

# Exploring virtual reality for fear of vaginal penetration

## PURPOSE OF THIS STUDY

The purpose of this study is to explore virtual reality (VR) exposure for the treatment of vaginismus, also known as fear of painful vaginal penetration. Vaginismus is common and affected individuals experience difficulties with vaginal intercourse and gynaecological exams. Available treatments are not very effective.

## WHO CAN PARTICIPATE

Individuals may be able to participate in this study if they:

- are over 19 years of age
- have normal or corrected-to-normal vision
- are sufficiently fluent in English
- live in or are able to travel to the Vancouver area
- have a vagina
- do not have a vulvar skin condition (e.g. lichen sclerosis)
- are not currently pregnant or breastfeeding

## WHAT IS INVOLVED

Participants will complete a telephone/Zoom interview; online sexuality questionnaires; and in-lab assessment of self-reported responses to virtual reality nonsexual and sexual videos.

For participants with sexual difficulties only: external physical exam (no speculum); and an interview with a researcher about thoughts and feelings regarding VR-based treatment.

## CONTACT INFORMATION

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## STUDY TIME/ DURATION

Ongoing to September 2022

## STUDY LOCATION

2775 Laurel Street, Vancouver

## PRINCIPAL INVESTIGATOR

Dr. Lori Brotto  
Professor, Department of Obstetrics & Gynaecology, UBC  
Research Investigator with VCH Research Institute

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Help find hope  
for future  
generations.**



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to research!*

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