Effect of Virtual Reality in Post Partum Psychosis

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The overall Goal of this research is to inspect the outcome of virtual reality in Post Partum Psychosis. This research targets to investigate the Virtual Reality (VR) technology which currently is being used for the treatment of depression and anxiety in Post Partum Psychosis. In recent years, it is becoming an fascinating substitute method for the treatment of Post Partum Psychosis. Post Partum Psychosis happens in approximately 2 out of every 1000 Women after childbirth. Despite the fact that it is a very rare disease, the study shows that the female felt immense panic, disinterest, incapacity to look after the child. The use of Virtual Reality (VR) is very beneficial in treating Post Partum Psychosis.

Keywords: Virtual Reality, Post Partum Psychosis, Anxiety, Depression, Anxiety Disorders.

INTRODUCTION

Virtual Reality (VR) is the technology which is currently being used for the treatment of depression and anxiety in Post Partum Psychosis. In recent years, it is becoming an fascinating substitute method for the treatment of Post Partum Psychosis (1). Post Partum Psychosis happens in approximately 2 out of every 1000 Women after childbirth (2). Despite the fact that it is a very rare disease, the study shows that the female felt immense pain, disinterest, incapacity to look after the child. (3). The use of Virtual Reality (VR) is very beneficial in treating Post Partum Psychosis. It is a critical condition which necessitates medical help. Post Partum Psychosis is a serious and sometimes lethal condition that Necessitates immediate medical attention (3). It’s prevention is a big concern for health professionals and obstetricians. Although (PPD) affects 10-15% of new mums, many instances go undetected. The phrase “postpartum depression” mentions number of mood problems that develop following the birth of a child. Post Partum psychosis usually appears within the first 1–4 weeks following childbirth (4). The findings show that Post Partum Psychosis is an visible display of affective disorder that occurs in doublet with massive hormonal alterations following delivery (5). The patient suffers a full shift in behaviour, including frank psychosis, cognitive impairment, and grossly chaotic behaviour (6).

It is marked by the beginning of psychological and, in some cases, nervous disorder suddenly, usually within the first two weeks following childbirth. It primarily affects women who have no medical history, making it difficult to forecast. Although the frequency is minimal (0.25–0.50 per 1000 deliveries), the comparative danger of developing affective psychosis for the first time is twenty three times greater than at any another time. VR is a advanced human computer confederate which creates true to life surrounding(5). It is a new automation that has a wide range of applications in rehabilitation assessment, therapy, and research. The first uses of virtual reality in medicine and psychology have generated promising outcomes.

Virtual reality could potentially aid in the creation and execution of prevention methods by allowing researchers to investigate resilience characteristics to stressful events in relation to various mental diseases. Researchers and clinicians can utilize virtual reality (VR) to create naturalistic scheme for assessing an individual’s current cognitive, emotional, behavioral, and physiological state towards the environment (6). Virtual reality is a auspicious weapon for evaluating neurocognitive
impairments and investigating associated clinical symptoms. Furthermore, preliminary data indicate that VR could be utilised for providing cognitive rehabilitation, social skills training interventions in healthcare and virtual reality assisted therapy.

Psychotherapy is a type of treatment for those who are suffering from psychosis (7).

Several articles were reviewed on the sites like Google scholar, PubMed, etc to complete the following review article. The searched articles shown the studies done on the topic Post Partum Psychosis, Virtual Reality and Effect of Virtual Reality in Post Partum Psychosis. The emerging tendencies in virtual reality-based (psycho) treatment for anxiety disorders are critically discussed in this articles. In addition, the articles examines the benefits of virtual reality (VR) technologies in (1) clarifying theory/mechanisms of change; (2) potentially lowering prices and improving access; and (3) inspiring more ecological research in the CBT. The necessity for more VR research is also stressed. The purpose of this research is to look at how virtual reality (VR) can help overcome (PTSD). According to one study, 19.2% of recent mums were identified with extreme sadness during initial 1st trimester after giving birth, with 7.1 percent of those classified with serious depression. 2 In a separate research of 214 women, 86 of them (40.2%) reported having severe depression symptoms, yet only 25 (11.7%) were identified as depressed. The study’s major care techniques were to (i) establish a patient–nurse relationship and (ii) use nursing therapeutic treatments. Presence, consistency, and nurse- patient collaboration all helped to build a relationship and integrate the rest of the care team. It is critical to plan patient care for postpartum psychosis with continuity and consistency, as well as to assist the nurse in developing a relationship with the patient and providing therapeutic intervention. The importance of the present investigation is demonstrated.

VR Based CBT Therapy For Anxiety Disorders

Anxiety disorders are among the most prevailing mental health illness. In addition to being widespread, they have a higher degree of impression on disability. VR based CBT can be applied in the treatment of it (8). The general framework of CBT conceive anxiety as a syndrome which has avoiding nature towards others and tensed feelings all the time. Depression and anxiety are normal responses to loss or mishap, when it may be called sadness. These disorders are unusual when they are disproportionate to the mishap or is unduly extended. Cognitive behavioural therapy has been used to refine distortions, reduce distractibility and better the conditions of persons with this disorder (9-25).

Methodology

The significance of this research was to understand the result of Virtual Reality in Post Partum Psychosis. VR is a non-pharmaceutical alternative way for treatment of Post Partum Psychosis (10) . Any woman with a postpartum mood illness should have her psychopathology thoroughly investigated to rule out psychosis and prevent infanticide. According to the

Review

1. Kübra Güzel, Bihter Akin, Mine Yılmaz Kocak, Zehra Küçükkaydn, researched and concluded that the purpose of this study was to see how exposing photos of the foetus to conceived women through virtual reality glasses during parturition affected delivery insight, and worry levels. findings of this study demonstrate that using virtual reality to present photographs of the foetus to women reduced labour pain and anxiety.

2. Androniki Ioannou, Evririki Papastavrou, Marios N Avraamides, Andreas Charalambous, This study's findings are consistent with earlier research, which suggests that VR can be utilised to treat symptoms. The quality of the studies varied, but there was no link between research quality and significant findings. Virtual Reality will play a big part in the upcoming years of health and wellness program as technology advances and costs fall.

3. Mar Rus-Calafell, Philippa Garety, Elinor Sason, Thomas J.K. Craig, While all of the research looked at the security and suitability of the VR environment, and suitability of it in persons with psychotic disorders. Neurocognitive evaluation was the focus of the research.
research done we conclude that Preventing sleep loss around the time of delivery may help prevent postpartum psychosis. The best way to treat it is electroconvulsive therapy. Lowered levels of thyroxine concentrations during late pregnancy are linked to postpartum depressive symptoms, according to preliminary findings. There is no unanimity on which mood stabiliser or antipsychotic should be used first to prevent postpartum psychosis recurrence (26–31). Bipolar disorder is the first diagnosis to consider in a woman who presents with postpartum psychosis. Women with postpartum psychoses have a better overall prognosis than women with nonpuerperal psychoses, and they are less likely to experience recurring illness after delivery (32–39).

Conclusion

Daniel David, The study anticipated that virtual reality may (1) improve the efficacy and/or effectiveness of standard psychological therapies and (2) increase the efficacy and/or effectiveness of standard psychological treatment. (3) reduce the cost of psychological treatments (i.e., reduce the amount of money spent on them i.e cost effectiveness).

GIUSEPPE RIVA, concludes in the study that VR can be used as a supportive tool as well as to target a specific cognitive system without causing significant changes in the user's environment.

Margaret G. Spinelli, indicates that Mood stabilizers, antipsychotics, and benzodiazepines are used to treat postpartum psychosis, and medication is depending on the underlying illness.

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