F R A G M E N T S
A VIRTUAL REALITY ADVENTURE INTO ANXIETY

PROBLEM
Anxiety is a poorly understood and a difficult experience to share. Negative media representations fuel stigmas and misperceptions of anxiety.

SOLUTION
Fragments provides an interactive, immersive media that will inspire empathy and a greater understanding of anxiety by simulating the physical and emotional effects of anxiety.

SIMULATED SYMPTOMS OF ANXIETY
- Increased heart rate
- Tunnel Vision
- Rapid breathing
- Negative thought patterns

RESEARCH
Consulted psychological professionals and researchers on symptoms of anxiety and panic attack coping strategies.

Our research provides an accurate representation of the physiological symptoms and responses of anxiety

3D PUZZLE ENVIRONMENT
Builds upon the Virtual Reality experience offered by the HTC Vive

Positive representation of the mind of a person enduring anxiety

Visual metaphors demonstrating the struggle of anxiety

Grounded in mental health research
1+ Players
Not recommended for users with anxiety

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