

I Setting Virtuali



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Virtual Settings

The virtual settings are not just communication tools



Virtual Settings

With more than 3000 different App.s dedicated to the e-Mental Health
(2017-May)

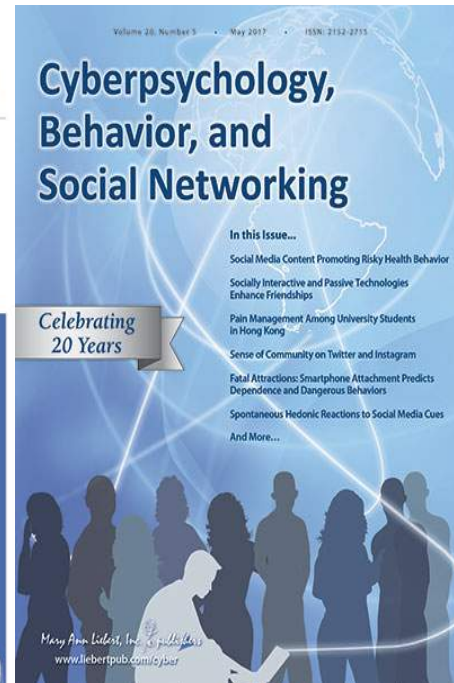
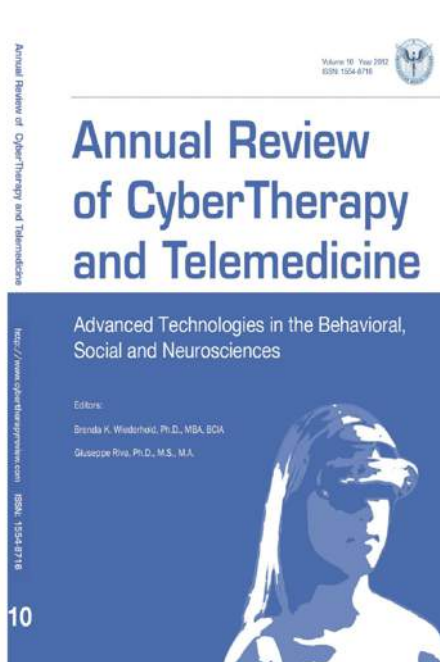
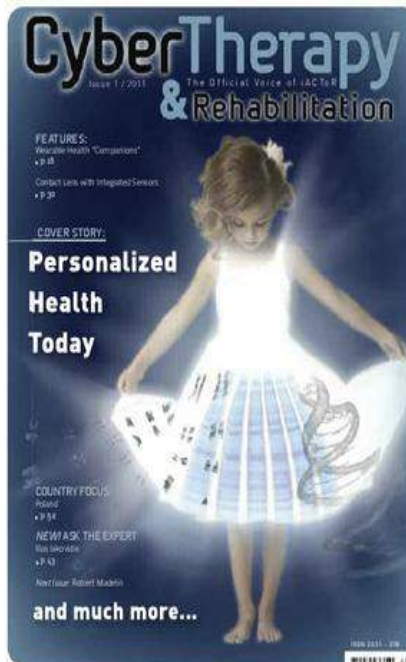


Virtual Settings applications have already demonstrated to have the potential for instance to improve the quality of health care.



Virtual Settings

HOWEVER: Virtual Settings are not simply a technology but a complex technological and relation process

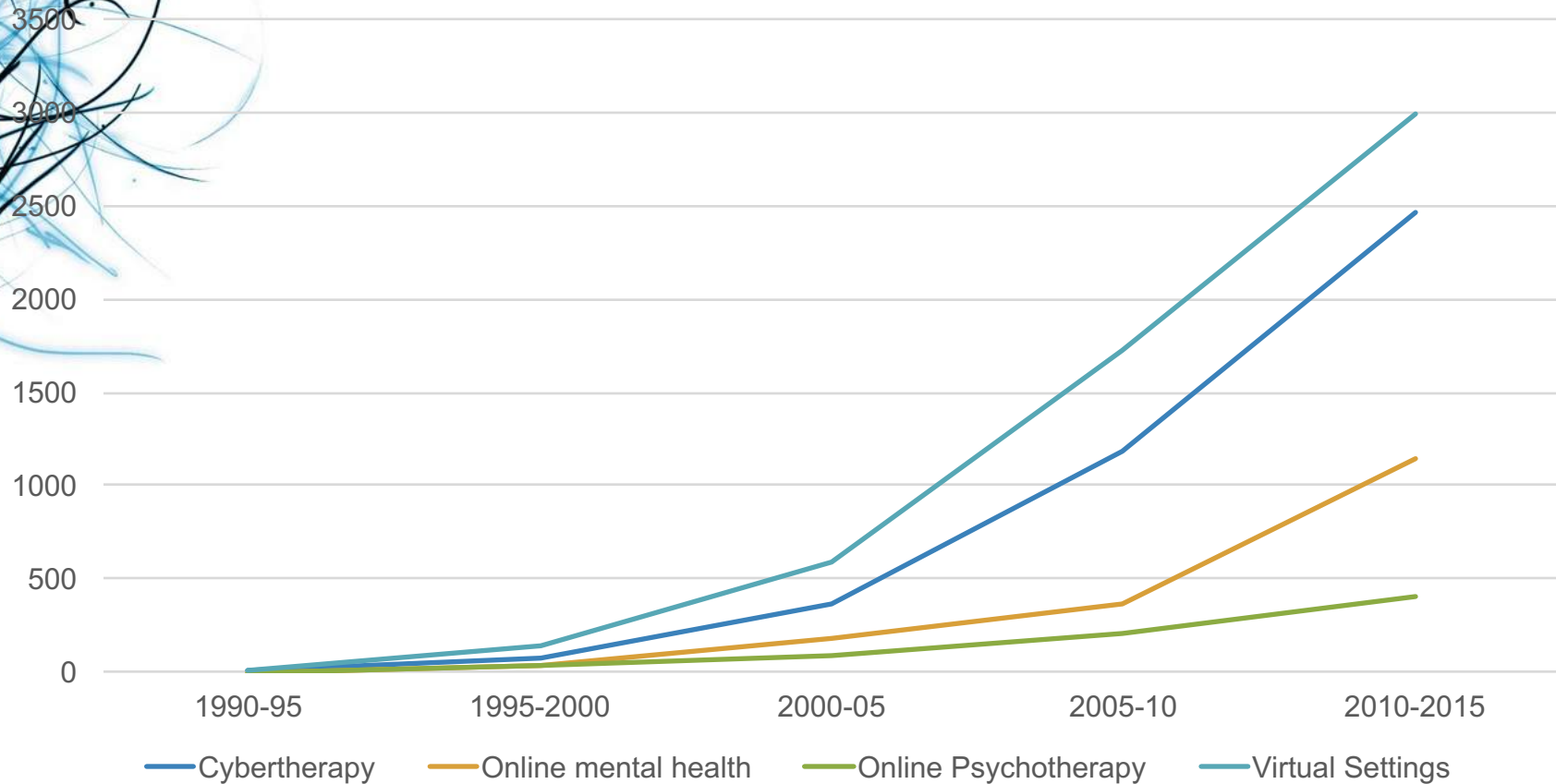


ndr: that still need to be explored, understood and modelled



Virtual Settings

Number of published papers



Source: www.scholar.google.it. Retrieved the 10-June-2017

Virtual Settings

The Virtual Settings can be defined as

“Real or simulated Environment in which a perceiver experiences telepresence”



where telepresence can be described as the “experience of *Presence* in an environment by means of a communication medium”



Virtual Settings

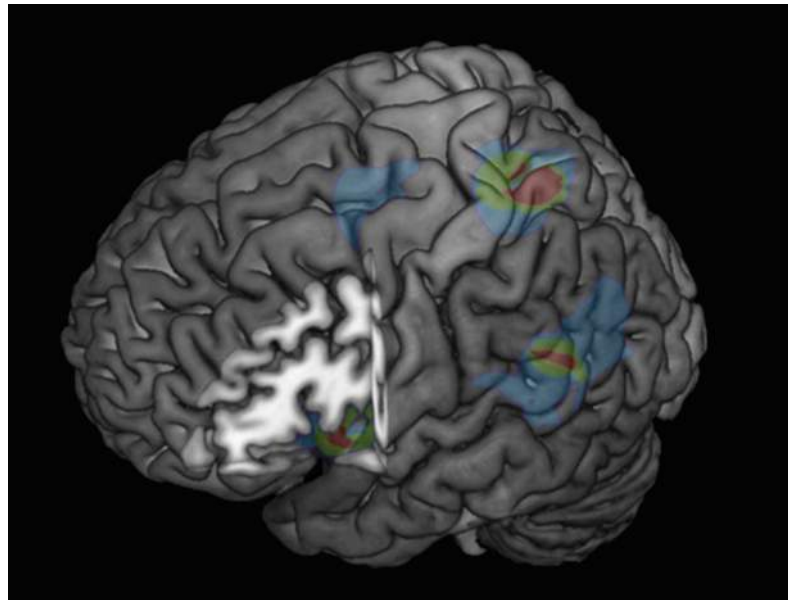
One of the most cited factor underlying the potentials of VS is the concept of “Sense of Presence”



Usually presence is defined as the “sense of being there” (Steuer, 1992)
Or as the “feeling of being in a world that exists outside of the self”
(Riva, & Waterworth, 2003)

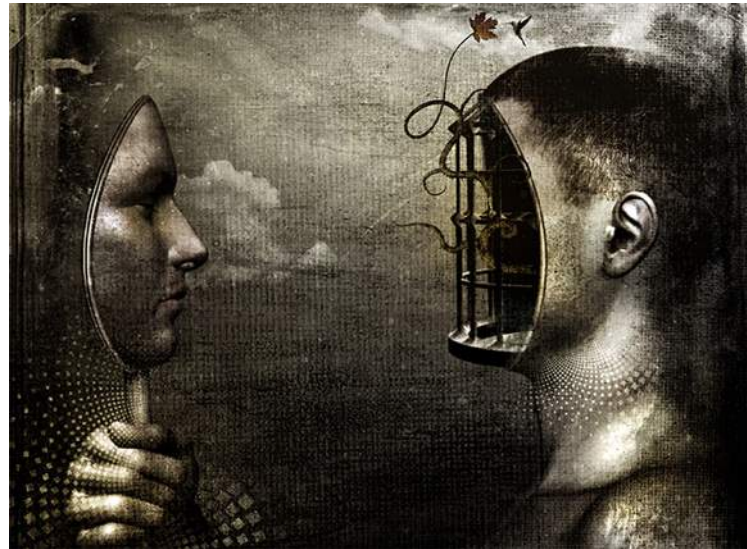
Virtual Settings

Moreover, it is now widely acknowledged that *Presence* can be considered as a neuropsychological phenomenon (Riva, 2004 for a revision).



Virtual Settings

In particular, the *Presence* can be modeled as a defining feature of the Self, related to the evolution of a key feature of any central nervous systems (Riva, 2003)



The embedding of sensory-referred properties into an internal functional space.

Virtual Settings

The emergence of Sense of Presence is fundamental to the shift from meaning-as-comprehensibility to meaning-as-significance.



Meaning-as-comprehensibility refers to extent to which the event fits with our view of the world (e.g., as just, controllable, and nonrandom), whereas meaning-as-significance refers to the value or worth of the event for us (Janoff-Bulman, 1997).

Virtual Settings

Psychological Effects that should be considered in order to understand the VS potential

1. Deindividuation dynamics
2. Real Self Disclosure
3. Ghost Emotions
4. Reputational Heuristics
5. Collective Intelligence Heuristics
6. Bubble effect and Echo chamber effect
7. Derealization by means of sensorial stimulation

Virtual Settings

Deindividuation Dynamics (State) is induced by anonymity and physical isolation, in particular when group is salient for the subject (e.g., a quite typical condition in virtual environments).



Such a state produce a tendency to adopt local social norms, and to conform more to the social pressure, in order to “reduce” the deindividuation state.

Virtual Settings

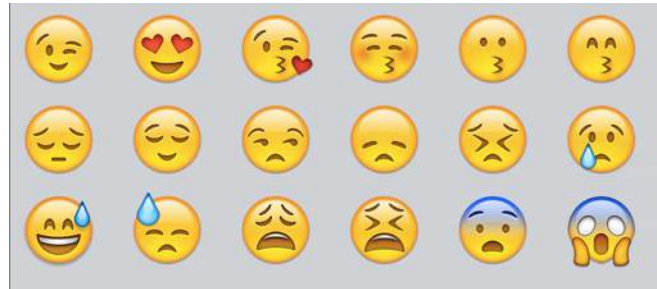
Real Self Disclosure is elicited by computer mediated communications (CMC) while the *Actual Self Disclosure* is reduced.



Such a phenomenon is beyond the awareness of the subjects, and is the opposite of what happens in real environments (i.e., face to face interactions).

Virtual Settings

◦ *Phantom Emotions* are the product of two psychological phenomena



1. The natural tendency, based on personal needs and wishes, to fantasize (i.e., organize the reality) and close gaps in subjectively important information in ambiguous situations;
2. And the common use of a made-up persona to represent one's identity in virtual environments.

An individual online genuinely experiences an emotion – be it attraction or repulsion, lust, love, hate, or jealousy, for adaptive reasons – although these emotional sensations are based, in principle, on false objective foundations. Moreover, not only is the external information inaccurate (or entirely false), but the personal emotions are elicited (or triggered) by illusionary objects momentary believed to be authentic and real.

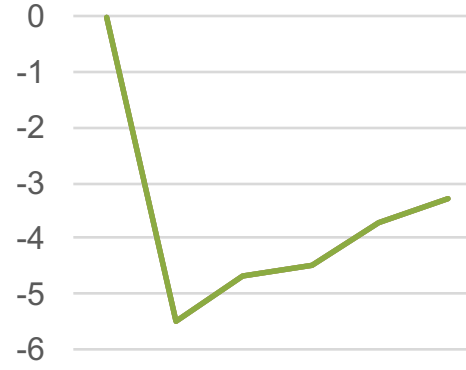
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Reputational Heuristics biases our on-line behaviors, reasoning and social perception.

Good Reputation



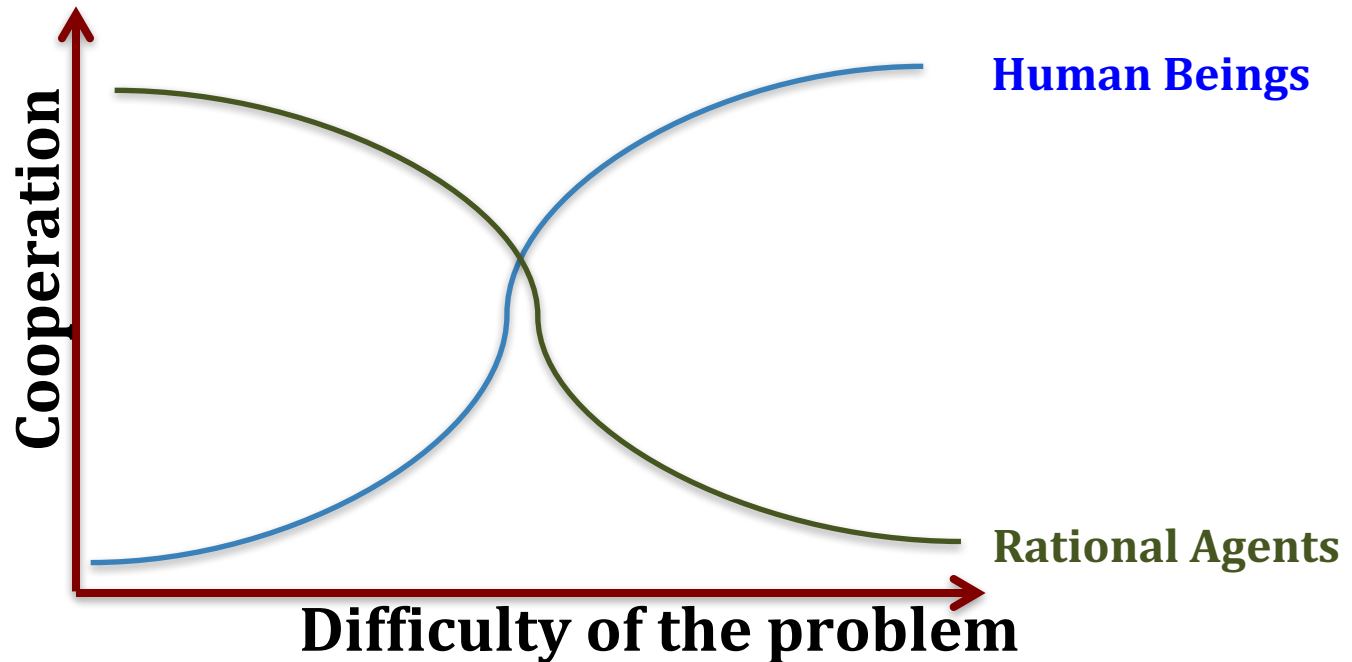
Bad Reputation



In virtual environments reputation tend to polarize and in general to be maintained (has a certain inertia), because of the absence of other reliable cues provided by the communication environment.

Virtual Settings

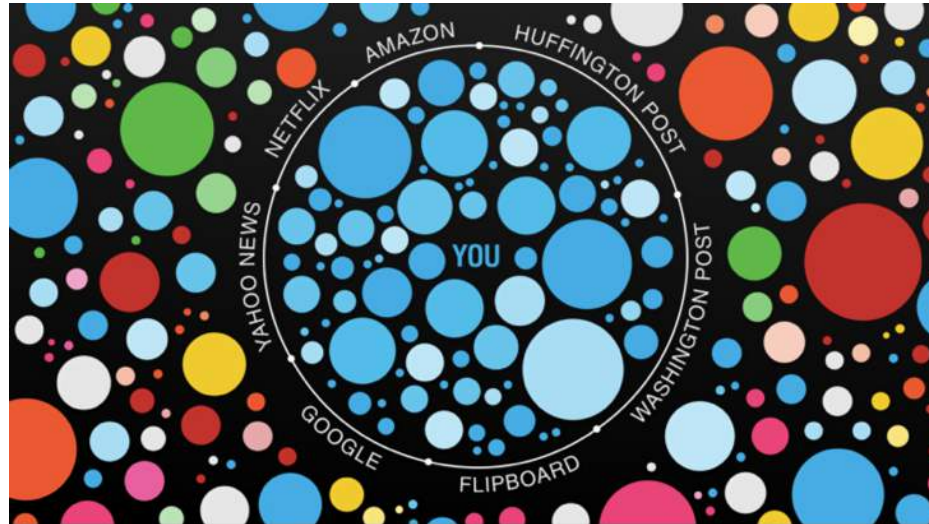
Collective Intelligence Heuristics biases humans' tendency to cooperate/compete with others.



The harder the task is perceived, the greater will be the tendency of the subject to cooperate with others.

Virtual Settings

Filter Bubble effect and Echo chamber effect



Filter Bubbles result from personalized searches when a website algorithm selectively guesses what information a user would like to see based on information about the user (such as location, past click-behavior and search history). As a result, users become separated from information that disagrees with their viewpoints, effectively isolating them in their own cultural or ideological bubbles.

An *Echo Chamber* is a metaphorical description of a situation in which information, ideas, or beliefs are amplified or reinforced by communication and repetition inside a defined system.



Virtual Settings

Derealization and Dissociation
induced by means of sensorial stimulation



Virtual Settings

The Virtual Settings as "False Friends"

VS allows structuring experiences like a special and protected environments. In short, the subjects feels safe in the virtual situation and, supported by the system, can face the feared context at his own pace and without risks.



Virtual Settings

The Virtual Settings as "False Friends"

VS as Bowlby's "Safe Base", or Kelly's "as if", i.e., a place where is possible to act without feeling threatened neither by the external world nor by oneself



The virtual scenario is, actually, a "safe base" that the WEB offers to the subject and from which he/she can freely explore, experience, feel, live, revive feeling and/or thoughts being these either current or past.

By means of this training, the person realises that the world and the self that he/she assumed as something absolutely fixed, given, ended, actually is not more than a simulation, an interpretation that can be altered (Tart, 1990).



Virtual Settings

The Virtual Settings as "False Friends"

VS allows Role-Playing

A basic strategy used, likewise, in all therapy orientations is role-playing, e.g., Moreno's psychodrama, Wolpe and Lazarus' behavioural role-playing, Kelly's fixed role therapy.



The fact of being able to get out of one's own skin and place in some other's person skin or some "other self" seems essential to achieve a change of beliefs, or said from Watzlawick's perspective, to be able to change an event from one class to another.

Virtual Settings

The Virtual Settings as "False Friends"

VS allows to Grade Experience

VS allows to grade the situation in such a way that the subject can move forward from the easiest performances to the most difficult ones.



Virtual Settings

The Virtual Settings as "False Friends"

VS allows a "potential" effective assessment of all possible sources of personal efficacy that are contemplated by Bandura



VS is an excellent source of information concerning personal efficacy in the performance achievements ambit, since numerous contexts for practically assuring the success to the patient in each of his/her "virtual experiences" can be designed and, moreover, difficulties, challenges or occasional failures to be overcome later on by the patient can be planned.

According to Bandura, once strong expectations of efficacy have been established through repeated success, the probable negative impact of occasional failures will be reduced



Virtual Settings

The Virtual Settings as "False Friends"

VS allows persons to go beyond reality

It gives the possibility of changing, altering or modifying the feared context at our convenience.



Virtual Settings

The Virtual Settings as "False Friends"

VS exposure to external stimuli is more immersive



VS exposure is also useful for ethical issues



Virtual Settings

The Virtual Settings as "False Friends"

In general

Simulation of the reality, through a process of experiencing and re-experiencing the same situation (even coming from a simple imaginary task conducted by chat or videoconference)



permits generating new internal models (or modifying existing models) about the world, and about subject's possibilities in his/her interaction with that world



Grazie per l'attenzione

Questions are Welcome!

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