

# OCD

Obsessive-compulsive disorder

## Physical aggression

In this environment, some avatars (“people”) will be having a conversation close to the patient, which may trigger the thoughts of aggression.

## Hygiene

This environment can be used to expose the patient to a dirty place. The patient can stop in the middle of the hallway and you may ask him to look and touch.

## Impulse or urge to jump from heights

This environment is ideal to expose the patient to a situation that triggers obsessive thoughts of jumping or pushing someone from the top of a building.

## Reckless/lethal driving OCD

These environments are useful for the training of the control over the dangerous compulsions patients can commit when driving with this type of OCD.

## Virtual Reality Environments

