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Abstracts

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Paper number 730 | Oral

In-session changes in negative attitudes during virtual reality-based exposure for young adults with public speaking anxiety

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Virtual reality (VR) technologies have emerged as an effective tool for the treatment of specific phobias, including through the One-Session Treatment (OST) approach. Public speaking anxiety treatments particularly benefit from VR technology, as it allows to present the client with large audiences for public speaking exercises without leaving the therapy room. With VR environments being artificial, it introduces new questions, such as the impact of VR fatigue and the efficacy of exposure to artificial audiences. Moreover, it is yet to be understood how client's experiences and perceptions shift during the intervention. The aim of this study was to explore changes in negative attitudes and self-rated reactions during the intervention. A total of 27 self-referred participants (mean age (SD) = 22 (2.88); 33.3% male) completed 9 different public speaking tasks in various VR environments. During the session before and after each task, participants were asked to rate various aspects of their performance, including the quality of their performance, catastrophic belief expectancy, and subjective units of distress (SUDs). Preliminary results show a decrease in negative beliefs and pessimistic performance-related expectations after listening to the audio recordings in all but one verbal fluency task. Participants rated the quality of their performance during the tasks significantly better after listening to the audio recordings compared to their initial assessment after task completion, while the overall assessment of the performance quality increased with each task throughout the session. Results also indicate an evident decrease in SUDs after the completion of each task, with an overall downward trend in experienced distress levels. The speaking task that caused the most distress involved talking about socially sensitive topics. Future research should investigate the long-term effects of VR treatment on public speaking anxiety and explore the integration of real-world exposure to complement virtual experiences.

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Papers session 34

Paper number 363 | Oral

The application of positive psychological interventions in the context of trauma: A scoping review

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Over the past few decades, research on positive psychology has expanded rapidly. Various meta-analyses and systematic reviews have shown that positive psychology interventions (PPIs) are effective in diverse settings. However, no review has been conducted on the use of PPIs in the context of trauma. The objective of this scoping review was to provide an overview of available research on the application of positive psychological interventions in the context of trauma. The review was conducted and reported in accordance with the Joanna Briggs Institute's (JBI) methodology for scoping reviews as well as the PRISMA-ScR guidelines. This scoping review considered studies that focused on a positive psychological intervention, involved participants exposed to trauma, were written in English, and available in full text. Bibliographic databases were searched for studies which met the inclusion criteria. Relevant reference lists were also scanned for applicable literature. Two independent reviewers were

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