



Virtual Reality Smartphone-Based Intervention for Smoking Cessation: Pilot Randomized Controlled Trial on Initial Clinical Efficacy and Adherence
Emilio Goldenhersch
University of Flores, Autonomous City of Buenos Aires, Argentina

Obstacles to current tobacco cessation programs include limited access and adherence to effective interventions. Digital interventions offer a great opportunity to overcome these difficulties, yet virtual reality has not been used as a remote and self-administered tool to help increase adherence and effectiveness of digital interventions for tobacco cessation. **Methods:** A sample of 120 participants was recruited in the city of Buenos Aires, Argentina. Participants were randomly assigned to a treatment group (TG), which received a self-assisted 21-day program based on virtual reality mindful exposure therapy (VR-MET) sessions, daily surveys, and online peer-to-peer support moderated by psychologists, or a control group (CG), which received the online version of the smoking cessation manual from the Argentine Ministry of Health



Biography - Emilio Goldenhersch has completed his Psychology degree at the age of 29 years from Siglo XXI University and a masters degree on Fractal Psychology from Fundación Fidus (Córdoba, Argentina), after living in 4 different continents for more than 10 years, learning about ecology, sustainability, and language. He is the Co-Founder and Chief Science Officer of MindCotine, a mental

6. Publication of speakers:

1. Amplifying voices to increase taxes on cigarettes for Development financing in Uganda by 2020
2. Africa Tobacco Industry Monitoring Country Report for Uganda Revised 2020
3. Virtual Reality Smartphone-Based Intervention for Smoking Cessation: Pilot Randomized Controlled Trial on Initial Clinical Efficacy and Adherence
4. Consulting and Teaming up with resourceful persons
5. Champions identified, trained (Ministers and Parliamentarians)

7. [World Congress on Tobacco and Smoking Cessation, October 12-13, 2020, Sydney, Australia](#)

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