



Virtual**EMDR**



VirtualEMDR Platform Effectiveness Study **PHASE 2**

Study Overview

Over **300** users participated

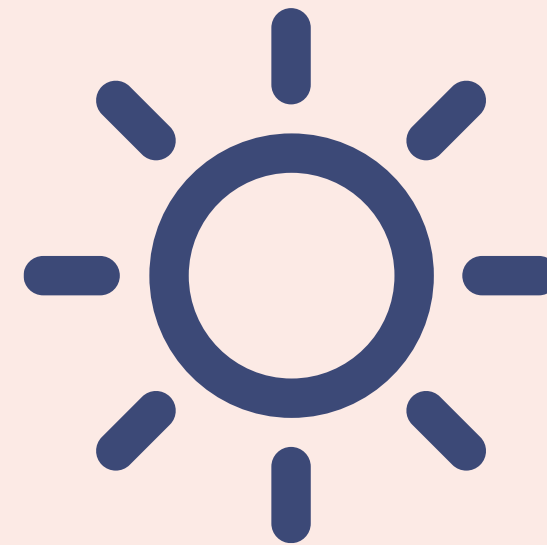
Over **300** users participated
FOCUS



Symptom
Relief



Emotional
Regulation

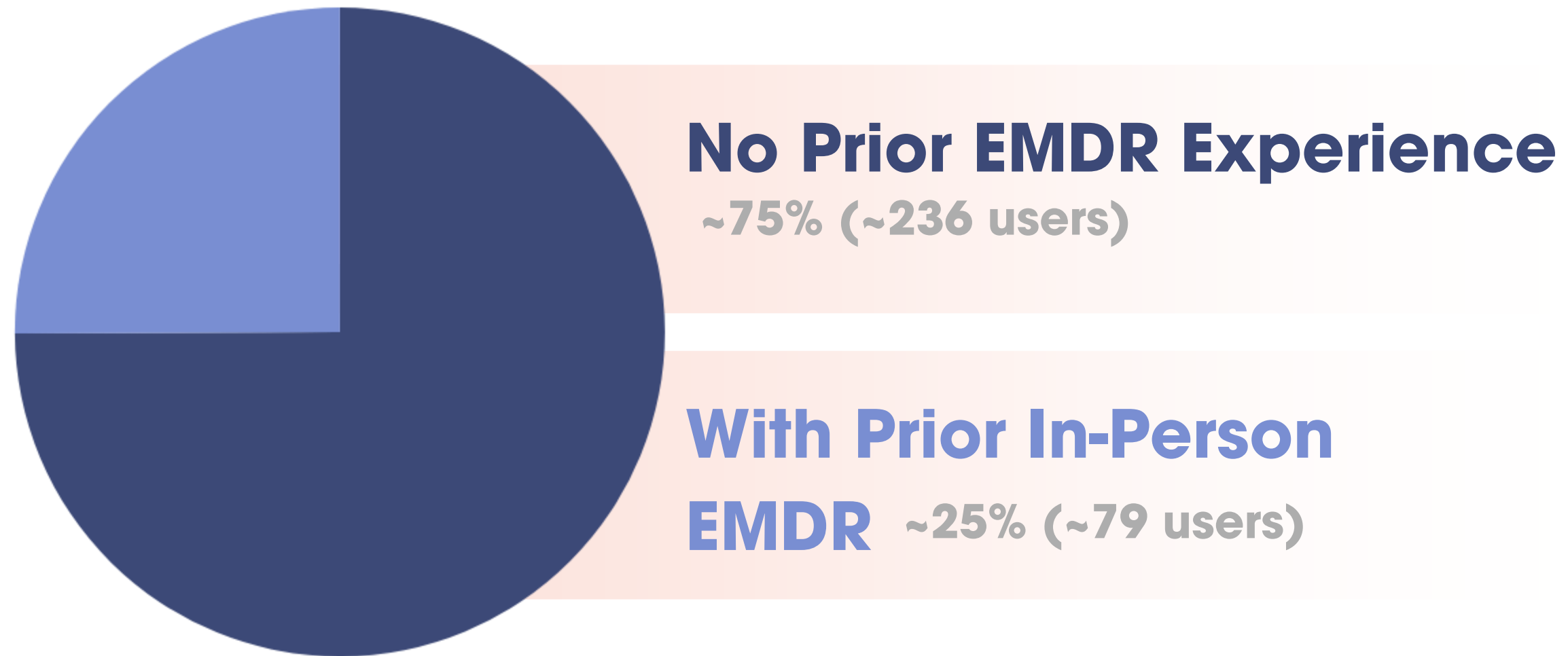


Daily
Function



Satisfaction

Who Were the Users?



Diverse **trauma** backgrounds

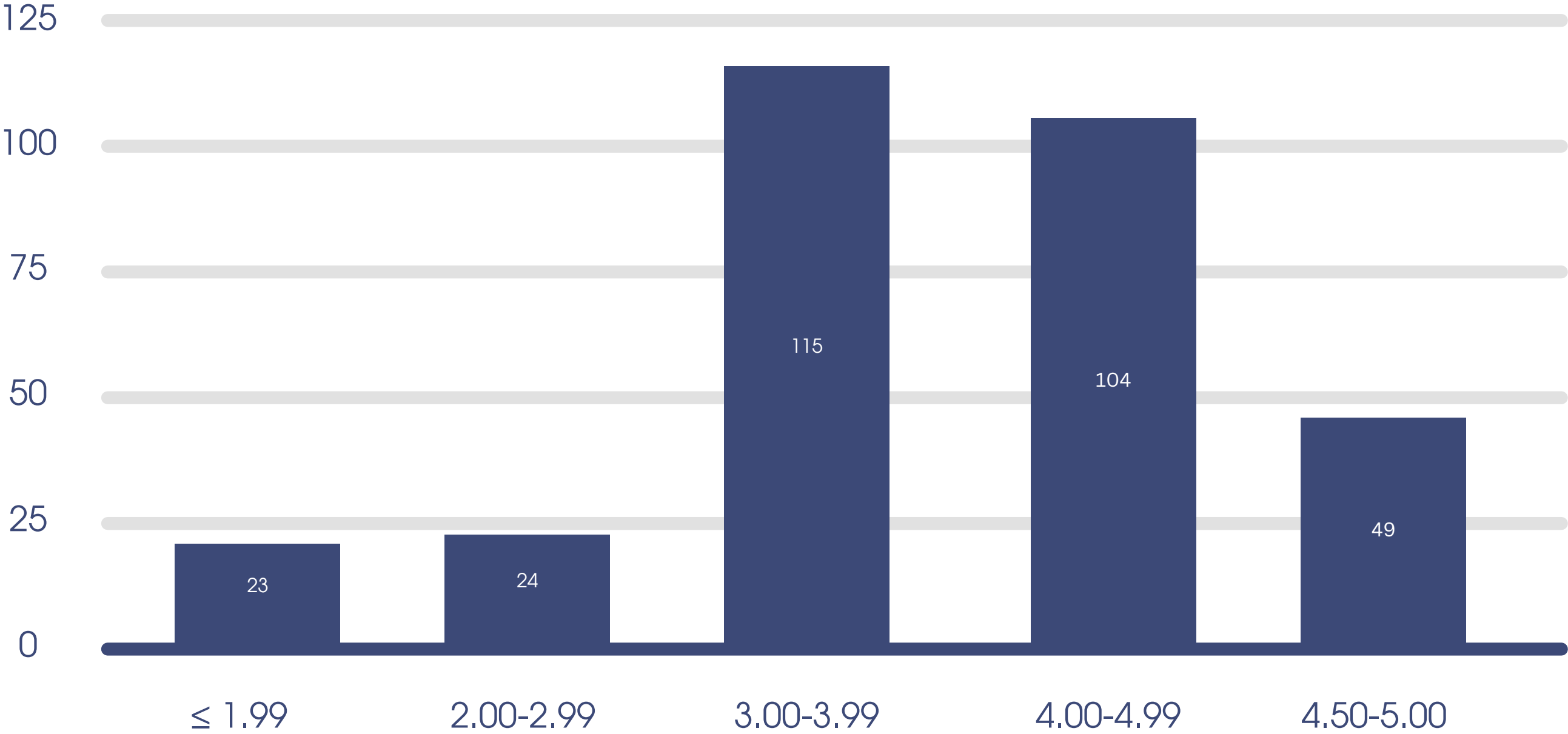
Diverse **trauma** backgrounds

e.g.

- Anxiety
- C-PTSD
- Depression
- Childhood abuse

Symptom Reduction

(Avg. Score: 3.67/5)



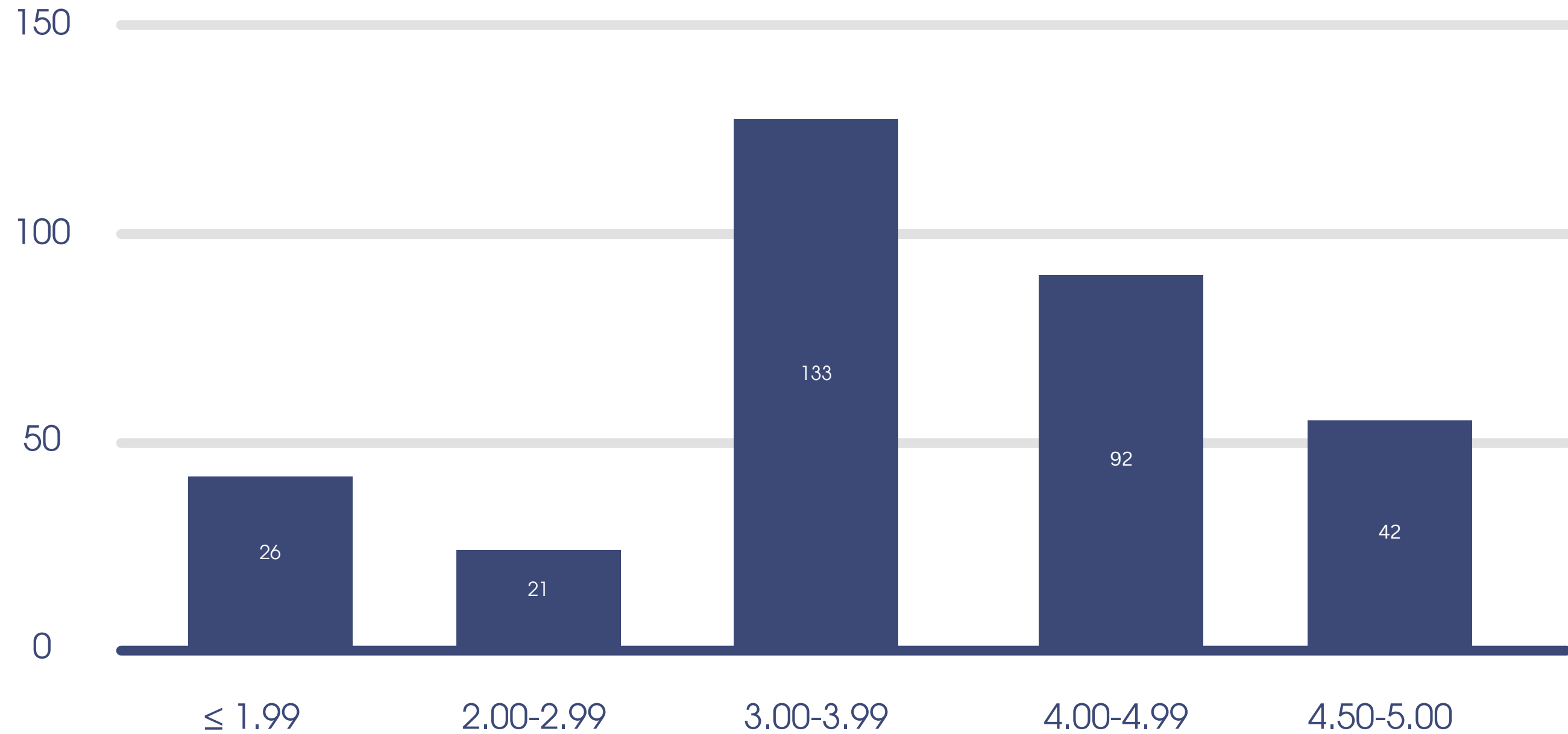
Overall Symptom Reduction Score

Other Notable Statistics

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

Emotional Regulation

(Avg. Score: 3.57/5)



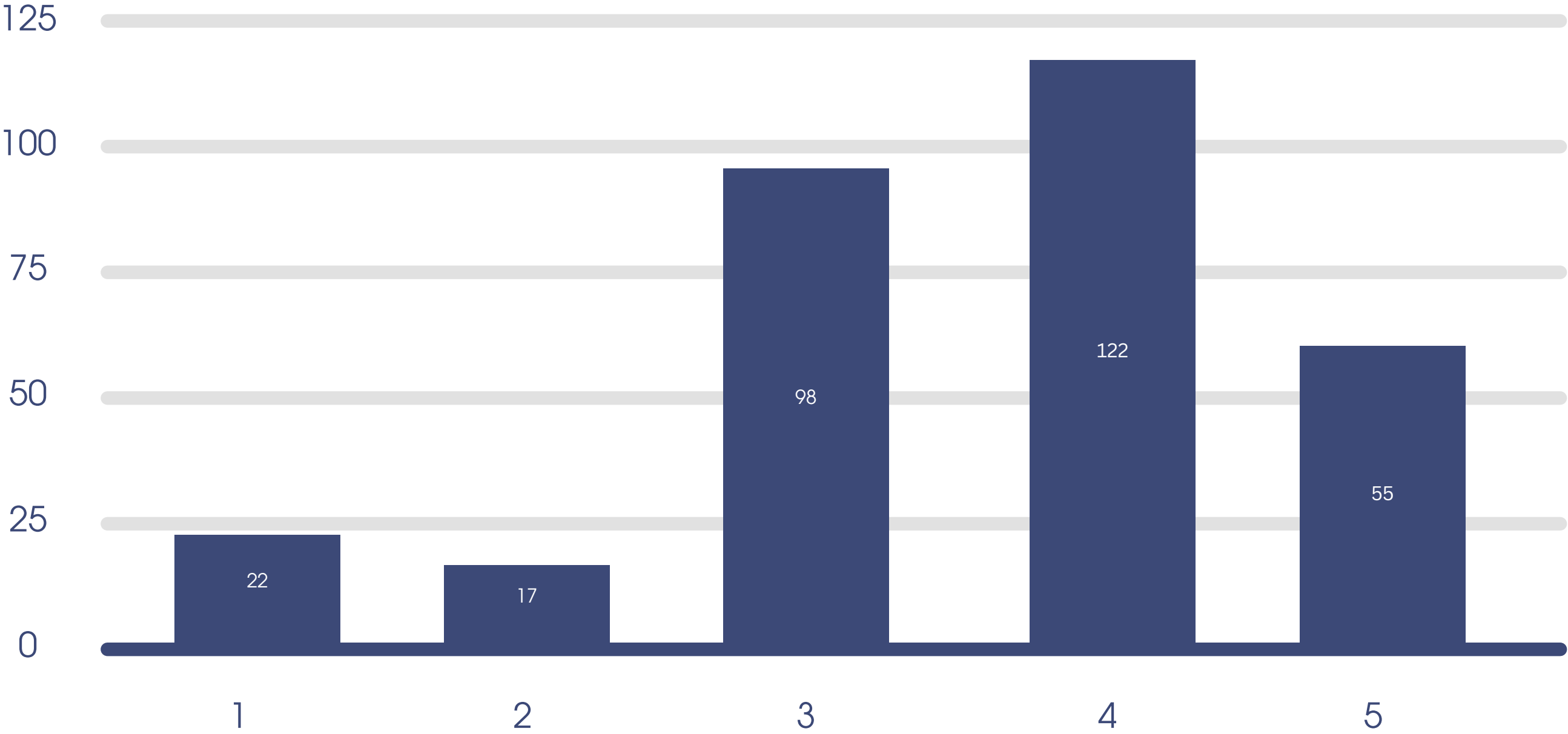
Overall Emotional Regulation Improvement

Other Notable Statistics

- 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.

Functionality in Daily Life

(Avg. Score: 3.49/5)



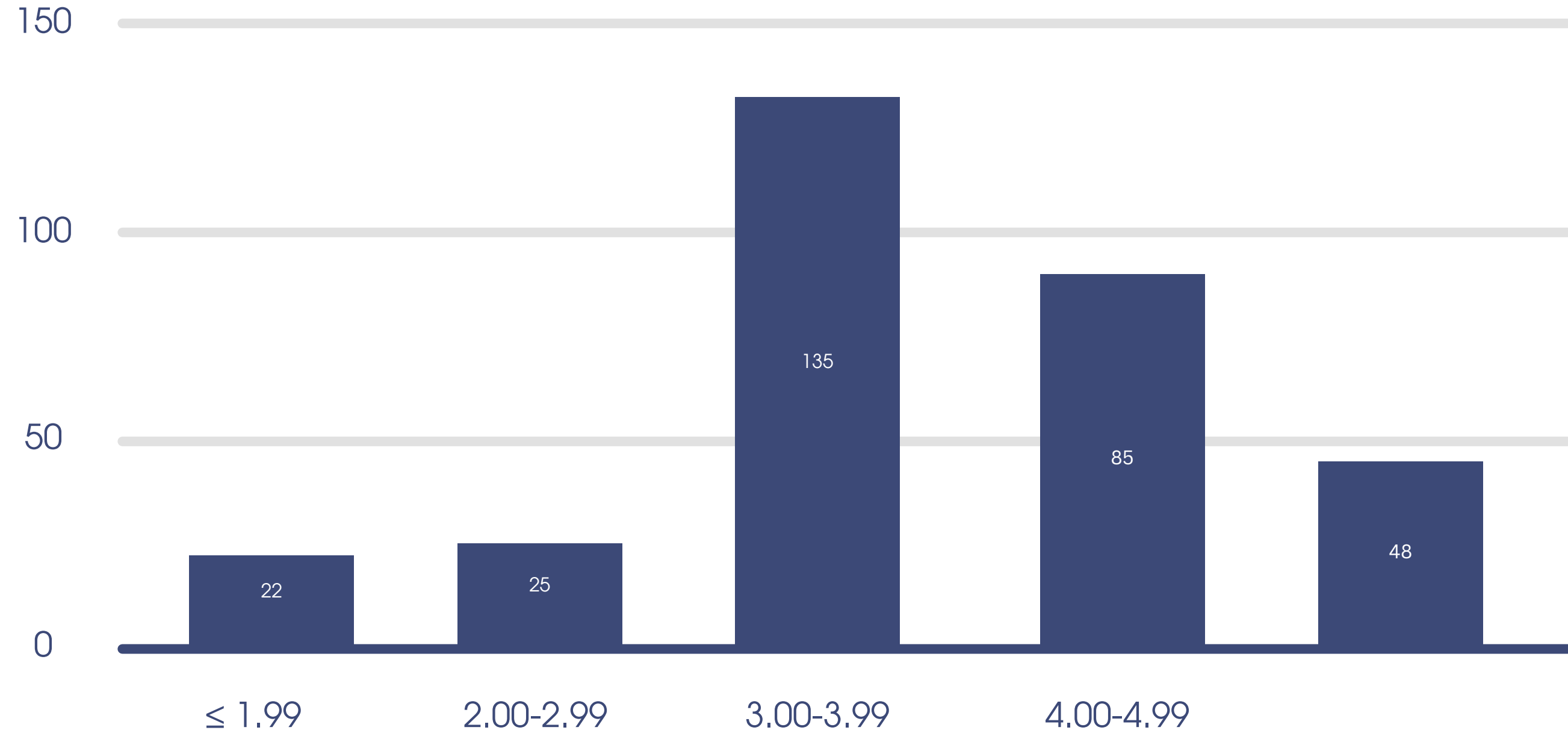
Overall Functional Improvement

Other Notable Statistics

- Re-engagement in joyful activities (3.52)
 - Managing responsibilities (3.49)
- Relationships and concentration improved

Cognitive & Behavioral Shifts

(Avg. Score: 3.63/5)



Overall Emotional Regulation Improvement

Top Notable Changes

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

User Experience

(Avg. UX score: 4.20/5)

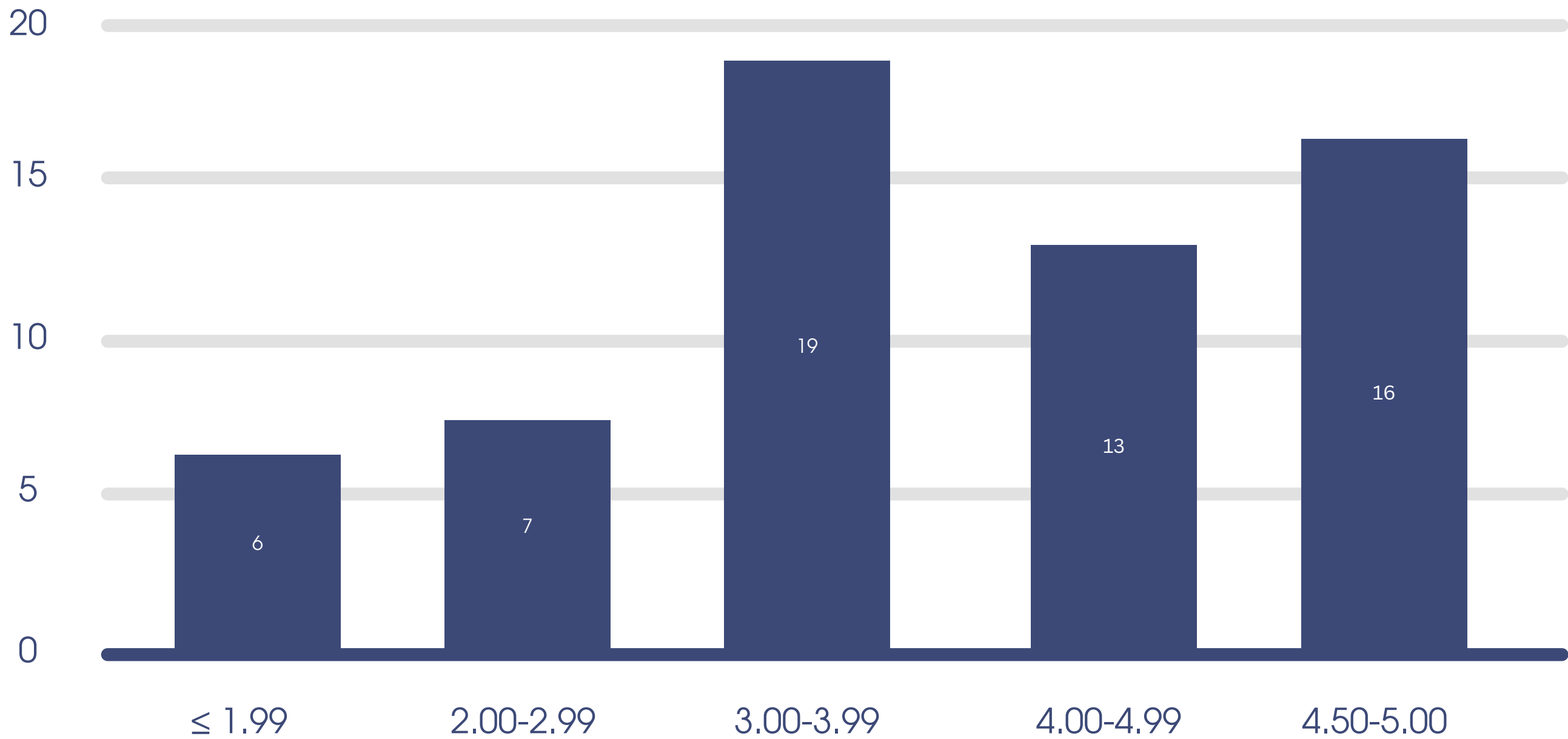
The user experience is one of Virtual EMDR's **strongest assets**. Even people new to EMDR or digital therapy found it **smooth, safe, and worthwhile**. The **combination of ease, emotional support, and clear therapeutic structure** makes it particularly **well-suited for individuals recovering from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

Other Notable Statistics

- Easy to navigate (4.35)
- Emotionally safe (4.21)
- 75% were first-time EMDR users

Comparison to In-Person EMDR

(Avg. score: 3.68/5)



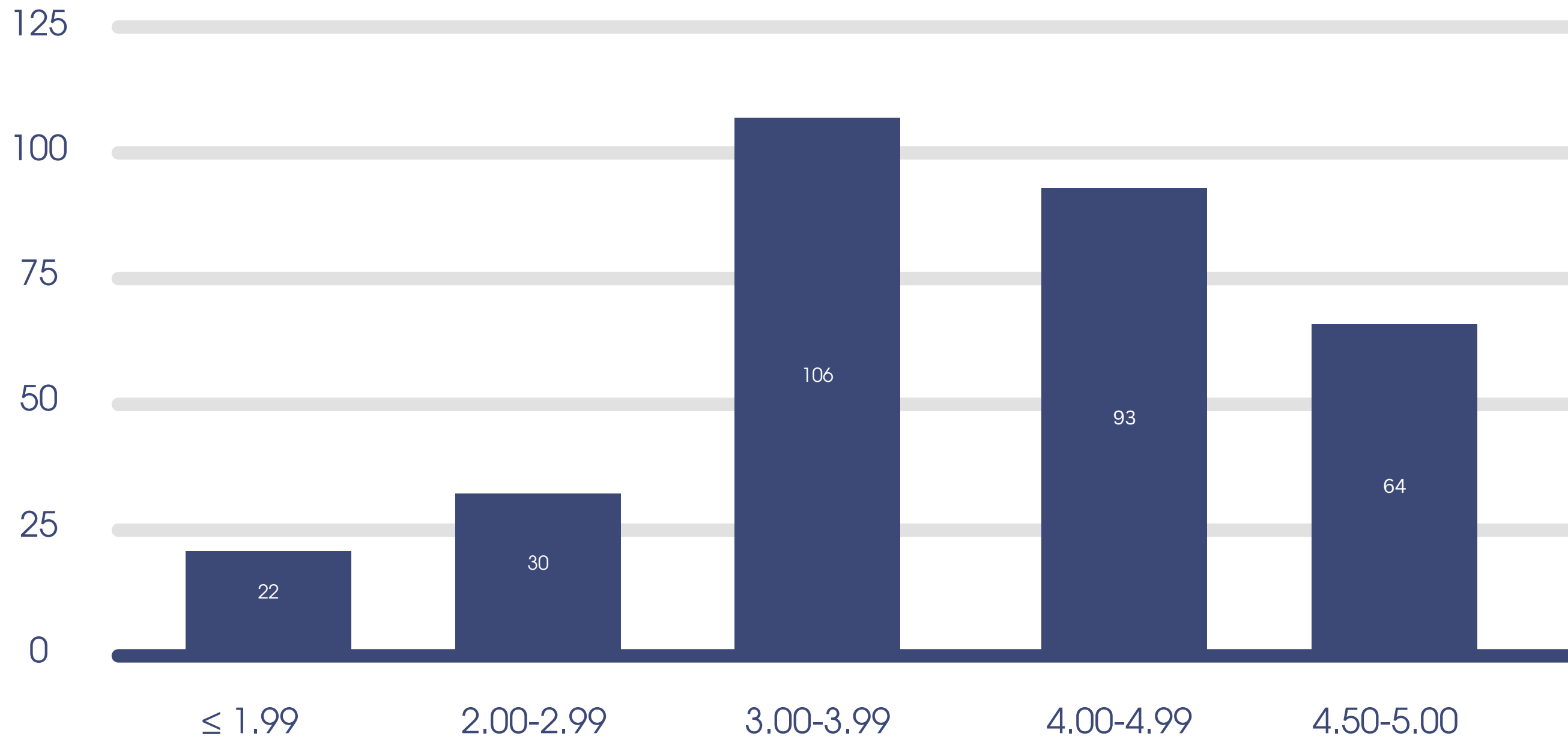
Overall Comparison to In-Person EMDR

Other Notable Statistics

- 472% reported improvement in emotional overwhelm (score: 3.78)
- 72% saw a reduction in symptom severity (score: 3.80)
- 70% experienced fewer intrusive thoughts (score: 3.77)
- 66% reported fewer physical reactions to trauma triggers (score: 3.71)

Empowerment & Impact

(Avg. Score: 3.49/5)



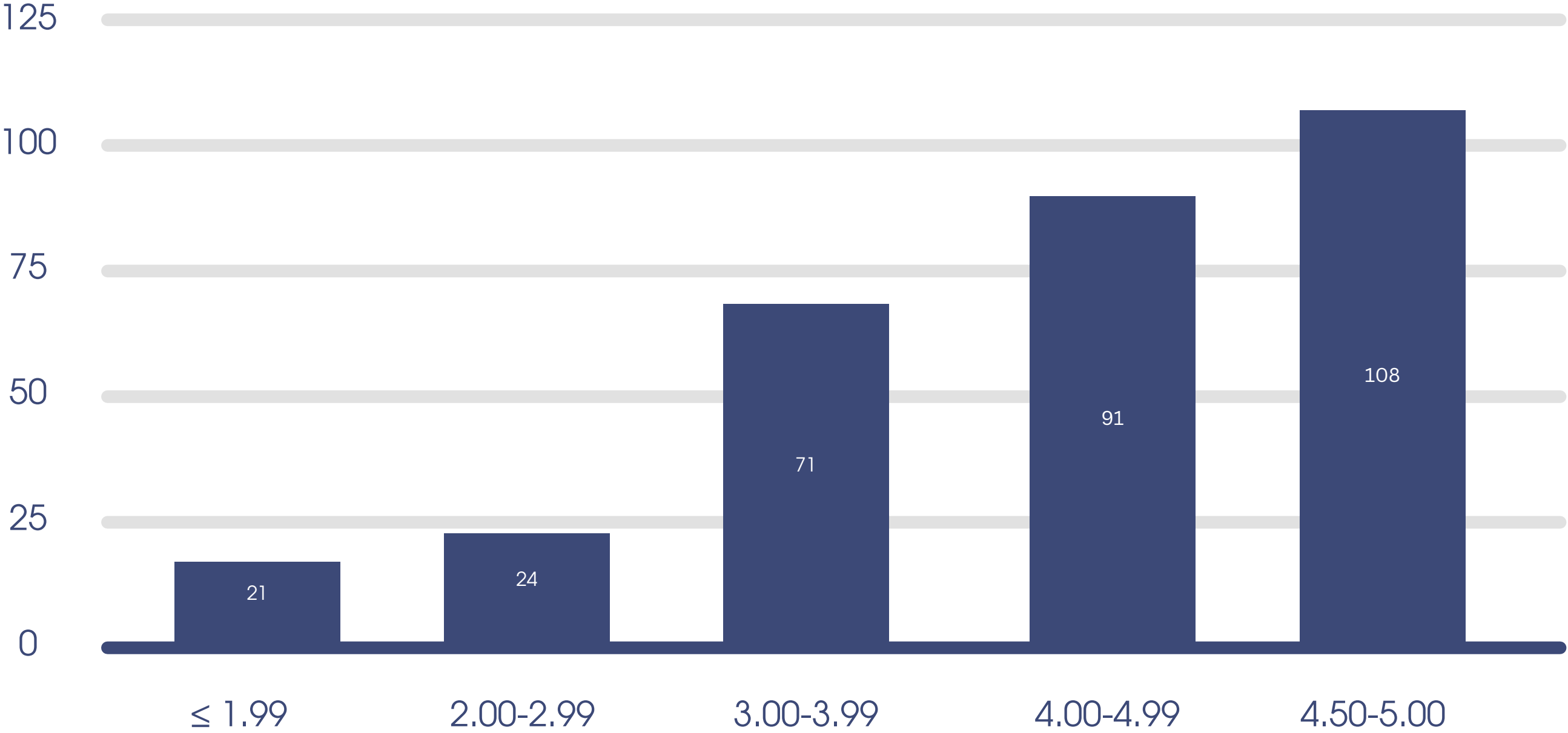
*Overall Average in Post-Program Self-Efficacy
and Empowerment*

Other Notable Statistics

- 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)

Satisfaction & Recommendation

(Avg. satisfaction: 3.91/5)



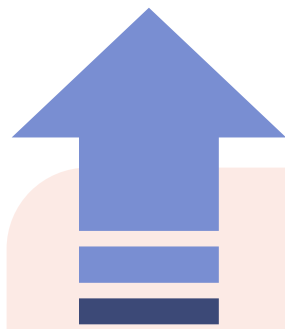
Overall Satisfaction Scores

Other Notable Statistics

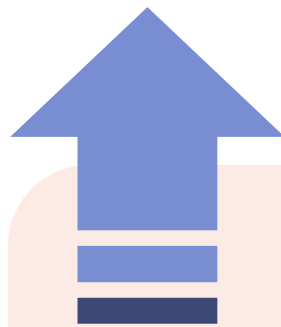
- 74% were satisfied with the progress they made
- 73% agreed it helped address their trauma or PTSD symptoms
 - 76% felt it was worth their time and effort
- Nearly 80% said they would recommend it to others

Key Takeaways

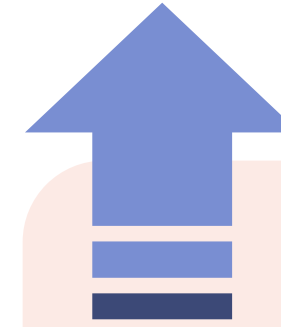
Key Takeaways



High user
satisfaction
and
usability



Strong
gains in
symptom
relief,
coping,
mindset



Effective
even for
first-time
users



Virtual**EMDR**

