranks tests demonstrated significant reductions in insomnia ($p < 0.0001$), depression ($p = 0.0039$), anxiety ($p = 0.0162$) and stress ($p = 0.0002$). In addition, qualitative analysis demonstrated various benefits of VR-based relaxation and mindfulness, including relaxation, switching off and distraction.