

# Immersive Multimedia as an Adjunctive Measure for Pain Control in Cancer Patients



## What did we want to know?

- More and more people are surviving cancer, but many still struggle with long-lasting pain.
- Virtual Reality (VR) headsets might help manage cancer pain without additional medication.
- We conducted a study to see **if using VR headsets was better than using regular laptops for managing chronic cancer pain** at home.

## How did we find out?

- We divided 110 people living with and beyond cancer into **two groups**: one using VR and the other using laptops.
- Both groups used **4 different apps** involving cognitive distraction and mindfulness meditation for pain therapy at home.
- Schedule: 30 minutes a day, 6 days a week, for **4 weeks**.

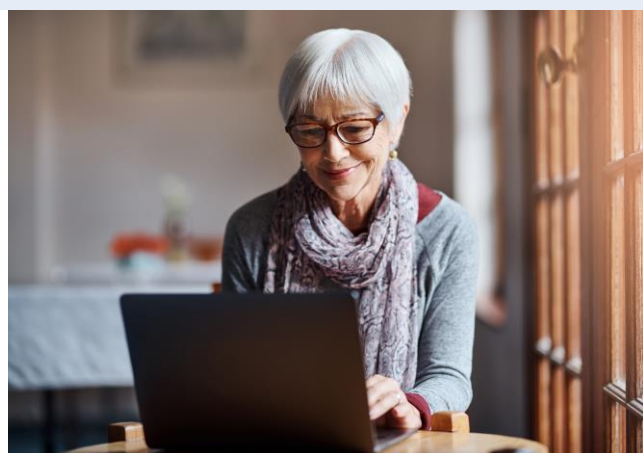


## What did the study show?

- The study showed that both the VR and laptop groups saw **meaningful decreases in pain** when using the 4 apps.
- Pain reduction was small for most, but large for a few
- Participants felt more pain relief during active engagement with the cognitive apps, while the meditative apps provided better pain relief afterward.
- **There was no significant difference in pain reduction between the VR and laptop groups overall.**
- There was also no progressive improvement in sleep quality or quality of life over the 4 weeks.

## So what?

- **Using a regular computer screen** for apps to manage chronic cancer pain **can be just as effective as using a VR headset** depending on the person.
- **Both cognitive and meditative** applications help with pain.
- Choosing the right apps and technology will **depend more on personal preferences**, individual taste, and ease of use



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See our website for additional research: <https://blogs.ubc.ca/arvrha/>