VIRTUAL REALITY AGAINST PUBLIC SPEAKING PHOBIAS

VR Platform | Illustrated User Manual

Erasmus+ • European Union co-funded project

Purpose: to demonstrate the visible user journey and documented features of the smartphone-based virtual reality application.

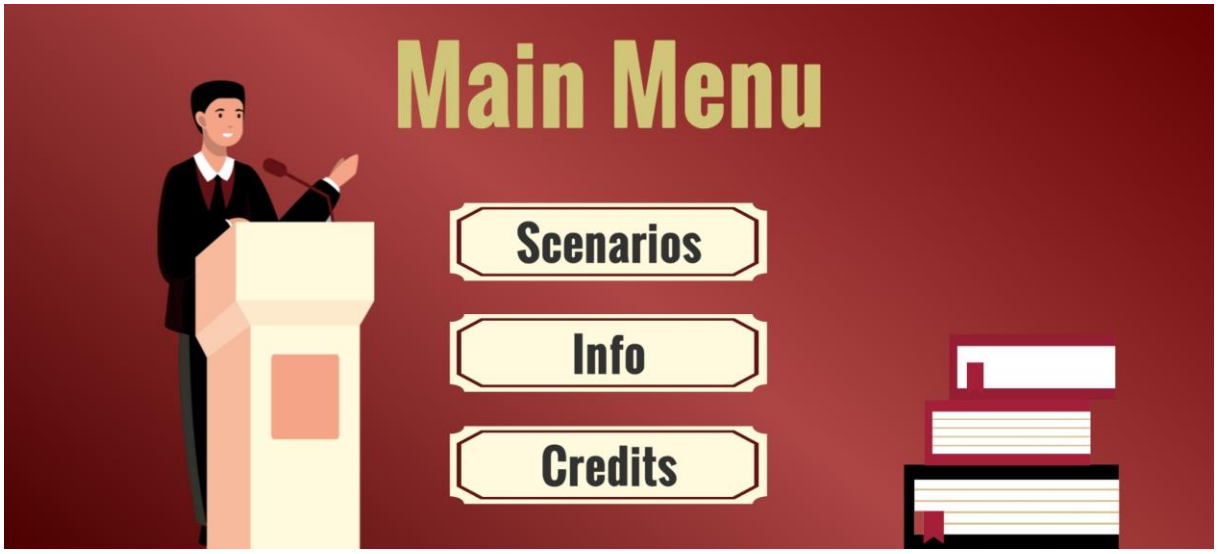


Figure 1. Main Menu of the VR Platform.

About this document

This sample manual uses nine original application screenshots supplied for the project. It describes what users can see and the steps displayed by the app. It is not evidence of independent testing of installation, score calculation, data storage or device compatibility.

Document status: ILLUSTRATIVE DRAFT — technical validation required before final submission.

1. Select a language

Launch the application on a compatible smartphone. On the initial screen, choose one of the six available interface languages by selecting its flag: Turkish, English, Portuguese, Greek, Italian or Spanish.



Figure 2. Language selection screen.

2. Navigate the Main Menu

The main menu includes three entries: Scenarios (virtual training environments), Info (application information) and Credits (project contributors). Select Scenarios to begin a training exercise.

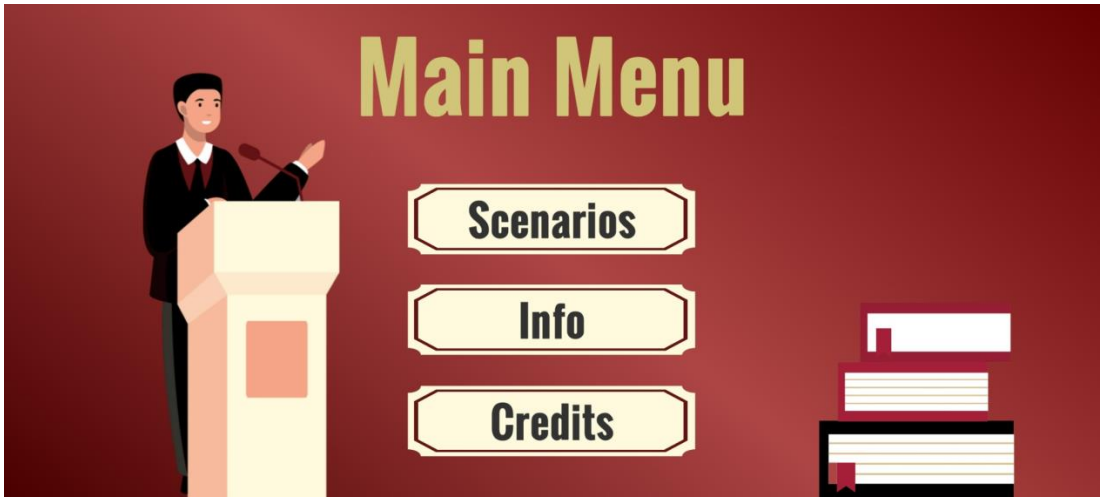


Figure 3. Main Menu: Scenarios, Info, Credits.

3. Choose a speaking scenario

The application shows three progressive difficulty levels. Choose a scenario based on your confidence and previous experience:

- Meeting — easiest level, intended for starters and users with high levels of public-speaking fear.
- Classroom — medium level, for users with an intermediate level of confidence.
- University — hardest level, for experienced speakers or users with lower levels of public-speaking fear.



Figure 4. Available scenarios and difficulty descriptions.

4. Prepare the VR headset

Select a level and insert the smartphone into the compatible VR viewer as demonstrated in the application. Secure the device and adjust the headset for comfortable viewing. Use the device in a clear, safe space.

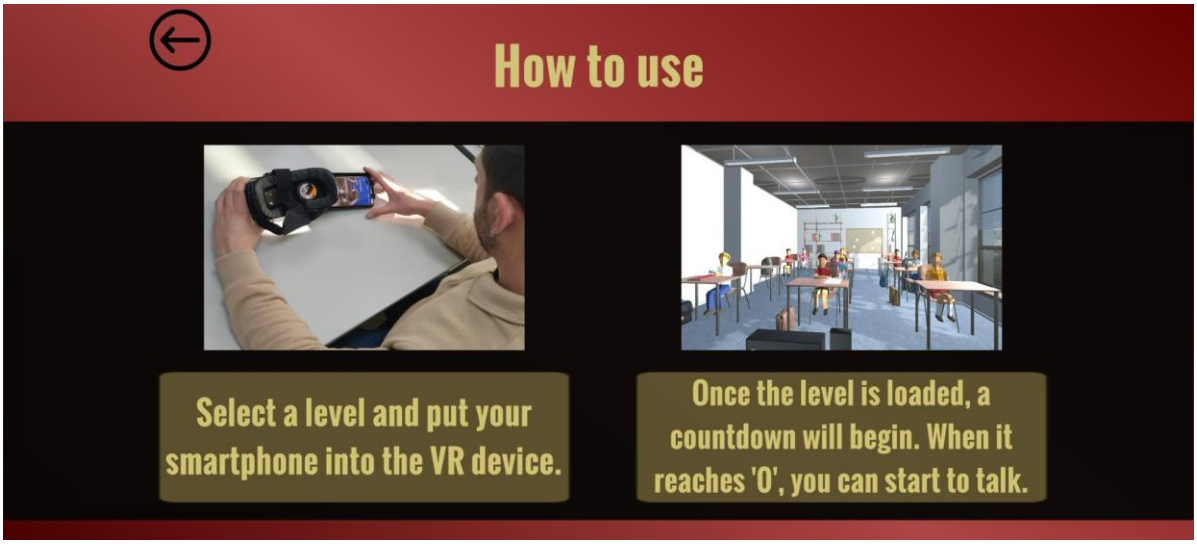


Figure 5. Built-in How to use screen: headset placement and countdown instructions.

5. Start the public-speaking exercise

Once the scenario loads, an on-screen countdown begins. When the countdown reaches 0, start speaking to the virtual audience. The illustrated stereoscopic display shows two side-by-side views intended for the VR headset.



Figure 6. Meeting environment during countdown.

The simulated environment displays an audience, a digital timer and a coloured vertical status bar. The screenshots also show an exit icon at the top left and a settings icon at the top right; their specific functions should be confirmed in a technical test.

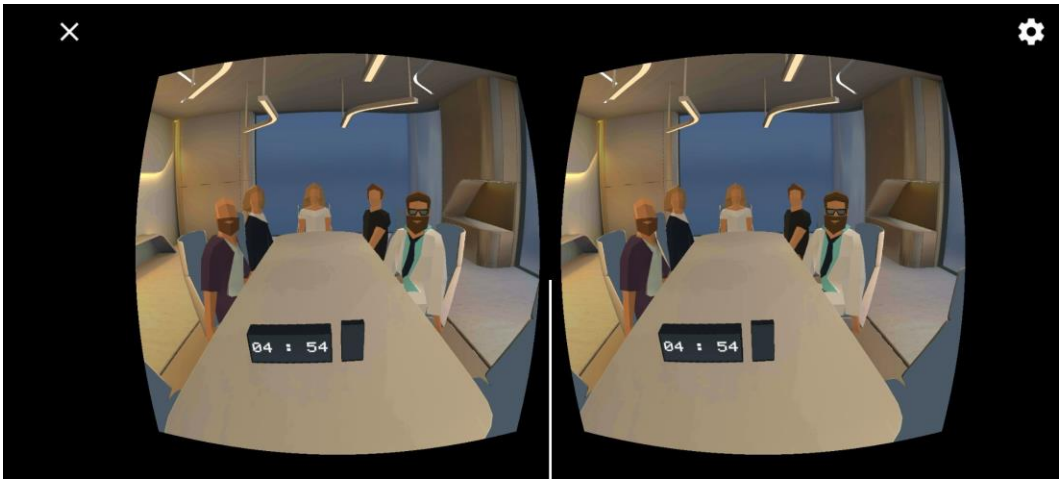


Figure 7. Meeting scenario with the session timer running.

6. Explore the other virtual environments

The Classroom scenario places the speaker in front of a group of virtual students, while the University scenario provides a lecture-hall setting. These scenarios provide different contexts and increasing levels of challenge.



Figure 8. Classroom: virtual students and session timer.

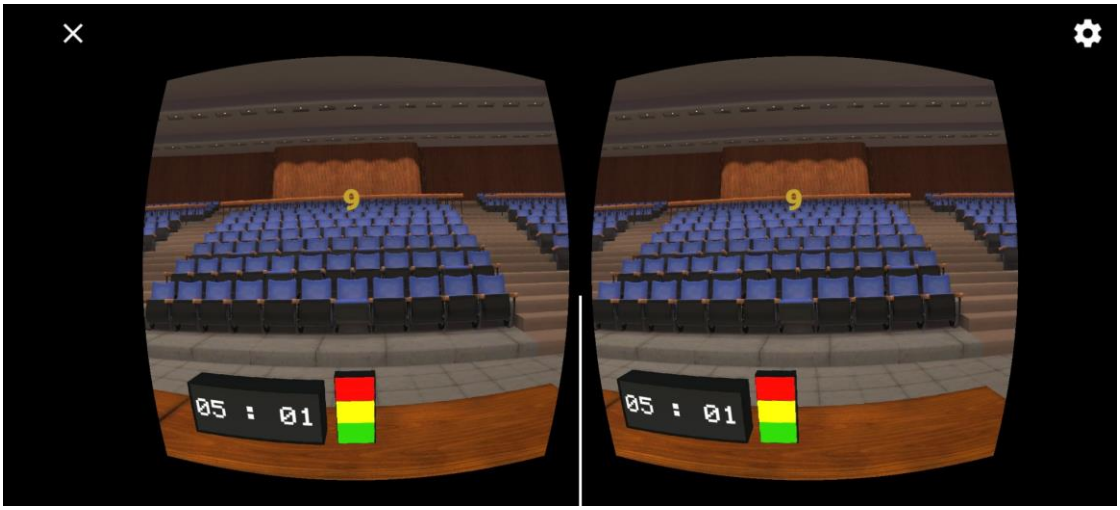


Figure 9. University: lecture-hall setting.

7. Review the session results

A results screen displays two measures: “Score speaking” and “Score looking”. In the example screenshot, the displayed values are 2 / 100 and -69 / 100 respectively. These values illustrate an individual screen capture, not benchmark results.

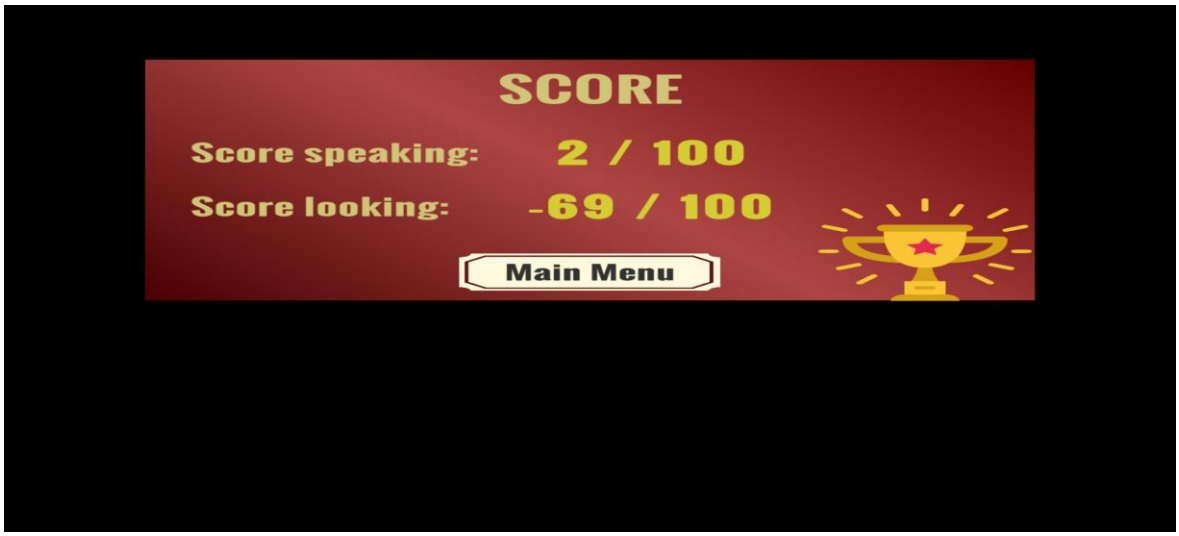


Figure 10. Session results with speaking and looking scores.

Select Main Menu to return to the start screen and practise again or change scenario. The meaning, permissible ranges and scoring algorithms of these indicators must be confirmed by the technical partner; negative values are visibly possible for the looking score in the supplied example.

8. Safety and responsible use

- Use the headset while seated or in a safe area free of obstacles.
- Take breaks and stop if nausea, dizziness, visual discomfort or strong anxiety occurs.
- The application supports educational training; it does not replace clinical assessment or treatment.

Technical items to confirm before publication

- Application version, Android requirements and official download/install link.
- Supported VR headset(s), navigation and calibration settings.
- Session duration, function of the coloured indicator and score calculations.
- Data handling, privacy information and testing/acceptance records.

Funding acknowledgement: Funded by the European Union. Views and opinions expressed are those of the author(s) only and do not necessarily reflect those of the European Union or the granting authority. Neither the European Union nor the granting authority can be held responsible for them.