**FRAGMENTS**

A VIRTUAL REALITY ADVENTURE INTO ANXIETY

**PROBLEM**
Anxiety is a poorly understood and a difficult experience to share. Negative media representations fuel stigmas and misperceptions of anxiety.

**SOLUTION**
Fragments provides an interactive, immersive media that will inspire empathy and a greater understanding of anxiety by simulating the physical and emotional effects of anxiety.

**SIMULATED SYMPTOMS OF ANXIETY**
- Increased heart rate
- Tunnel Vision
- Rapid breathing
- Negative thought patterns

**RESEARCH**
Consulted psychological professionals and researchers on symptoms of anxiety and panic attack coping strategies.

Our research provides an accurate representation of the physiological symptoms and responses of anxiety.

**3D PUZZLE ENVIRONMENT**
Builds upon the Virtual Reality experience offered by the HTC Vive

Positive representation of the mind of a person enduring anxiety

Visual metaphors demonstrating the struggle of anxiety

**Grounded in mental health research**
**1+ Players**
**Not recommended for users with anxiety**

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