



Virtual Reality For Anhedonia Program

Tech ID: 31976 / UC Case 2019-812-0

SUMMARY

UCLA researchers in the Department of Psychology have developed a behavioral training program for the improvement of anhedonia.

BACKGROUND

Anhedonia, or the loss of interest or pleasure in activities, is a symptom often found in depression and other mental health disorders. Despite the strong correlation of anhedonia with suicidal ideation, current treatments for mental disorders decrease negative affect but do not treat anhedonia directly. There is a need to develop treatments to improve anhedonia in individuals.

INNOVATION

UCLA researchers have developed a behavioral training program that treats anhedonia using virtual reality (VR) and memory training. By implementing a behavior training program in VR, individuals can experience controlled immersive experiences that are designed to promote motivation and interest. These positive experiences combined with memory recounting (or memory specificity training), can improve anhedonia.

APPLICATIONS

- ▶ Treating anhedonia
- ▶ Suicide prevention

ADVANTAGES

- ▶ Controlled experiences to promote motivation

RELATED MATERIALS

- ▶ [Craske, M.G., Meuret, A.E., Ritz, T., Treanor, M., Dour, H., and Rosenfield, D. Positive affect treatment for depression and anxiety: A randomized clinical trial for a core feature of anhedonia. Journal of Consulting and Clinical Psychology. 2019 May;87\(5\):457-471. - 05/01/2019](#)
- ▶ [Craske, M.G., Meuret, A.E., Ritz, T., Treanor, M., and Dour H.J. Treatment for Anhedonia. Depression and Anxiety. 2016 Oct;33\(10\):927-938. - 10/03/2016](#)

PATENT STATUS

Country	Type	Number	Dated	Case
United States Of America	Published Application	20220151551	05/19/2022	2019-812

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INVENTORS

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OTHER INFORMATION

KEYWORDS

Anhedonia, Depression, Mental Health, Substance Abuse, Anxiety, Suicide, Virtual Reality, Behavioral Training

CATEGORIZED AS

- ▶ **Biotechnology**
 - ▶ Health
- ▶ **Computer**
 - ▶ Other
- ▶ **Medical**
 - ▶ Disease: Central Nervous System
 - ▶ Disease: Substance Abuse
 - ▶ Other
 - ▶ Software

RELATED CASES

2019-812-0

