

Virtual worlds, real healing : the use of virtual reality for assessment and treatment of stress and anxiety

Citation for published version (APA):

Gorini, A. (2010). *Virtual worlds, real healing : the use of virtual reality for assessment and treatment of stress and anxiety*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20100922ag>

Document status and date:

Published: 01/01/2010

DOI:

[10.26481/dis.20100922ag](https://doi.org/10.26481/dis.20100922ag)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Stellingen behorende bij het proefschrift

VIRTUAL WORLDS, REAL HEALING

The use of virtual reality for assessment and treatment of stress and anxiety

Alessandra Gorini

Maastricht, 22 September 2010

1. Virtual reality is not a substitute for reality, but it helps patients to cope with it
2. What makes a virtual experience effective is the sense of presence (this thesis, chapter 2)
3. Virtual worlds are a fertile ground for psychologists to explore the human behavior (this thesis, Intermezzo)
4. Virtual stimuli are as effective as real ones, and more effective than static pictures, in generating emotional responses (this thesis, chapter 3)
5. Psychology without research is a branch of fantastic literature
6. Psychology tries to explain the mind through the mind. This is why sometime it fails
7. The duration of a psychological treatment is not a guarantee of its efficacy: rather, the contrary is often the case
8. Let the credulous and the vulgar continue to believe that all mental woes can be cured by a daily application of old Greek myths to their private parts (Vladimir Nabokov)
9. La sapienza è figliola della speriienza (The knowledge is the daughter of the experience) (Leonardo da Vinci)
10. Most people say that it is the intellect which makes a great scientist. They are wrong: it is character (Albert Einstein)