

Virtual EMDR Platform Effectiveness Analysis

- Phase 2: Key Findings -



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Virtual EMDR - Key Findings

Key Finding 1 - Users who had not previously done EMDR reported significantly higher satisfaction with the Virtual EMDR platform.

Comparing overall satisfaction between experience groups; those with prior EMDR experience and those first time users. The data shows there is a **statistically significant difference** in satisfaction levels between users with and without prior EMDR experience ($F(1, 315) = 12.29, p < .001$). This suggests that the program may be especially impactful for first-time EMDR users, potentially due to the novelty or the self-guided nature of the experience.

This insight could guide messaging strategies (e.g., "Powerful for first-timers") and inform future research comparing first-time vs. repeat EMDR users.

Key Finding 2 - Twice weekly usage leads to higher satisfaction.

An ANOVA revealed a significant effect of Virtual EMDR usage frequency on overall satisfaction, $F(2, 206) = 8.42, p < .001, \eta^2 = .052$. Post hoc Tukey HSD tests indicated that users who engaged with the program **twice per week** ($M = 3.91, SD = 1.15$) reported significantly higher satisfaction than those using it **once per week** ($M = 3.61, SD = 1.52$) or **monthly** ($M = 3.27, SD = 1.61$). No significant difference was found between the weekly and monthly users.

These findings suggest that more frequent engagement—specifically, **twice-weekly sessions**—is associated with stronger user satisfaction, supporting usage recommendations that encourage consistent participation.

Key Finding 3 - Program Duration; not statistically significant.

The one-way ANOVA tested whether overall satisfaction scores differed significantly based on how long participants used the Virtual EMDR self-guided program. The results were **not statistically significant**, $F(5, 286) = 1.50, p = .19$. This indicates that **there is no reliable evidence that the duration of program use (e.g., <1 month, 3–6 months, >1 year)** is associated with differences in reported satisfaction scores.

Although some mean differences may exist descriptively, they are **not large enough or consistent enough** to be considered statistically meaningful in this sample.

Key Finding 4 - Participants Reported Statistically Significant Satisfaction Across All Core Experience Dimensions

To evaluate whether users experienced satisfaction with the Virtual EMDR platform across key psychological and functional domains, we conducted one-sample t-tests comparing each dimension's mean score against the neutral midpoint of **3.0** (on a 5-point scale).

All five domains showed **statistically significant** results indicating that participants rated their experiences **significantly above neutral**:

Dimension	Mean	t	df	p-value	95% CI	Interpretation
Symptom Reduction	3.55	8.40	315	< .001	[3.42, 3.67]	Significantly higher than neutral
Emotional Regulation	3.43	6.40	315	< .001	[3.30, 3.56]	Significantly higher than neutral
Functionality in Daily Life	3.36	5.78	315	< .001	[3.24, 3.49]	Significantly higher than neutral
Cognitive/Behavioral Change	3.49	7.63	315	< .001	[3.36, 3.61]	Significantly higher than neutral
Self-Efficacy & Empowerment	3.53	7.80	315	< .001	[3.40, 3.67]	Significantly higher than neutral

Conclusion

These results provide robust evidence that users reported **positive effects across all five dimensions** of the Virtual EMDR experience, with average ratings **significantly above the neutral point**. This suggests broad and consistent program effectiveness in reducing symptoms, improving emotional regulation, restoring functionality, shifting cognition, and enhancing self-efficacy.