

Content Brief

Virtual reality for mental health

Article details

| | |
|----------------------|--|
| Title | Virtual Reality for Mental Health: Does VR in Mental Health Help or Hurt? |
| Primary Keyword | virtual reality for mental health |
| Secondary Keywords | virtual reality mental health, vr in mental health, vr for mental health, virtual reality and mental health, virtual reality in mental health, vr for mental health, vr mental health, vr and mental health, mental health virtual reality, what is vr therapy |
| Framing Keywords | <ul style="list-style-type: none">• How does virtual reality help with mental health?• Can virtual reality help anxiety?• How is virtual reality used to treat psychological difficulties?• What disorders can VR help with?• Is VR bad for mental health?• VR mental health/therapy apps• VR games for mental health• VR mental health companies• Literature review |
| Content Type | Blog post |
| Content Tactic | Expert guide |
| New or Rewrite? | New |
| SERP Intent | Searchers are looking for answers about VR for mental health. Can it help? Does it hurt? What's the research behind it? Who's doing VR for mental health? |
| Suggested Word Count | 2,638+ |
| Title Tag | Virtual Reality for Mental Health: Does VR In Mental Health Help Or Hurt? |
| Meta Description | VR for mental health is a new treatment for mental health. Researchers are still studying its effectiveness, but here's what we know about VR for mental health as of now. |

| | |
|--------------------------|--|
| Preferred URL | /virtual-reality-for-mental-health |
| Internal Links | <ul style="list-style-type: none"> • Homepage • Video game therapist local landing page |
| Sources | <p>You'll need to do additional research to fill out the rest of this article, but here's a few that we've found to get you started.</p> <ul style="list-style-type: none"> • https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4361984/ • https://blogs.scientificamerican.com/observations/virtual-reality-might-be-the-next-big-thing-for-mental-health/ • https://www.smithsonianmag.com/science-nature/inside-the-effort-to-expand-virtual-reality-treatments-for-mental-health-180979995/ |
| Link to Optimized Images | This will be a separate Google Drive folder in the client's Content Briefs folder. |
| Example URLs | <ul style="list-style-type: none"> • https://theconversation.com/three-ways-virtual-reality-could-transform-mental-health-treatment-155232 |
| Takeaway | VR for mental health can reshape what therapy looks like today. In this post, I'll cover research that's been done on virtual reality in the mental health world, ways that VR is changing the world of mental health, pros and cons of using VR in mental health, and companies that are already using VR for psychological disorders like anxiety and PTSD. |
| Surfer SEO Link | https://app.surferseo.com/drafts/s/hMHJlfuV2J7PoE-dTbJ8b09vaBU27nwh |
| Details | This post is an opportunity to educate people curious about VR: covering the research, if it's helpful or dangerous, and your take on VR as a subject matter expert. |

Brand details

| | |
|---------------------|--|
| Website | |
| Client Voice | |
| Ideal Client Avatar | |

Article outline

[H1] Virtual Reality for Mental Health: Does VR In Mental Health Help or Hurt?

Takeaway: *Paste the takeaway here.*

- 100-200 words.
- Start with a “hook” that will entice the audience and empathize with the reader on the problem, question, or difficulty. Reference the SERP intent cell to create this introductory paragraph.
- Explain the problem/topic in further detail. Reference the framing keywords cell to break down the details.
- Summarize the takeaway here, i.e. what you’ll cover in this post.
- Transition into the body where you’ll explain the curated content further.
- In this section, use one to two keywords from the primary and secondary keywords cells.

[H2] Is VR good or bad for mental health?

- 50-150 words.
- These are brief transition/introductory sentences.

- Speak to the speculation that readers may have about VR in a mental health setting.
- Explain that you'll cover the pros and cons (including the research). Link to your sources.

[H3] Research on the benefits of virtual reality in mental health

Include an introductory/transitional paragraph.

- 500-700 words.
- Explain some positive results from potential studies. Reference the sources cell.
- Make each finding a separate H4 and include a sentence or two breaking out that finding.

[H3] Potential dangers of VR in mental health

Include an introductory/transitional paragraph.

- 300-400 words.
- Explain some potential negative results from studies. Reference the sources cell.
- Provide some of your own potential negative results as a subject matter expert.
- Make each potential negative result a separate H4 and include a sentence or two breaking out that finding/observation.

[H2] How is VR used to treat psychological difficulties?

Include an introductory/transitional paragraph.

- 300-500 words.
- Explain the modalities of VR in therapy and how they help.

- Make each modality a separate H4 and include a sentence or two explaining that modality.

[H2] What disorders can VR help with?

Include an introductory/transitional paragraph.

- 400-600 words.
- List some of the disorders that VR can help with and how they work to treat those disorders (depression, addiction, anxiety, PTSD, ADHD, autism, Alzheimer's specifically).
- Make each disorder a separate H4 and include a sentence or two explaining how VR can help that disorder.

[H2] So should you try VR for therapy?

Include an introductory/transitional paragraph.

- 300-500 words.
- This is an opportunity to explain your take as a subject matter expert.
- If you write 300+ words, make sure to include at least one heading for readability.

[H2] Where to start with VR therapy

Include an introductory/transitional paragraph.

- 400-700 words.
- List the different VR therapy apps and VR therapy companies. Link to these companies/apps and include each one as a separate H4.
- At the end of this section, pitch yourself.

