

# Evaluation of the Effects of Virtual Reality on Preoperative Anxiety in Refractive Surgery

NCT07050498

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Status	RECRUITING
Phase	Not Applicable
Sponsor	GCS Ramsay Santé pour l'Enseignement et la Recherche
Enrollment	68 participants

## Plain Language Summary

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This study tests whether virtual reality (VR) headsets can help reduce anxiety in patients waiting for laser eye surgery (refractive surgery). Researchers want to see if experiencing a calming VR environment before the procedure lowers stress and anxiety levels.

**\*\*You may be eligible if:\*\***

- You are 18 or older
- You are scheduled for refractive (laser) eye surgery
- You have signed the consent form after an adequate reflection period

**\*\*You may NOT be eligible if:\*\***

- You have uncontrolled epilepsy or significant hearing impairment (which can be worsened by VR)
- You are pregnant or breastfeeding
- You have certain hormonal disorders (Cushing's, Addison's, thyroid disease)
- You are taking corticosteroids, antipsychotics, anti-anxiety medications, or antidepressants
- You are not enrolled in the French social security system
- You cannot understand the information or give written consent
- You are already participating in another blinded research study

Talk to your doctor to see if this trial is right for you.

## Key Eligibility Criteria

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### Inclusion (3)

- Patient aged 18 years or older,
- Patient who has read and signed the consent form for participation in the study after a reflection period (between 10 and 45 minutes)
- Patient who is a candidate for refractive surgery

### Exclusion (9)

- Contraindication to virtual reality (uncontrolled epilepsy, hearing impairment)
- Pregnant or breastfeeding patient
- Cushing's disease, Addison's disease, hypo- or hyperthyroidism
- Patient treated with topical or systemic corticosteroids
- Patient treated with neuroleptics, anxiolytics, or antidepressants

... and 4 more (see full listing online)

## Locations (1 total)

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<https://clinicaltrials.gov/study/NCT07050498>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [ClinicalTrials.gov](https://clinicaltrials.gov). Generated by [ClinicalTrialsFinder.org](https://clinicaltrialsfinder.org).