



22. BÖLÜM

SANAL GERÇEKLİĞİN PSİKİYATRİDE KULLANIMI

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GİRİŞ

Sanal gerçeklik (VR), bilgisayar tarafından oluşturulan sanal ortamlarda gerçek dünya görsel algısını kullanan bir teknolojidir. Aslında 1970'lerden bu yana otomobil ve askeri sektörlerdeki endüstriyel uygulamalarda kullanılmaktadır. Ancak, son dönemdeki büyük teknolojik gelişmelerle beraber; psikiyatri, eğitim ve diğer bilimsel araştırmalarla da sınırlı kalmayan yeni birçok alanda kullanıma elverişli hale gelmiştir (1). Bu yazıda sanal gerçeklik uygulamasının psikiyatride kullanımı ele alınacaktır.

SANAL GERÇEKLİK

İmmersive (sarmalayan) sanal gerçeklik sistemi başa takılan ve kullanıcının görüş alanını tamamen çevreleyen sistemler kullanırken, non-immersive sanal gerçeklik sistemi ekran, klavye ve fare kullanır (2). Kullanıcıların başına takılan ışık geçirmez ekran ile tam bir immersiyou deneyimi, her iki gözün mevcut sahneyi birbirinden farklı bir açıdan görmesi ve gözlerin dünyayı üç boyutlu olarak nasıl gördüğünü etkili bir şekilde taklit etmesiyle stereoskopik görüş oluşturma, kullanıcının kafasının ve kontrol cihazlarının konumu ile hareketlerin hassas bir şekilde izlenmesine olanak tanıyan hareket yakalama olarak üç etkinin birleşimi kullanılmaktadır. Bu etkiler aracılığıyla sanal gerçeklik, hacimsel ayrıntıların algılanmasını artıran bir görselleştirme ortamı sunar (1).

İmmersive sanal gerçeklik, gerçek dünyadaki duyuşsal algıların yerine dijital olarak oluşturulmuş algıları koyan, gerçek boyutta yeni ortamlarda bulunma

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becerilerden yoksun olabilir. Sanal gerçeklik, bu amaç için geliştirilmiş bir sanal ortamda eğitime imkân sunar (46).

SONUÇ

Sanal gerçeklik, uzun zamandır mevcut olan bir teknoloji olsa da son yıllarda yeni gelişmelerin görüldüğü bir alandır. Ruh sağlığını iyileştirmede etkin olduğunu gösteren çalışmalar olsa da sanal gerçeklik sistemlerinin sahip olması gereken özellikleri saptamak ve etkinliklerini değerlendirmek için randomize kontrollü çalışmalara ihtiyaç duyulmaktadır.

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