

SpeakVR

Helping individuals overcome a fear of public speaking.



Group _____

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Having a fear often prevents us from achieving our true potential.

These fears are sometimes irrational.



This product aims to help overcome the fear of public speaking.

Identifying the problem space

Multiple research papers validated the efficacy of virtual reality exposure therapy.

Do Attitudes Toward VR in Therapy Become More Favorable After Trying VRET?

Table 4 presents changes in attitudes pre-intervention and post-intervention. This analysis pertains exclusively to clinicians. General attitude toward use of VR in therapy was significantly more favorable post-intervention compared to pre-intervention ($d = 0.86$). Next, the usefulness of VR in therapy was rated significantly higher post-intervention compared to pre-intervention ($d = 0.89$). Furthermore, VR as a supplemental tool in therapy was also rated significantly higher post-intervention compared to pre-intervention ($d = 0.46$). Lastly, the feasibility of VR in therapy was also rated significantly higher post-intervention compared to pre-intervention ($d = 0.70$). All of these changes can be considered large effect sizes, with the exception of the supplemental nature of VR in therapy, which corresponds to a medium effect size. The ratings were markedly high both pre- and post-intervention.

3.4. Summary and conclusion

In sum, VRET is highly effective in treating phobias and more so than inactive (waiting list and attention control) and active (relaxation and bibliotherapy) control conditions. Interestingly, this meta-analysis revealed that VRET is slightly but significantly more effective than exposure in vivo, the gold standard in the field. There are a number of advantages of VRET over exposure therapy (Emmelkamp, 2005). The treatment can be conducted in the therapist's office rather than the therapist and patient having to go outside to do the exposure exercises in real phobic situations. Further,

Identifying the problem statement

Design a platform that helps an individual overcome a fear of public speaking with the help of virtual reality exposure therapy.



Exposure therapy is a psychological treatment that involves gradual and systematic exposure to anxiety-inducing situations or stimuli.

This controlled approach helps individuals confront and manage their fears, ultimately reducing anxiety over time.



Problem Identification

We had no access to professionals either in the exposure therapy field, or in the public speaking field.

Research & Validation

Identified well researched public speaking problems using research papers.

Identified problems people face when speaking publicly

Identified traits of a good public speaker

Identified methods of exposure therapy.

Ideation

Ideated upon how to develop these traits through a virtual reality space.

Execution & Testing

Executed and User tested.

Process

VR exposure is just as effective as in-vivo exposure.

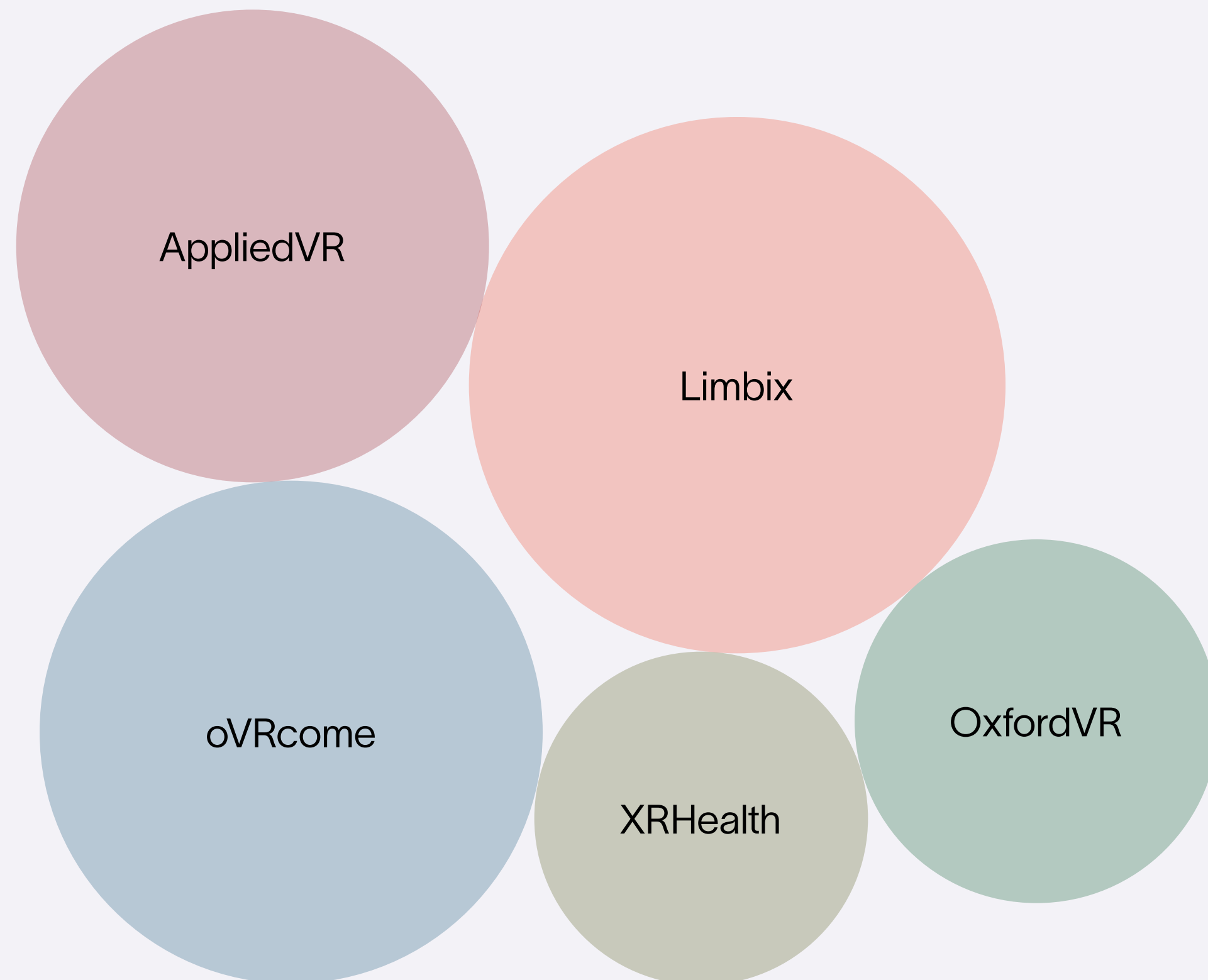


Moreover, only 19–33% people receive in-vivo exposure therapy for their fears.

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Competitor analysis – a failed endeavor.



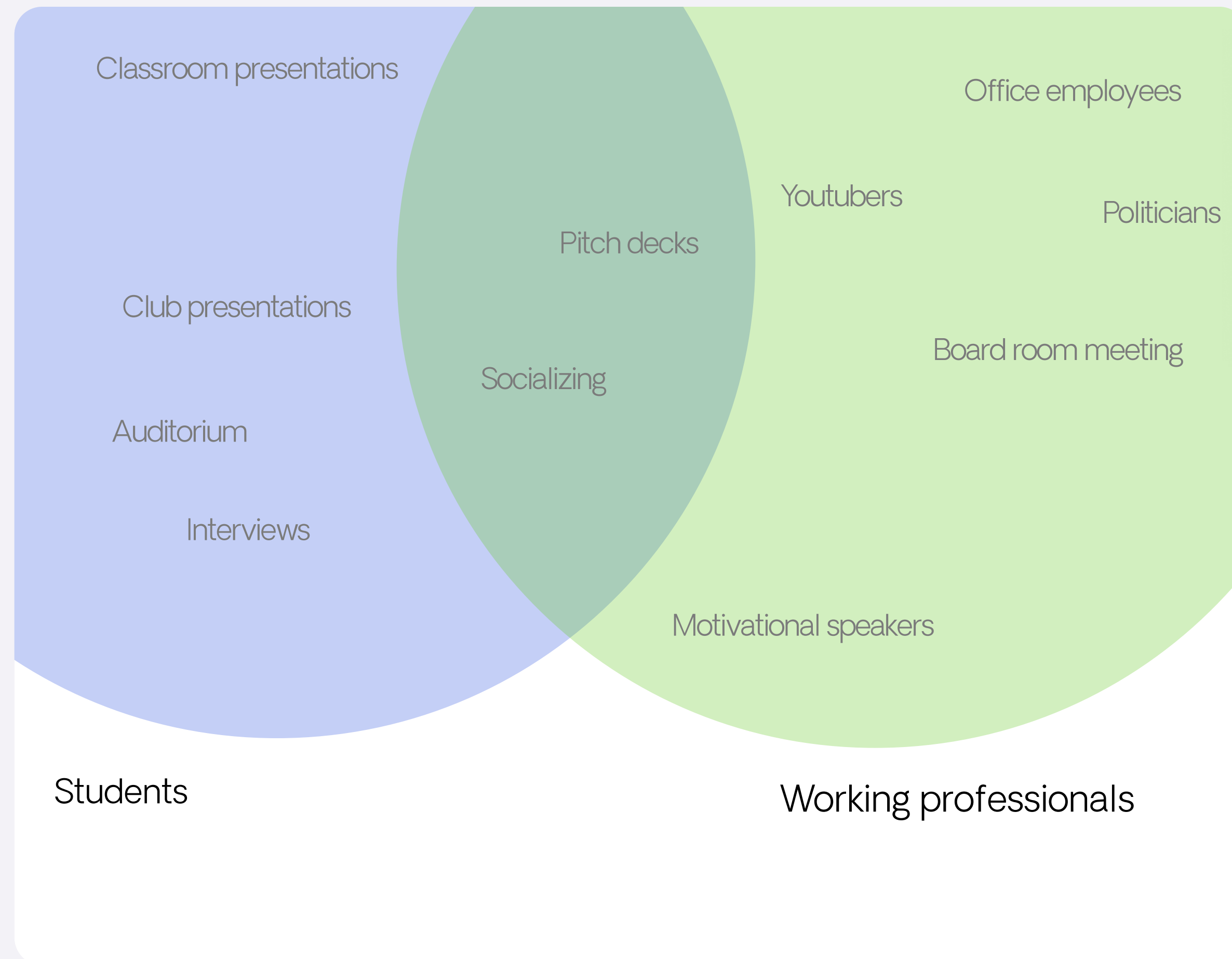
All these platforms were either enterprise products, or had a subscription based offering. We could not access their platform and had to go with what little they claimed on their website.

Therapy for multiple phobias

Multiple lessons & progress tracking

Environments to practice in.

Target audience



The app is envisioned as a standalone service that can be used by an individual to practice speaking at their own pace, track progress and present their own presentations to a virtual audience.



Problems faced by amateur public speakers.

01 Speech volume

often speak too low or too loud.

02 Anxiety & nervousness

Often are underprepared with the content, or the slides.

04 Use of fillers

Use of words like um, uh, etc.

03 Time management

unable to judge time, often run short of or under of time

04 Eye contact hesitance

Generally avoid looking at the audience with direct eye contact.



Traits of a good public speaker

01 Confidence

A good public speaker maintains an assertive position on stage.

02 Engagement

Audience engagement by eye contact, hand gestures, walking around, asking questions etc.

03 Time management

Modulates pace of speech, amount of content said, audience engaged according to the time available.

04 Informed

Prepares speaker notes and is aware of the topic.

04 Observer

Observes audience and modulates accordingly.



How is exposure therapy done?

01 Systemic desensitization

An individual is taught general relaxation techniques, then exposed to different levels of stimuli until fear is overcome.

02 Cognitive modification

The session begins by individual opening about their fear of public speaking. Then once by one each of their fear is reasoned out to be a result of some irrational belief and is replaced with a more reasonable belief.

03 Skill training

Skill training assumes some people have a deficit of certain skills that prevents them from effective speaking. These skills once developed, will reduce anxiety by themselves. A large part of this is giving practice speeches and the receiving constructive criticism.

The most effective way to perform exposure therapy? A mix of all three.

How might we

Systemic desensitization

Cognitive modification

Skill training

Teach time management			Give timer in session. Timer breakdown afterwards. Time management lessons.
overcome voice modulation and tone breakdown.	Teach breathing techniques to stay calm.	Blog on why they talk too fast or slow and how it can be changed.	Show their word per minute in session, give a breakdown post session.
overcome anxiety and nervousness	Reassure them before and during the session to stay calm and mindful.	tell them the audience is not real. pause the session to give them control.	make them use speaker notes as much as possible.
Teach eye contact and audience engagement	Breakdown the audience into chunks, give visual cues to look at chunks.	Tell them importance of eye contact with audience before a session.	eye contact lessons, give breakdown of their performance afterwards.
Prevent use of unorganised content or lack of clarity.		Blog article of how to make good presentations.	Provide them with Speaker notes
Avoid use of filler words	tell them to stay calm. speaking slower helps avoid use of fillers.	Suggest words to use other than fillers.	give analysis of fillers used and trend over time.
Engage audience			Visual cues to walk around the stage, look at audience, do hand gestures.

Brainstorming for features

From the HMW, three major buckets emerged,

- Systemic desensitization by self practice in different environments.
- Cognitive modification through tips, tricks and blogs.
- Skill training through individual lessons curated to target a skill.

Final feature list

Free to access VR environments to upload your ppt into and present to virtual audience.

AI generated Speaker notes.

Live reaction from audience according to performance.

An accompanying app to access progress, insights etc any time, read blogs and articles.

Track progress with an insights page

Targeted sessions to teach individual skills

Guided and unguided sessions, unguided sessions have no walkthrough and have an analysis in the end.

We created simple wireframes and conducted usability testing with 2 people to improve upon the idea.

Felt the lesson suggestion were done randomly.
suggested asking a comprehensive onboarding questions
and suggesting personalised suggestions.

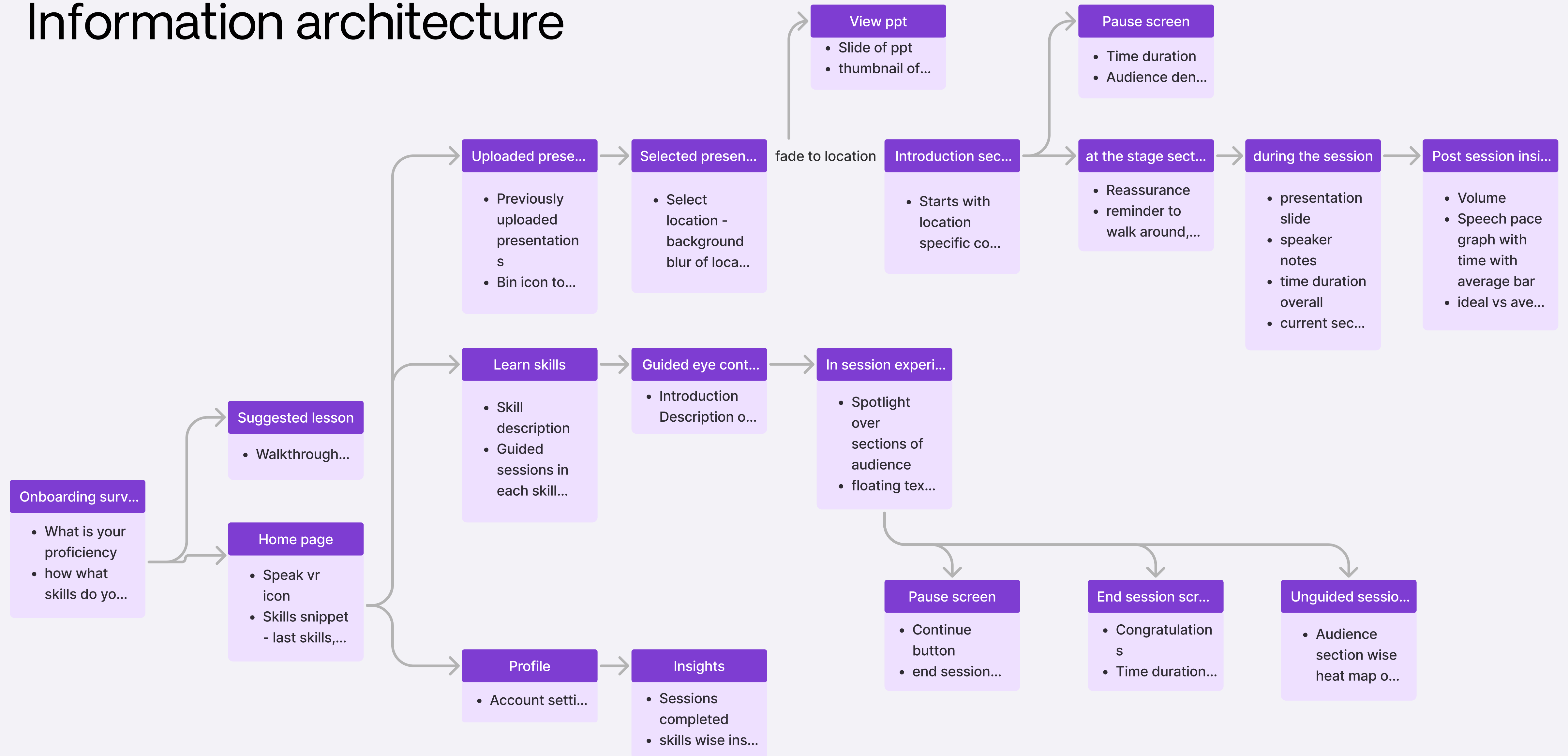
Appreciated the detailed insights provided
after each session, which helped them
identify areas for improvement.

Suggested incorporating personalized tips based
on individual performance to make the insights
more actionable.

Mentioned a desire for more customization options like
the amount of audience for each location and even the
ability to hand select skills for a combined session.



Information architecture



Meet Avinash



20_{age}

Student

Avinash Chauhan

About

Avinash, a 2nd-year BTech student with an interest for expressing himself and his ideas. He excels in his classes and enjoys participating in individual discussions, but when it comes to giving presentations in front of his classmates, he transforms into a bundle of nerves. The thought of being the center of attention fills him with anxiety and his fear of public speaking holds him back.

Goals

- Be confident about public speaking
- Deliver engaging and good presentations without losing his calmness
- Become confident in participating in his college activities.

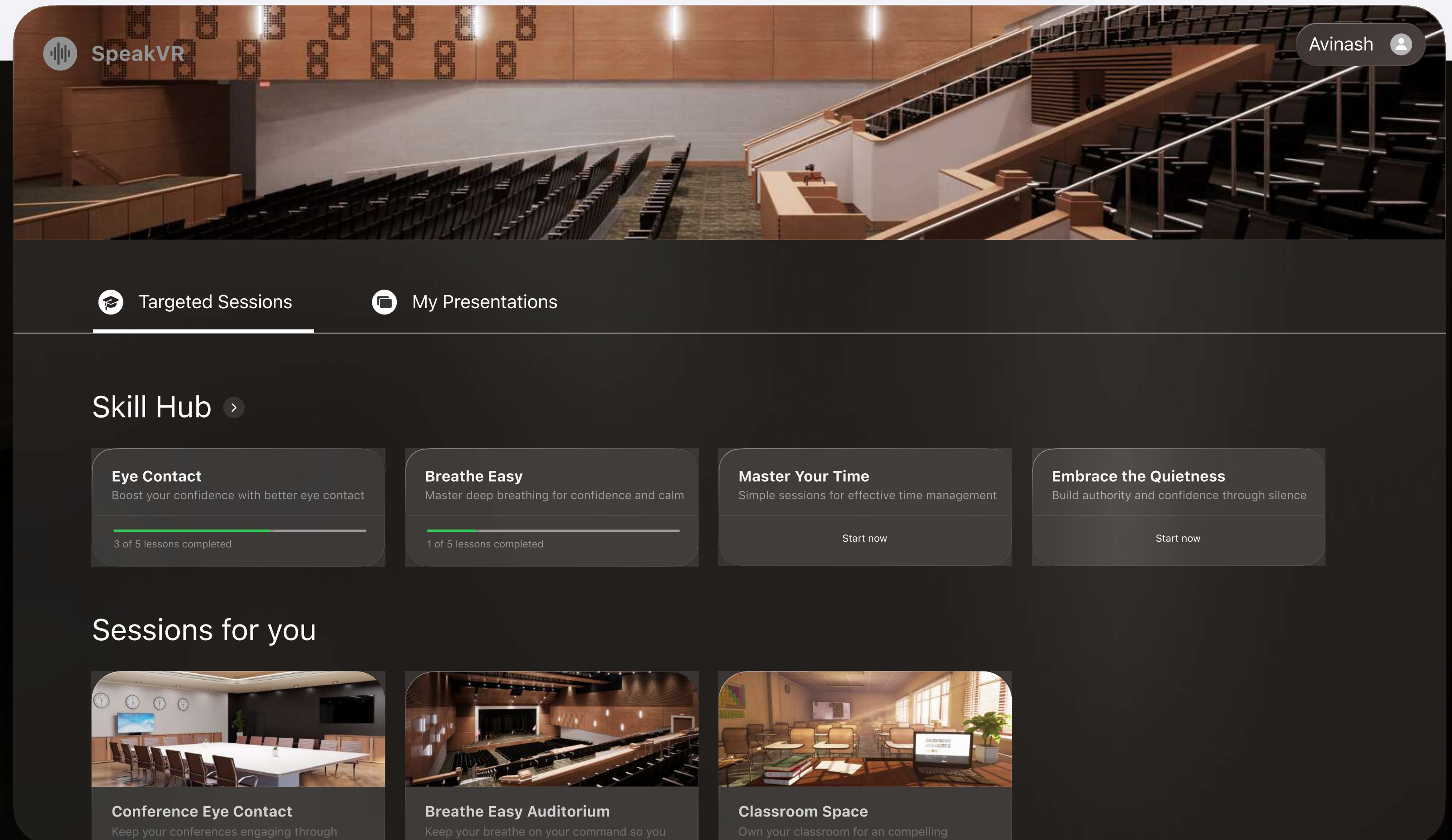
Pain points

- Experiencing intense nervousness and anxiety when preparing for presentations.
- Struggles to speak clearly and confidently due to trembling and racing thoughts.
- Lacks confidence in his delivery, often speaking too quickly and failing to project his voice.
- Cannot manage time effectively

Avinash meets speakVR

After discovering the SpeakVR platform online, Avinash decides to try out the platform.

Upon signing up and going through a small onboarding survey to assess his skills, he is taken to the home page.

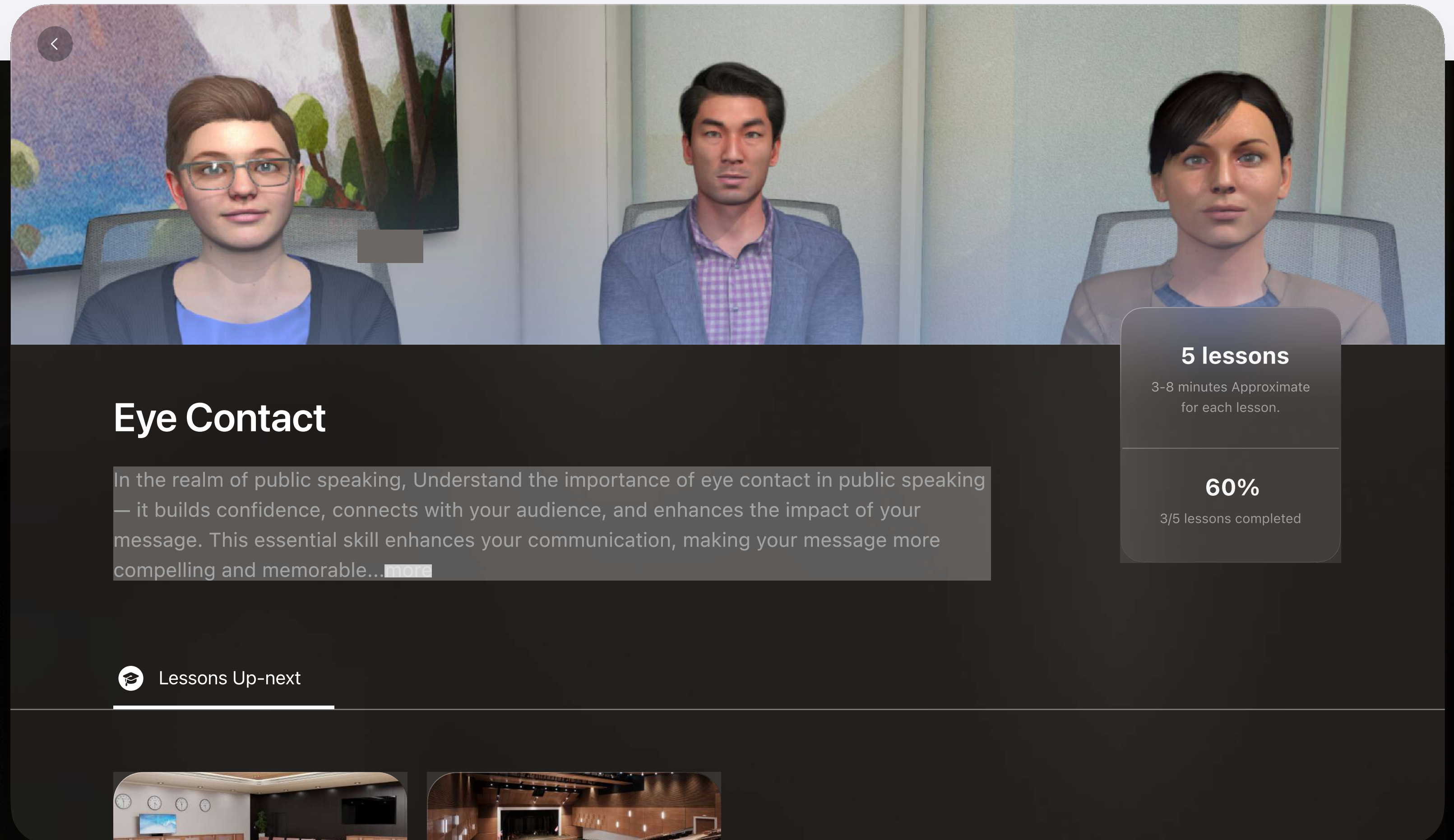


He gets to the Skill page

He sees a description about the skill and its importance in public speaking

He also sees the number of lessons the skill has and his progress. Below he also sees the lessons that are up next for him to take.

He can see his previously taken lessons as he scrolls down.



The screenshot shows a VR interface for a skill called 'Eye Contact'. At the top, there are three avatars: a woman with glasses, a man, and a woman. Below them, the title 'Eye Contact' is displayed in large white text. Under the title, a description reads: 'In the realm of public speaking, Understand the importance of eye contact in public speaking — it builds confidence, connects with your audience, and enhances the impact of your message. This essential skill enhances your communication, making your message more compelling and memorable...more'. To the right of the description, there are two statistics: '5 lessons' (3-8 minutes Approximate for each lesson) and '60%' (3/5 lessons completed). Below the description, there is a section titled 'Lessons Up-next' with a graduation cap icon. At the bottom, there are two small thumbnail images showing a VR environment with a stage and a screen.


<



Eye Contact

In the realm of public speaking, Understand the importance of eye contact in public speaking — it builds confidence, connects with your audience, and enhances the impact of your message. This essential skill enhances your communication, making your message more compelling and memorable...more

5 lessons
3-8 minutes Approximate for each lesson.

60%
3/5 lessons completed

 Lessons Up-next


 

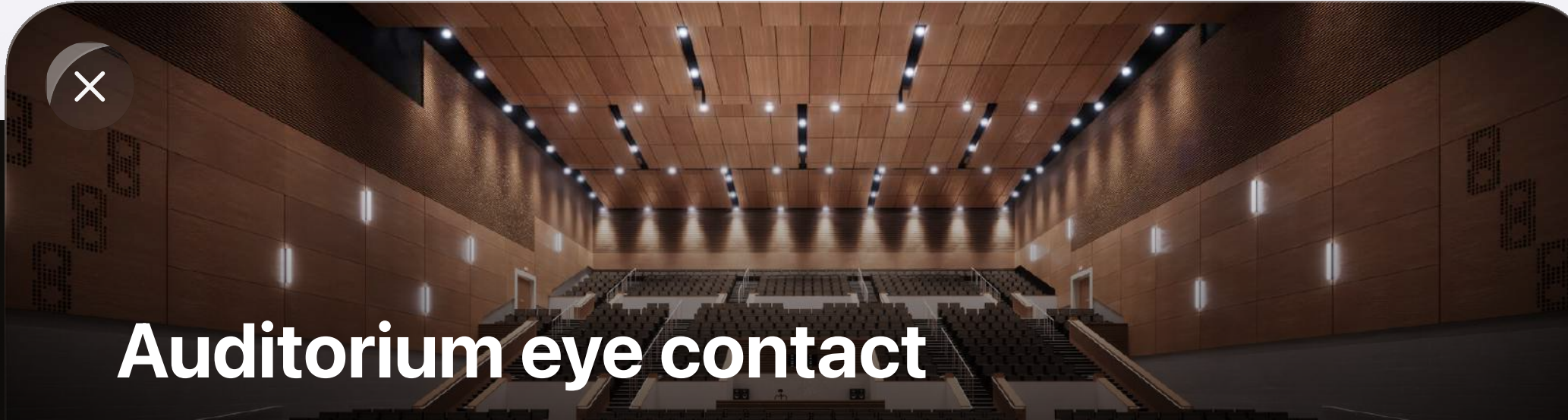
He could start his next lesson here

He sees session brief, duration and what he will learn in this lesson

He can use the toggle to select unguided session. This way he can try to present himself and then get a detailed insights and actionable tips.

Otherwise he will be guided over the entire session for an ideal session followed by scope of improvement and tips.





Auditorium eye contact

About the session

You are going to present a small talk about the future of transportation to an audience of businessmen in a conference. The main goal of this lesson is to engage all the sections of an audience by making eye contact with them.

Tips

- Divide your audience into different sections with an imaginary grid.
- Try to give attention to each grid equally.
- When looking at a section, you can fixate on one person to get more comfortable.
- You will be walked through the process in a guided session.

Start the session

Venue	Auditorium
Duration	8 min
Audience density	Low

☒ Unguided session.

You will not be provide with a walkthrough. Detailed insights will be provided after the session.

Use to assess your skills.

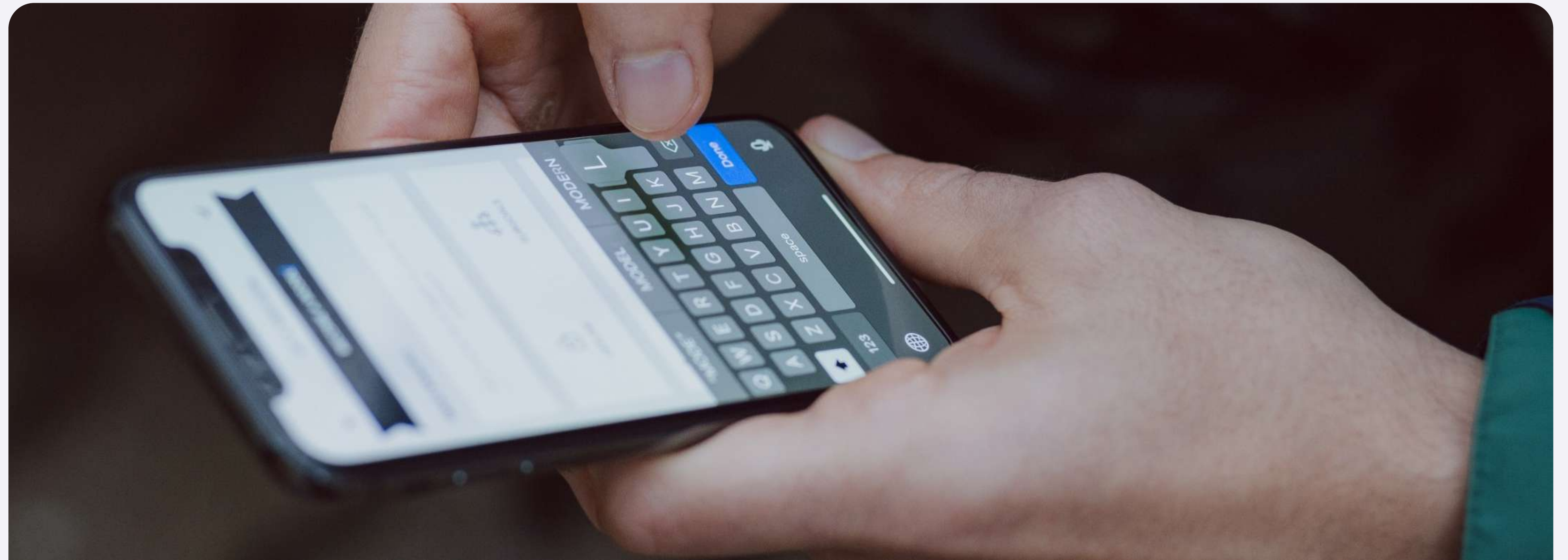
 Eye contact

Lesson 4

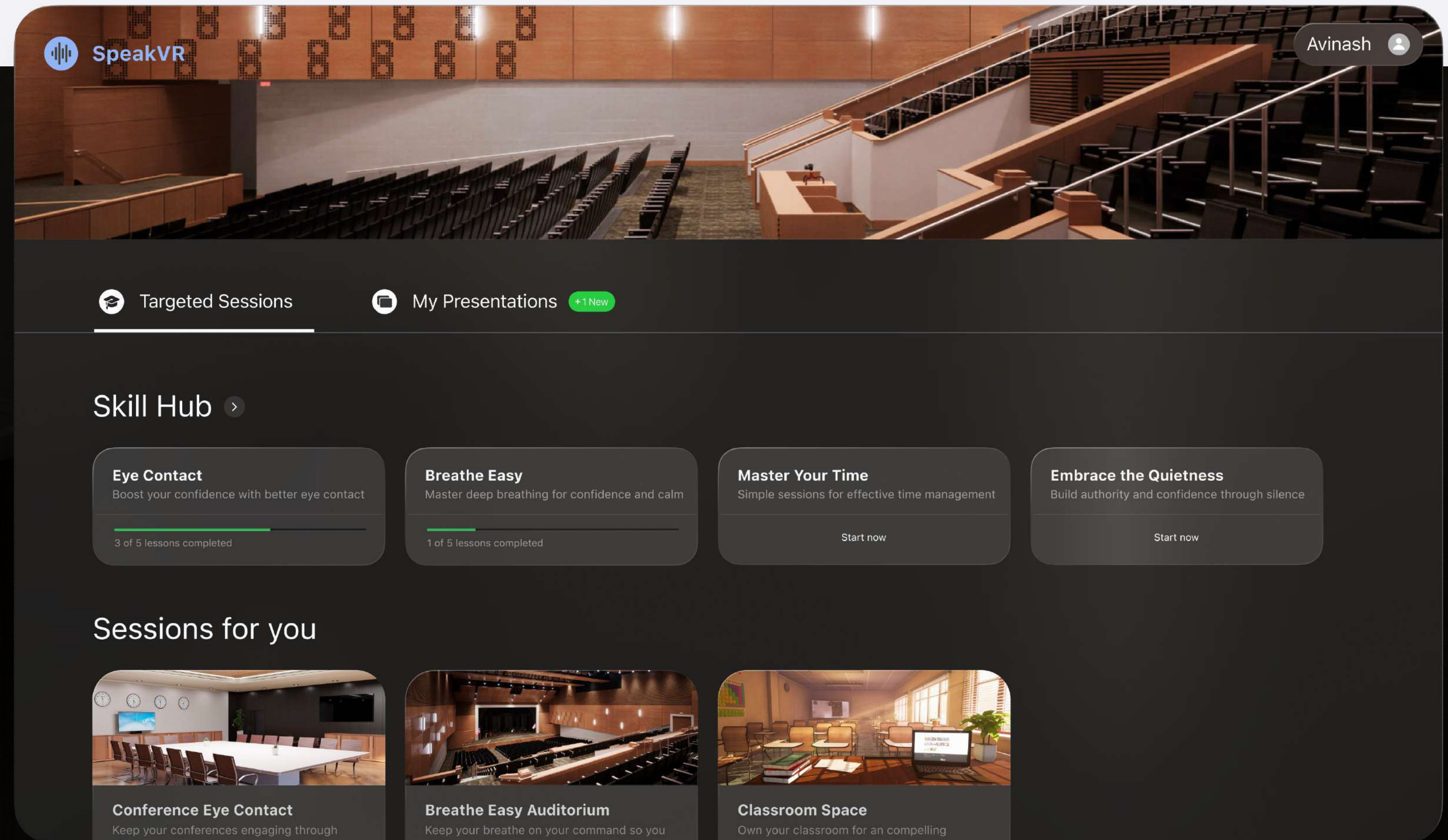
3 of 5 lessons completed

But he chooses to practice his own presentation..

He uses his mobile to add the presentation to his account.

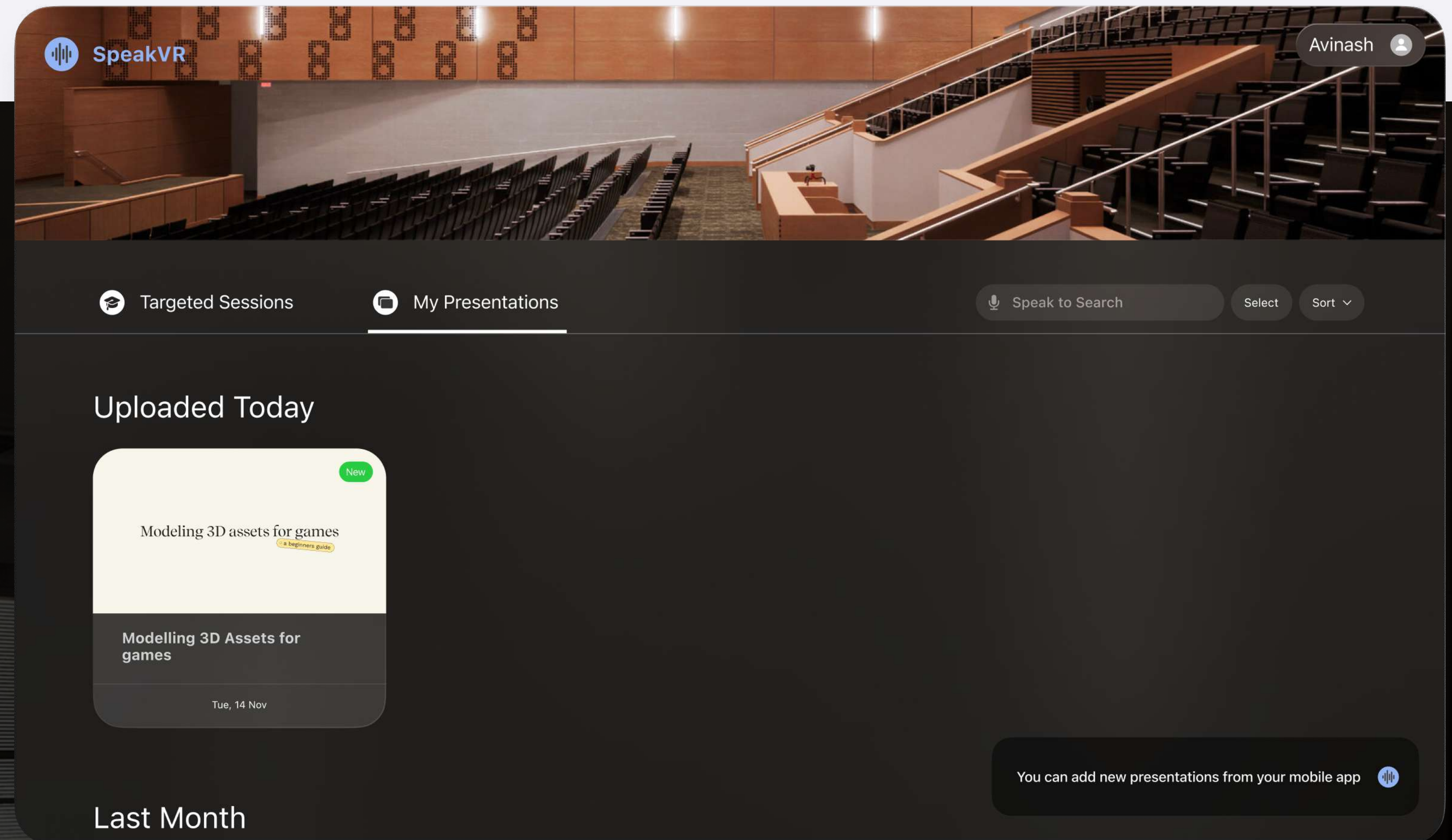


He sees the uploaded notification



He goes into the ppt section

He sees the newly uploaded at the top.
He can also see all the ppt he uploaded
before by scrolling



He selects his latest ppt

He can set his desired location, audience density and the duration of the ppt talk also.

He can also generate breakdown of the duration to break the ppt into different sections with its respective time duration.

he can further modify the sections using a slider. this is done completely by AI.

He was too lazy to create speaker notes but thanks to AI, he generates them quickly.

Modeling 3D assets for games

a beginners guide

View PPT



Speaker notes

Speaker notes are missing. Either upload through phone or generate.

Generate with AI

Modeling 3D assets for games

Select location



Auditorium



Conference room



Classroom



Public gathering

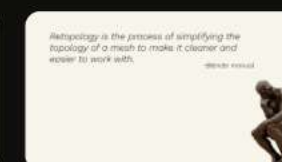
Set duration

25 min

Generate breakdown



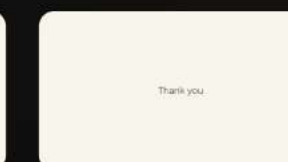
Introduction
3 min



Retopology
3 min



UV unwrapping
3 min



Conclusion
3 min

Audience density

Low

Medium

high

Finally he starts the session

There is a black fade-in and fade-out.



☐

Unguided session.

Welcome to the VR Conference Room

There will be 5 people here to watch you present and Confidence will be your key companion here. Take a breath, feel that confidence, and get ready to share. You've got this! Good luck!

Remember to

- ✓ Stay calm and speak in at a comfortable speed.
- ✓ Maintain eye contact with all the people present
- ✓ Walk around and use gesture for effective communication.

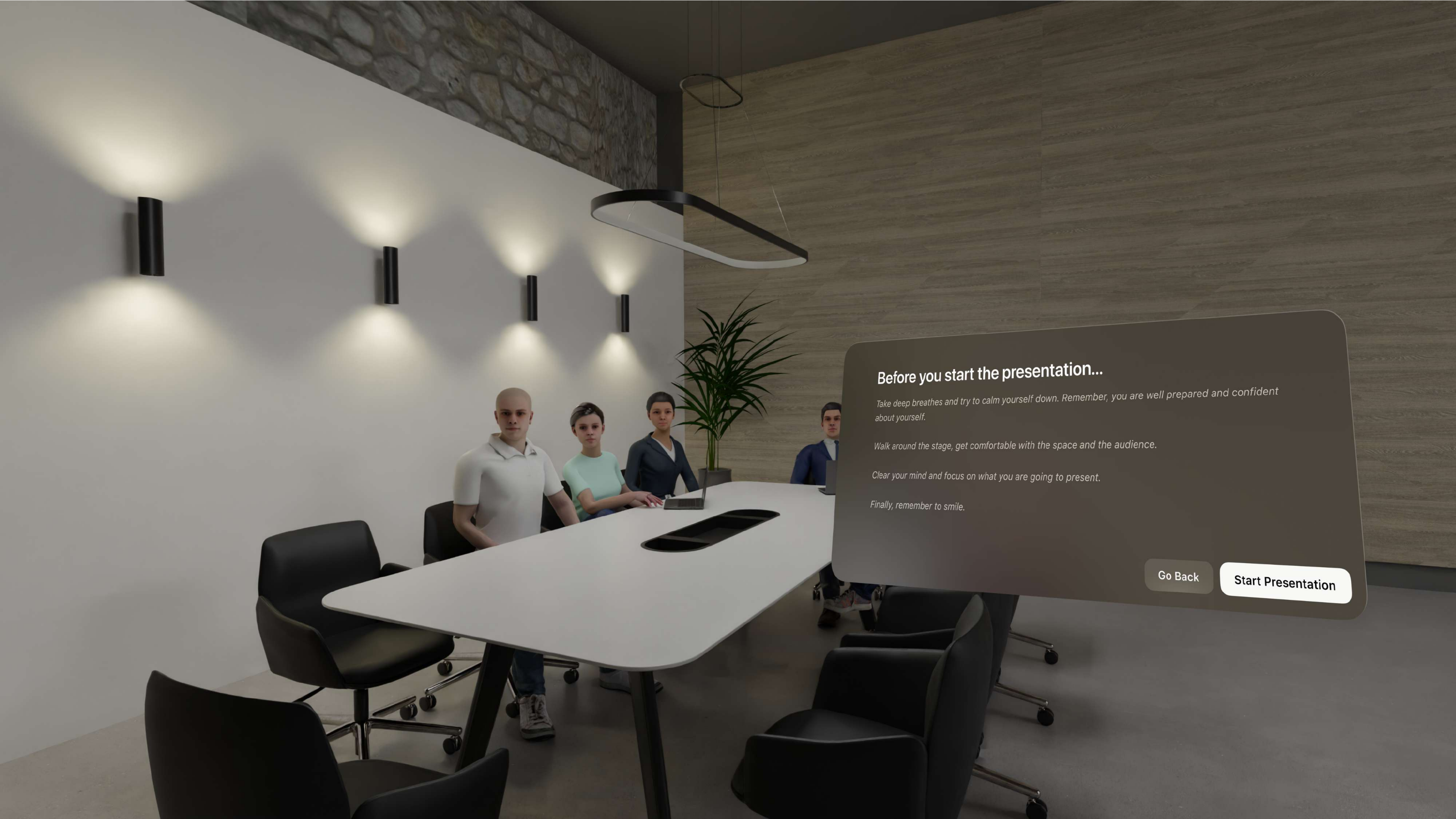
Go Back

Start Session



Come here to start the Session





Before you start the presentation...

Take deep breathes and try to calm yourself down. Remember, you are well prepared and confident about yourself.

Walk around the stage, get comfortable with the space and the audience.

Clear your mind and focus on what you are going to present.

Finally, remember to smile.

Go Back

Start Presentation



Retopology is the process of simplifying the topology of a mesh to make it cleaner and easier to work with.

~Blender manual



Slide 3 of 14

Slide 03

- simplifying a mesh to clean and work easily
- crucial step in game development.

Ends in 09 : 41

Intro
2 mins

UV Un
1 mins

Speaking Rate
Normal



Walk around and be comfortably

Retopology is the process of simplifying the topology of a mesh to make it cleaner and easier to work with.

~Blender manual



Slide 3 of 14

Slide 03

- simplifying a mesh to clean and work easily
- crucial step in game development.

Ends in 09 : 41

Intro
2 mins

UV Un
1 mins

Speaking Rate
Normal

Filler words used

Word	Times used
umm	35
uh	22
hmm	8
ahh	3

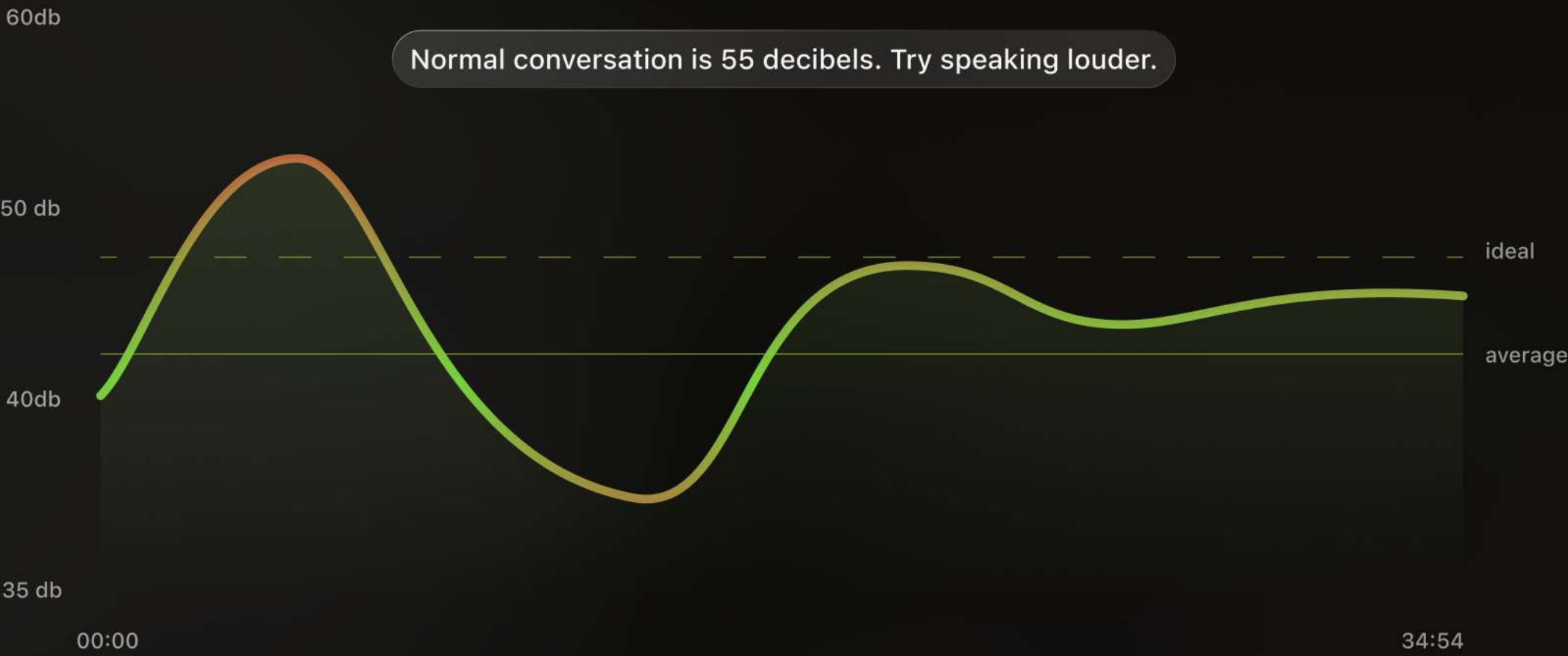
Filler phrases used

Phrase	Times used
Right?	21
Like it said..	8
alright?	6

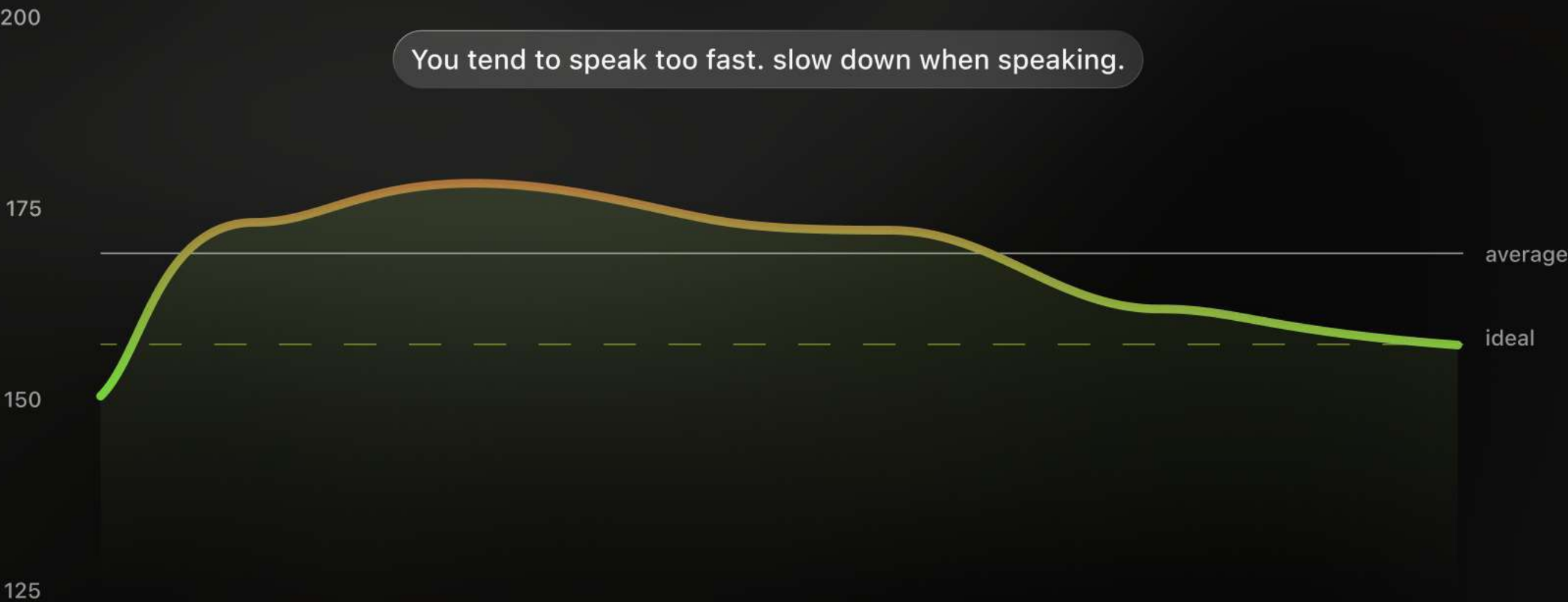
Instead of using filler words

- Slow down - Speaking too quickly can increase filler words use.
- Breath - controlling your breath will keep you mindful.
- Pause instead - it is better to take a pause and reorient your thoughts.

Volume



Words per minute



Time management

12:32
overdue

25min
set

37:32
taken

Suggested lesson



Conference Eye Contact

Keep your conferences engaging through effective eye contact

Eye contact

8 min

Session 2/5

☒ Save recording

Go to home

Filler words used

Word	Times used
umm	35
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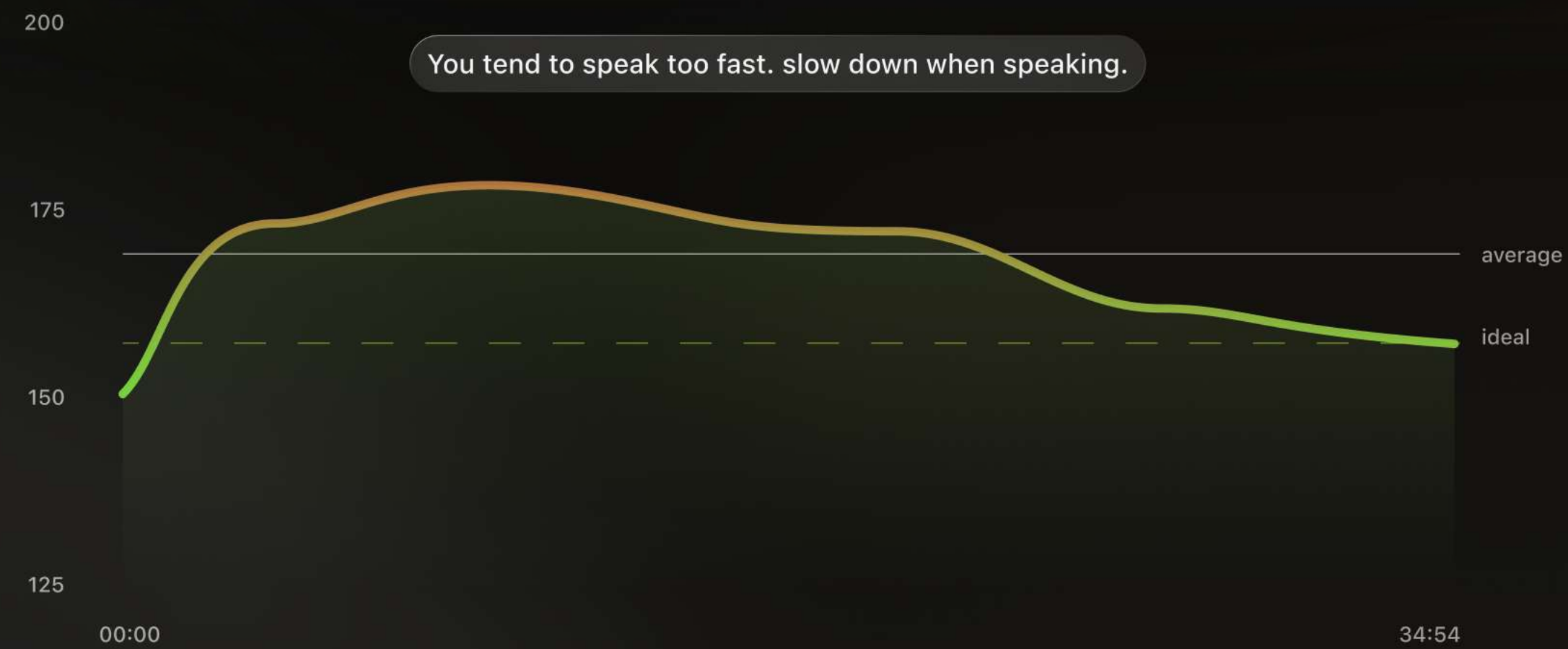
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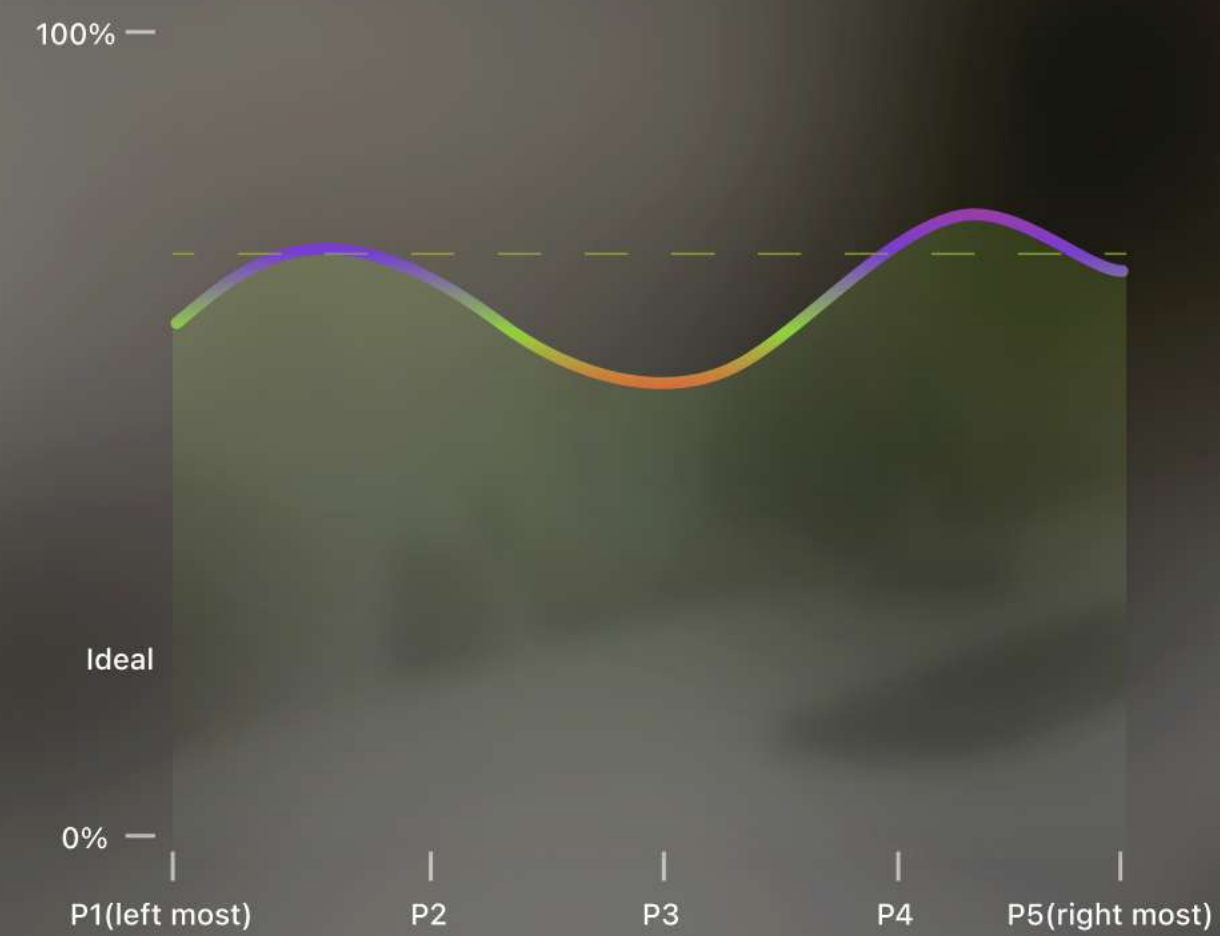
Instead of using filler words

- Slow down - Speaking too quickly can increase filler words use.
- Breath - controlling your breath will keep you mindful.
- Pause instead - it is better to take a pause and reorient your thoughts.

words per minute



Audience engagement



Audience engagement

Center
Least

Left
Most

Medium
Overall engagement

Instead of using filler words

- Slow down - Speaking too quickly can increase filler words use.
- Breath - controlling your breath will keep you mindful.
- Pause instead - it is better to take a pause and reorient your thoughts.

Time management

12:32
overdue

25min
set

37:32
taken

Suggested lesson



Conference Eye Contact

Keep your conferences engaging through effective eye contact

Eye contact

8 min

Session 2/5

☒ Save recording

Go to home

He sees his progress over time



Skill progress

Eye Contact

Boost your confidence with better eye contact

3 of 5 lessons completed

Breathe Easy

Master deep breathing for confidence and calm

1 of 5 lessons completed

Master Your Time

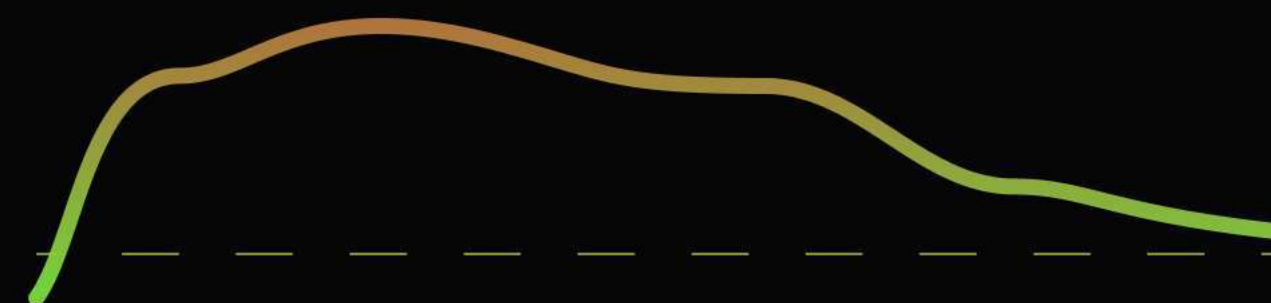
Simple sessions for effective time management

Start now

Speaking analysis

Words per minute

122



117

Last session

120

ideal

Volume

50db



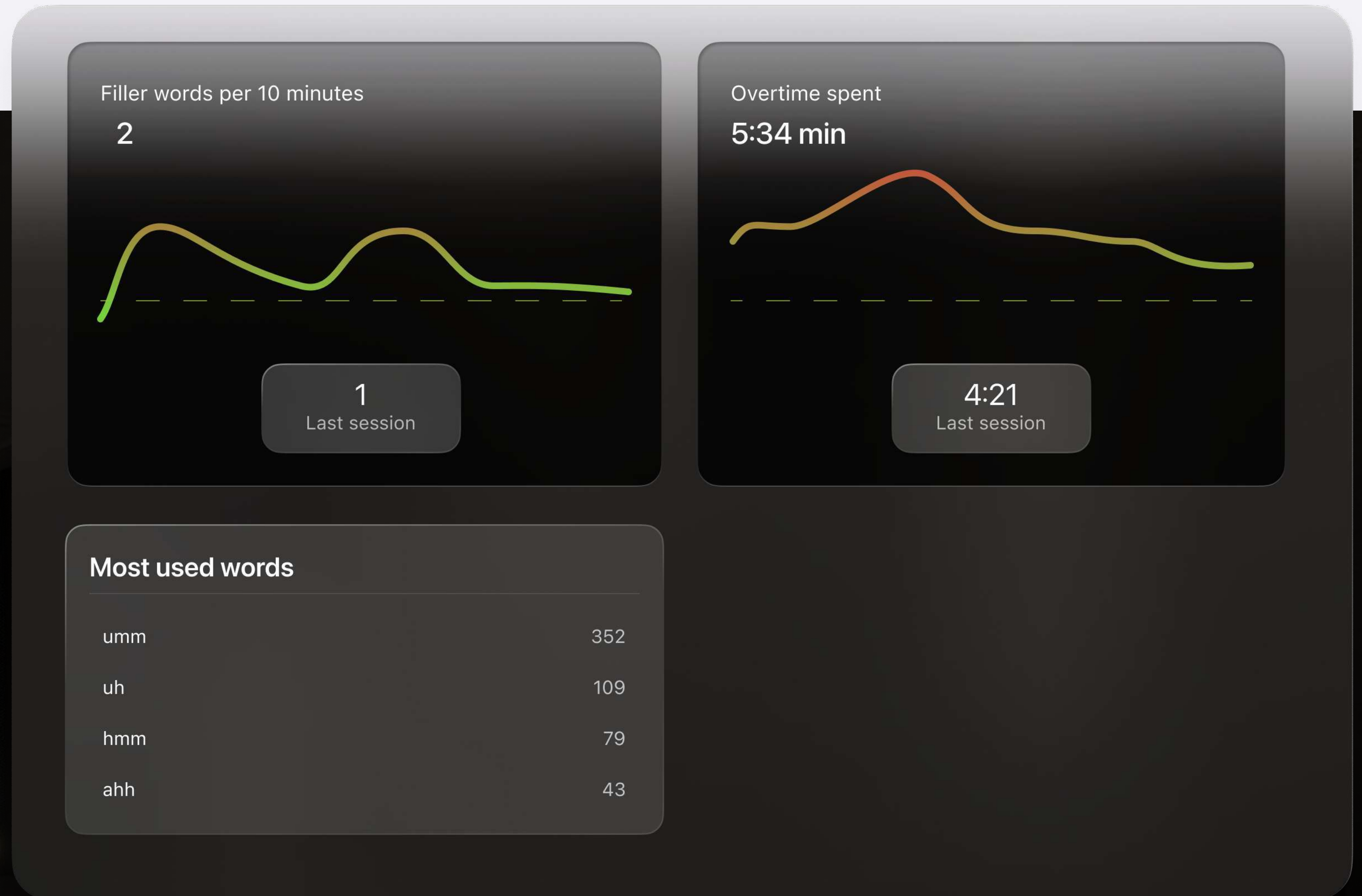
60

Last session

55

ideal

He sees his progress over time in the insights page



Thank you for your time