

# Exploring the Potential of Virtual Reality Technology in the Treatment of Sexual Disorders

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## Abstract:

Sexual dysfunctions are prevalent and can greatly affect an individual's quality of life. The implementation of virtual reality (VR) technology may prove beneficial in treating above-mentioned issues. VR can offer a safe and controlled environment for individuals to explore and comprehend their desires and challenges, potentially simulating sexual encounters or aiding in communication and assertiveness skills. While there is still much research to be done, initial studies suggest that VR can complement traditional therapy approaches. It's important to note that VR should not replace comprehensive treatment plans. The authors aim to present preliminary results of a systematic scoping review that introduces the most recent findings regarding the use of VR in the treatment of sexual dysfunctions. The review process involved searching eleven databases, assessing the relevance of 69 selected articles, and extracting data from 24 papers. The results will be presented at the conference.

**Keywords:** sexual disorders, virtual reality technology, treatment, scoping review