



## **PARTICIPANTS WANTED**

### **Virtual Reality & Body Awareness Study**

Dear Potential Participant,

We are looking for healthy participants between the ages of 18 and 65 to take part in a research study investigating how virtual reality can enhance awareness of internal body signals and improve emotional processing. The study involves three sessions (approximately 3 hours, 1 hour, and 3 hours) over 1-2 weeks, and you will receive up to **£70 total compensation (£20 for session 1, £10 for session 2, and £40 for session 3)**.

During these sessions, you will:

- Experience immersive virtual reality environments
  - Complete questionnaires about emotions and body awareness
  - Participate in tasks measuring your ability to perceive bodily signals
  - Be fitted with non-invasive sensors to monitor heart rate and breathing
- No previous experience with virtual reality is required.

Want to sign up? Want more information?

Please contact Joel Patchitt:

[J.Patchitt@bsms.ac.uk](mailto:J.Patchitt@bsms.ac.uk)

This study has been granted ethical approval from the BSMS Research Governance & Ethics Committee (ER/BSMS9NYX/9)

Best wishes,

Joel Patchitt

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