

VirtualEMDR

Initial Findings Summary Report

Virtual EMDR Platform Effectiveness – Phase 2 Study
May 2025 | Respondents : 315 Users



Overview

Virtual EMDR Platform Effectiveness – Phase 2 Study
May 2025 | Sample Size: 315 Users

This report presents initial outcome data from a diverse group of **315 individuals** who used the Virtual EMDR self-guided therapy platform. The findings reflect high **levels of engagement** and meaningful therapeutic benefit across multiple domains, including trauma symptom relief, emotional regulation, functionality in daily life, and overall user satisfaction.

Initial Effectiveness Findings

This highlights user-reported outcomes across **key domains**, including symptom reduction, emotional regulation, daily functionality, and overall satisfaction. It also compares experiences between first-time users and those with prior in-person EMDR, offering insight into cognitive and emotional shifts, user confidence, and the platform's **perceived effectiveness**.

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|-----------------------------------|-------------------------------------|
| 1. Symptom Reduction | 5. User Experience (Comparison) |
| 2. Emotional Regulation | 6. Cognitive and Behavioral Changes |
| 3. Functionality and Daily Life | 7. Self-Efficacy and Empowerment |
| 4. User Experience (no past EMDR) | 8. Overall Satisfaction |

SECTION ONE

Symptom Reduction

Users reported an average symptom reduction score of **3.67 out of 5**, indicating moderate to strong **improvement** across key trauma-related symptoms. The strongest areas of perceived change were:

- Emotional overwhelm (avg: 3.78)
- Overall trauma symptom severity (avg: 3.80)
- Intrusive thoughts and physical reactions (avg: ~3.75)

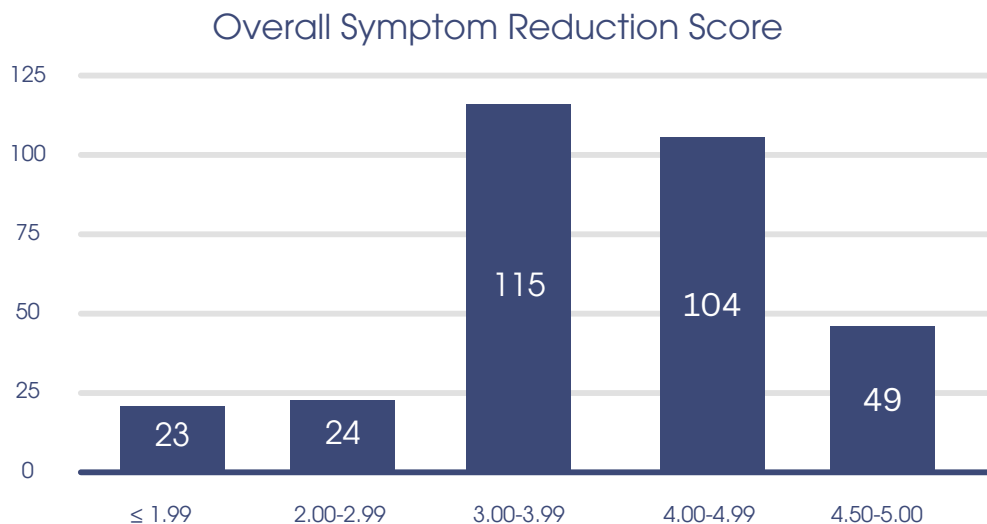
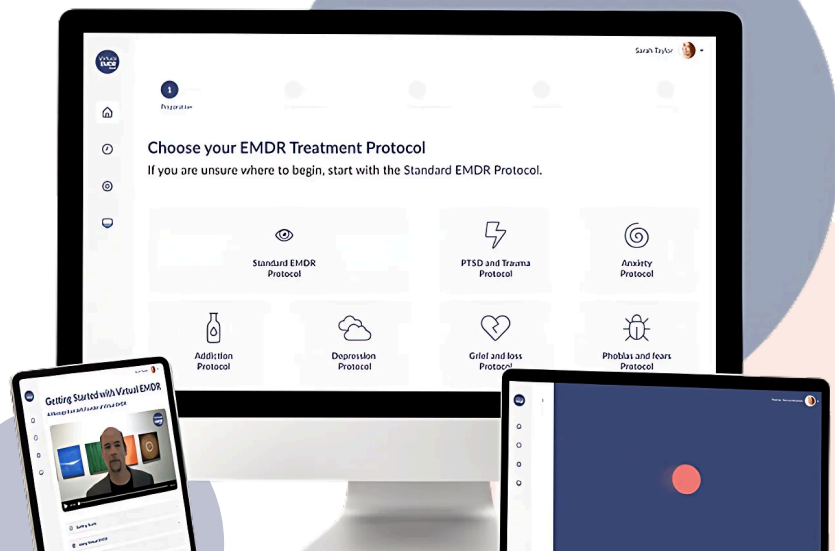


fig 1. Average Symptom Reduction Score

Although **avoidance behaviors** scored lower (avg: 3.30), this symptom is often slower to shift and may require more sessions or ongoing support.

Importantly, nearly half of users (48%) scored above 4.0, suggesting a **strong perceived benefit** for a substantial portion of the sample.



SECTION TWO

Emotional Regulation

To assess emotional regulation, users rated their ability to manage anxiety, irritability, and stress responses across five items. Scores were averaged on a 1–5 scale, **with a mean of 3.57 (SD = 0.97)**, indicating moderate improvement following use of the Virtual EMDR self-guided program.

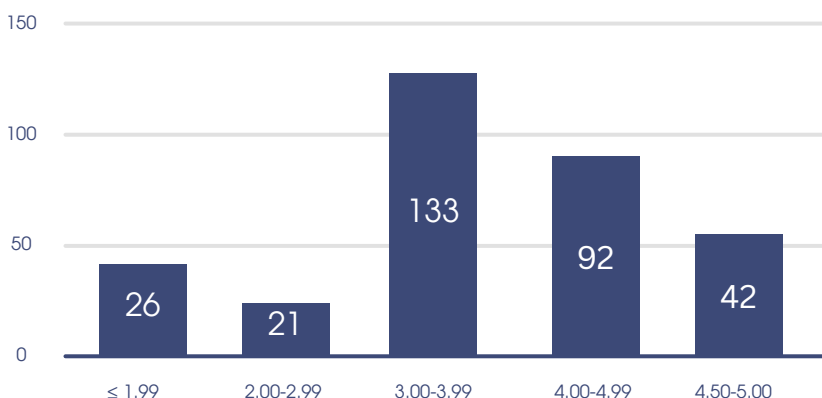
The score distribution reveals meaningful variation across user experiences:

- **42 users (13%)** scored 4.5–5.0, showing strong emotional improvement.
- **92 users (28%)** scored 4.0–4.49, reflecting consistent gains.
- The largest group, **133 users (41%)** scored 3.0–3.99, indicating moderate improvement.
- **47 users (15%)** scored below 3.0, suggesting limited change.

These results highlight the program's potential to **strengthen emotional regulation** for a broad user base, while also pointing to individual variability that warrants deeper exploration. Future analyses will examine how emotional regulation outcomes relate to session engagement, trauma type, and support system strength—helping to identify patterns that could inform **targeted improvements and personalized user support**.



Overall Emotional Regulation Improvement



SECTION THREE

Functionality in Daily Life

This section evaluates the extent to which users **felt improvements in everyday functioning** after engaging with the Virtual EMDR self-guided program. Users rated their overall functional improvements at **3.49**, suggesting moderate positive impact on daily living, relationships, and activities.

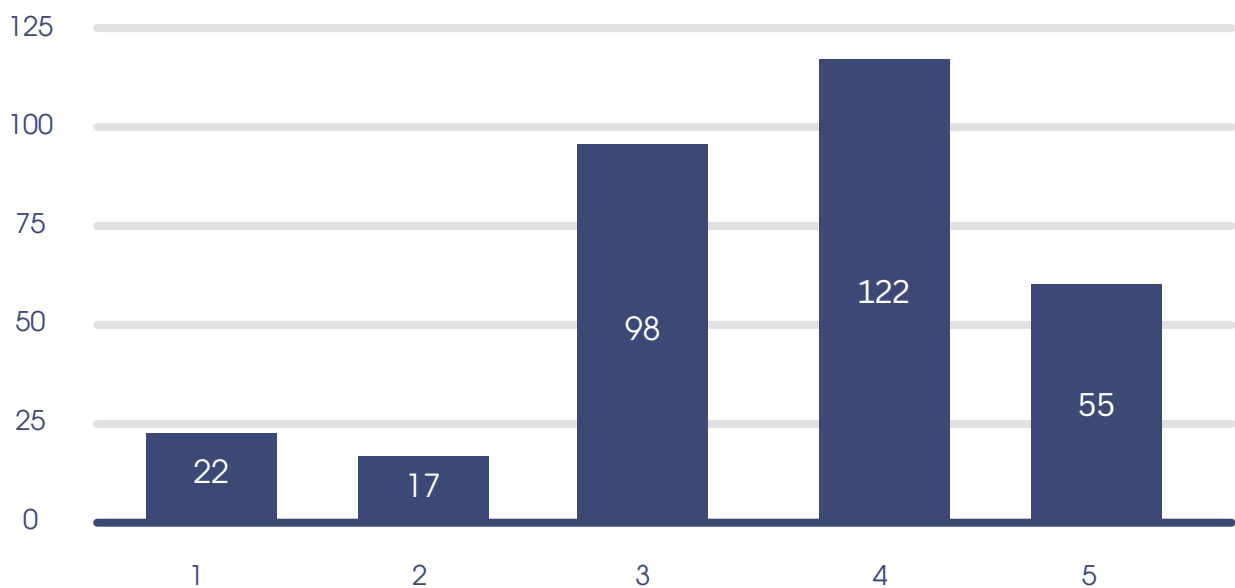
Key areas of improvement included:

- **Participating in joyful activities** (avg: 3.52)
- **Comfort with previously avoided situations**
- **Improved relational functioning and concentration**

The breakdown of responses is as follows:

- **55 users (17%)** strongly agreed (score of 5)
- **122 users (39%)** agreed (score of 4), the most common response
- **98 users (31%)** responded neutrally (score of 3)
- **39 users (13%)** disagreed or strongly disagreed (scores of 1 or 2)

Overall Functional Improvement



These results suggest that **emotional progress** translated into meaningful improvements in users' ability to live more fully and confidently.

SECTION FOUR

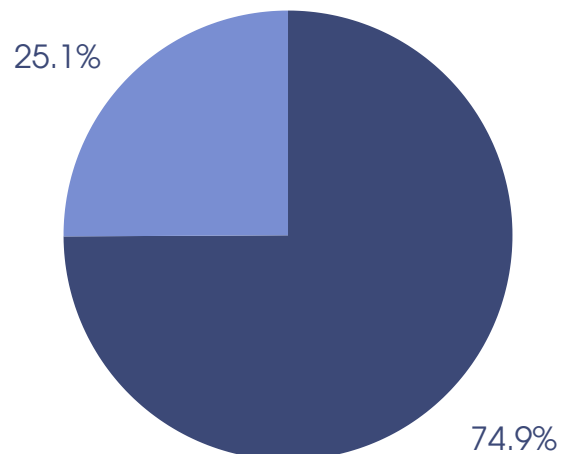
User Experience

A standout statistic: **75% of users had no prior EMDR experience**, yet they rated their overall platform experience at an impressive **4.20 out of 5**.

- Ease of navigation: **4.35**
- Comfort and emotional safety: **4.21**
- Platform smoothness: **4.24**

The **user experience** is one of **Virtual EMDR's strongest assets**. Even people new to EMDR or digital therapy found it **smooth, safe, and worthwhile**. The combination of ease, emotional support, and clear therapeutic structure makes it **particularly well-suited for individuals recovering from past trauma**—who often need both guidance and privacy.

- No Prior EMDR Experience
- With Prior In-Person EMDR



- Users appreciated the **clear structure, smooth pacing, and interactive tools** (like bilateral stimulation and structured prompts).
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- The platform wasn't just passive content. It **actively guided** users through **real therapeutic processes**.



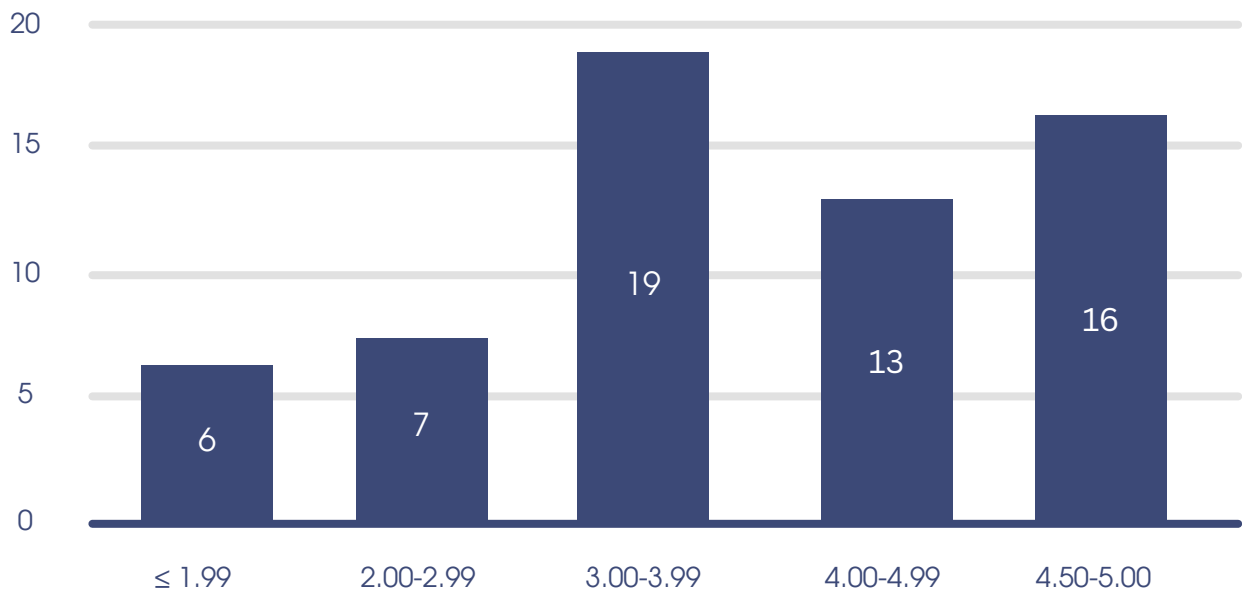
SECTION FIVE

Comparison to In-Person EMDR

The platform helped useAmong users who had previously done in-person EMDR, the average comparison score was 3.68.

- **44%** of these users said the virtual platform was just as effective... or even better
- The **highest-rated comparison** was for ease of use (**avg: 3.80**)

Overall Comparison to In-Person EMDR



Among users who had prior experience with **in-person EMDR** (about 25% of respondents), Virtual EMDR was viewed as a **surprisingly comparable alternative**. The average comparison score across key areas was **3.68 out of 5**, with **44%** of these users saying the virtual platform was equal to or better than their in-person sessions.

Emotional safety and ease of use were particularly strong, scoring **3.77** and **3.80** respectively, while **therapeutic effectiveness and overall outcomes** scored slightly lower but still favorable at **3.57** and **3.54**. These results suggest that for many, Virtual EMDR offers a level of effectiveness and comfort that rivals traditional therapy, which is especially valuable for individuals who prefer privacy, need flexible scheduling, or lack access to in-person care.

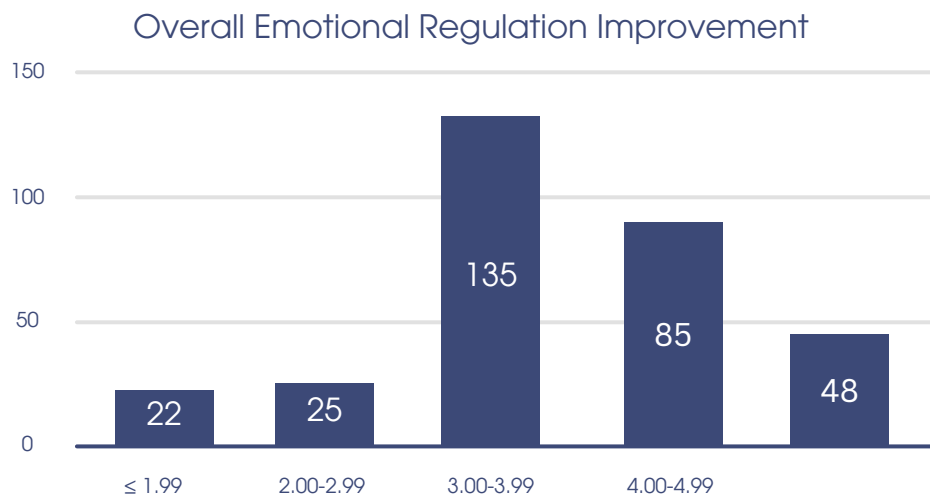
SECTION SIX

Cognitive + Behavioral Shifts

Among **users who had previously done in-person EMDR**, the average comparison score was **3.68**.

Top reported changes included:

- **Improved ability** to challenge negative beliefs
- **Less self-blame** about past trauma
- **Healthier coping strategies** and **emotional reframing**



Virtual EMDR users reported **meaningful cognitive and behavioral shifts**, with an average score of **3.63 out of 5**. **Over 70%** experienced a positive shift in how they viewed past trauma, along with reduced self-blame and improved coping strategies.

These results suggest the platform supports **not just symptom relief, but deeper mindset and behavior changes** essential for lasting healing.



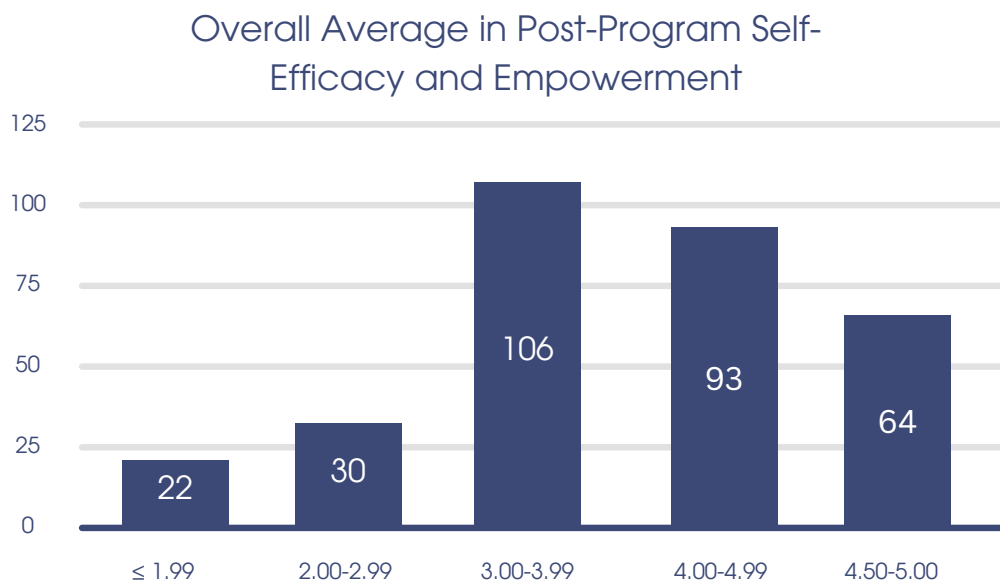
SECTION SEVEN

EMPOWERMENT

Users showed meaningful shifts in mindset and coping behavior, scoring an average of 3.63 across this domain.

- Over **two-thirds of users** said they felt stronger, more resilient, and more capable of handling emotional challenges independently.
- **Highest rated item:** "I feel a greater sense of inner strength and resilience" (avg: **3.74**)

Virtual EMDR fosters a strong sense of **empowerment** among users, particularly those facing trauma or addiction. Many reported feeling more in control of their emotions and healing process, even without prior therapy experience. With **over 63%** saying **they could stay calm under stress** and **70% noting cognitive shifts**, the platform helps users move from survival mode to self-guided recovery.



The overall average satisfaction score was **3.91 (SD = 1.05)**, with **63%** of users rating their experience **above 4.0**, showing that **most participants left the program with a very positive impression**. This section included some of the highest ratings across the entire study, especially in users' **willingness to recommend the platform (average score: 4.08)** and their belief that **it was worth their time and effort (average score: 4.03)**.

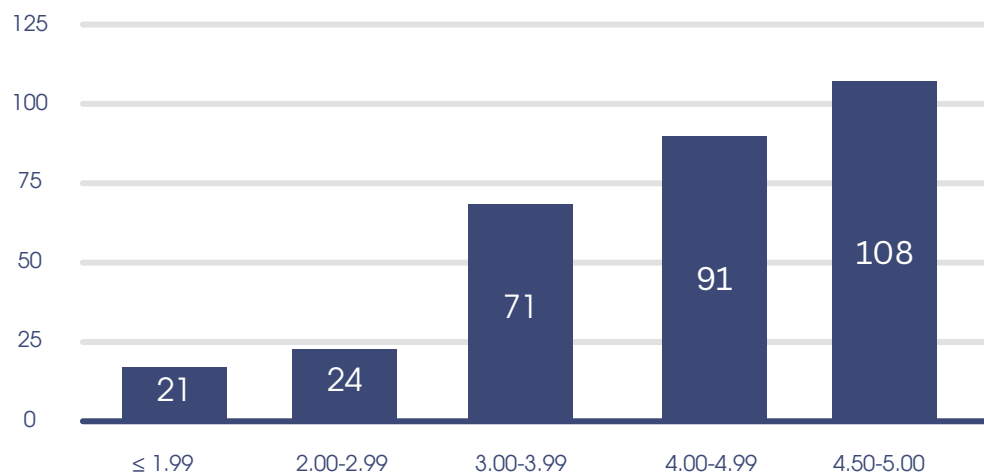
SECTION EIGHT

Overall Satisfaction

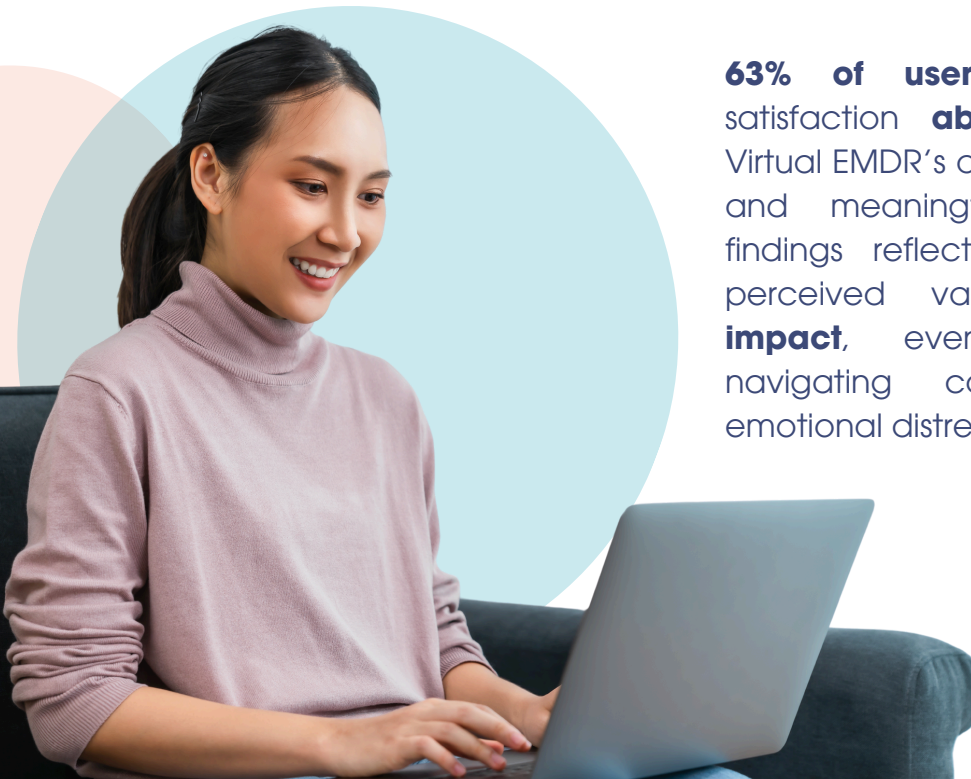
To measure **overall satisfaction**, five items were averaged, covering progress, goal attainment, symptom relief, willingness to recommend, and perceived value. On a 1–5 scale, the **average score was 3.91**, indicating high user satisfaction.

- **74%** were satisfied with the progress they made
- **73%** agreed it helped address their trauma or PTSD symptoms
- **76%** felt it was worth their time and effort
- Nearly **80%** said they would recommend it to others

Overall Satisfaction Scores



63% of users rated their overall satisfaction **above 4.0**, underscoring Virtual EMDR's ability to deliver a positive and meaningful experience. These findings reflect the platform's strong perceived value and **therapeutic impact**, even among individuals navigating complex trauma and emotional distress.



Conclusion

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This Phase 2 study offers **compelling evidence** that the Virtual EMDR self-guided program delivers measurable, meaningful outcomes across multiple dimensions of trauma recovery. Participants reported **significant improvements** in emotional regulation, cognitive and behavioral patterns, daily functioning, and overall satisfaction with the therapeutic process. These results were **consistent** across a diverse sample, including individuals with prior in-person EMDR experience and those engaging in trauma work for the first time.

The data reveals a clear and encouraging pattern: **self-guided therapy is not only feasible—it can be genuinely effective.** Virtual EMDR empowers users to manage their symptoms, process trauma, and build emotional resilience independently, at their own pace, and in their own environment.

While it may not replace all forms of clinician-led therapy, Virtual EMDR serves as a valuable alternative or complement for many. It offers a **flexible, affordable, and private solution**—particularly for individuals who prefer to work through trauma on their own terms, or who face barriers to traditional care.

As trauma recovery continues to evolve in the digital age, these findings position Virtual EMDR as a **credible, scalable, and impactful** option in the landscape of mental health support.
