

**Name:** Mingyang SUN

**Degree:** MSC Interactive Digital Media

**Title:** The Potential of Using Virtual Reality Technology in the Treatment of Post-traumatic Stress Disorder in Female Breast Cancer Patients in China

**Supervisor:** Diana Wilson

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**Abstract:**

Breast cancer has become one of the most serious diseases threatening women's health. Although current medical technology can mitigate the harm caused by breast cancer, the psychological damage to patients cannot be ignored. Since breast cancer leads to changes in women's bodies and secondary sexual characteristics, many women will experience psychological illnesses after treatment. Of these, post-traumatic stress disorder (PTSD) is one of the most serious. This paper examines the introduction of virtual reality (VR) technology into the treatment of PTSD in breast cancer patients and explores the feasibility of this approach.

The main research methodologies adopted in this paper are literature research, case analysis and interdisciplinary research. Through the in-depth study of breast cancer and VR technology, this paper concludes that it is feasible to apply VR technology to the post-traumatic stress treatment of breast patients, with clear therapeutic effects. However, it is worth noting that current VR technology does not perform better than traditional treatments, although it has greater efficiency.

In general, it is feasible to introduce VR technology into the treatment of PTSD in breast cancer patients, with positive significance for the treatment of such patients. VR technology offers a sense of reality and immersion that traditional therapy cannot achieve. This paper also makes suggestions for the future development of VR technology in PTSD treatment.