



Impact analysis of Mindergy VR

A 10-week evaluation in collaboration with IKANO.

IKANO

Introduction

Mindergy VR is designed to provide a structured and science-backed mindfulness experience aimed to reduce stress and enhance mental well-being in professional and clinical environments. This report presents the key findings from an evaluation assessing the impact of using Mindergy VR. While the results indicate clear trends, it's important to note that no formal statistical significance testing was conducted. To ensure a comprehensive evaluation, data was collected in two ways:

1. Real time session data

Participants reported their stress levels before and after each session on a scale from 1-5 directly through the headset to minimize recall bias.

2. Post evaluation survey

After evaluation, participants completed a follow-up questionnaire to reflect on their experience with Mindergy VR.

The procedure

During a 10-week period (11/10 - 19/12 2024) 40 participants were asked to take microbreaks using Mindergy VR in their office environment. The office was provided with VR headsets, allowing participants to engage in short, guided sessions designed to promote relaxation and focus.

Virtual Reality experience

Each session took place in a virtual Nordic forest, a computer-generated environment that fully surrounded the user with sights and sounds, creating an immersive experience. Using the VR headset, participants followed a guided boxed breathing exercise, a structured technique where breathing is controlled in four equally timed phases: inhale, hold, exhale and hold again. This method is commonly used to reduce stress and improve concentration.

Participant demographic

The study was conducted at the office of IKANO Bank, with participants from the organization. Both men and women took part representing a variety of employees within the bank's workplace environment.

Stress reduction and long-term impact

Impact analysis Minderger: part one

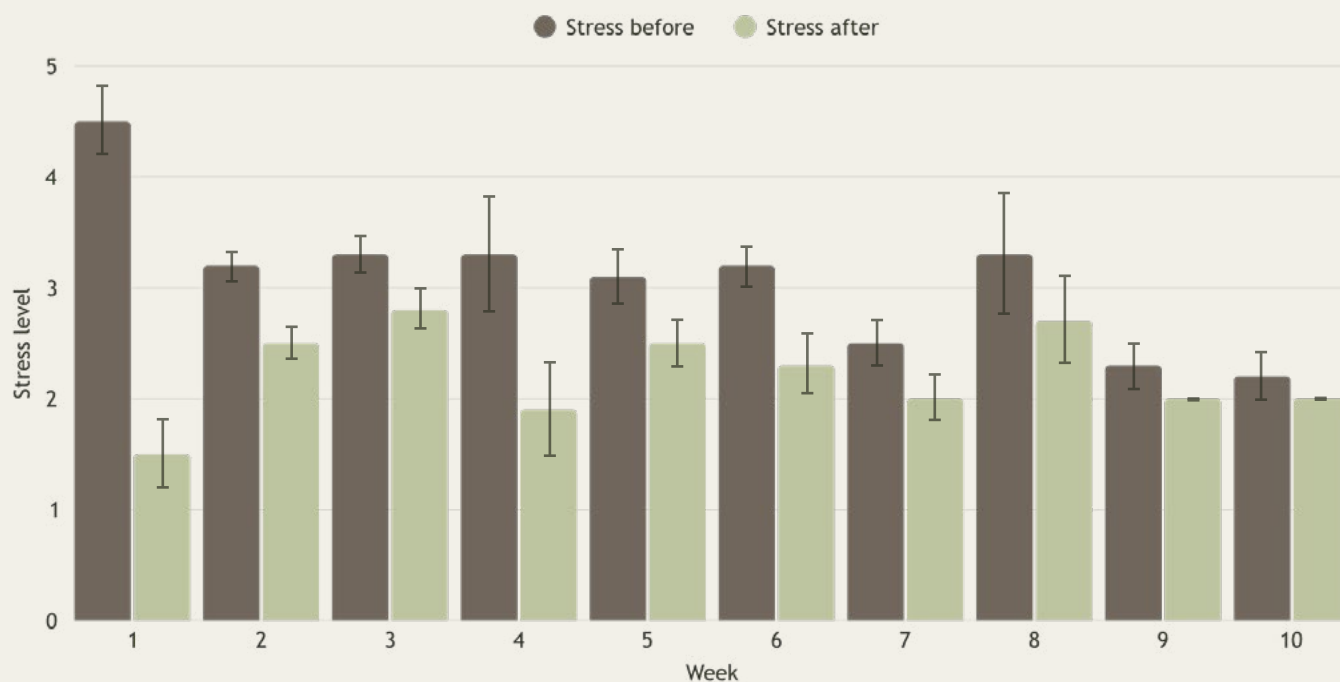


The graph below illustrates the average stress levels before and after VR sessions on a weekly basis. Over a 10-week period, participants took microbreaks in their office using Minderger vR. Before and after each session, they reported their stress levels on a scale from 1 (not stressed) to 5 (very stressed).

Key findings:

- **Stress reduction**
On a weekly basis, the average reported stress level after sessions was lower than before, indicating a general pattern of relaxation.
- **Downward trend in initial stress levels**
Over time, participants reported lower stress levels before starting a session, suggesting a gradual reduction in baseline stress.
- **Average stress reduction per session**
Participants experienced an average decrease of 0.68 points in stress levels per session, corresponding to a 21.89% reduction relative to their baseline stress level.

Average stress before and after a session



Implications

These findings suggest that Minderger VR may provide both immediate stress relief and long-term benefits. The 0.68-point average decrease per session (21.89%) highlights its potential as a stress management tool. The downward trend in baseline stress levels further implies that regular use could contribute to sustained well-being. While promising, these results are based on self-reported data, and further research is needed to confirm the long-term effects.

Effects of using Mindergy VR

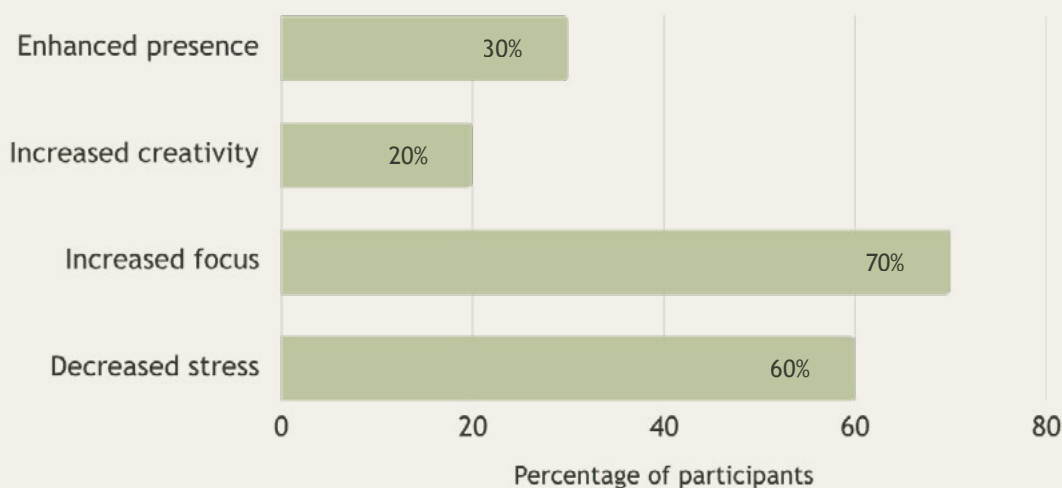
Impact analysis Mindergy: part two



This graph presents the results from the post-evaluation survey, where participants selected the effects they experienced after using Mindergy VR from a multiple-choice list.



Effects of using Mindergy



Implications

The findings suggest that Mindergy VR may help users improve focus and relaxation, with potential value as a tool for stress management. Increased presence and creativity were also reported, though less frequently, indicating possible additional benefits worth exploring.

Returning to work after a session

When asked about the ease of returning to work after a session, 60% of participants rated it as “neither easy nor hard”, whilst 40% found it “easy”. No participants reported difficulty resuming to work, suggesting that taking a microbreak with Mindergy VR did not negatively impact their workflow and may have even supported a smooth transition back to tasks.

Adoption of mindfulness practices outside of sessions

Impact analysis Minderger: part two



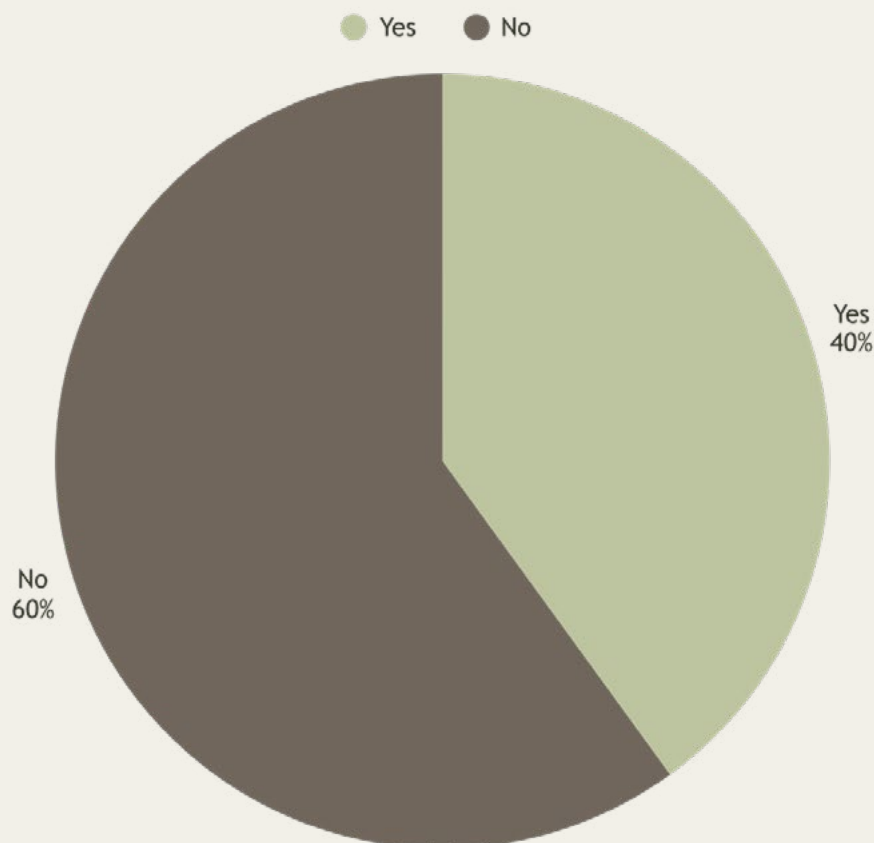
This data was collected in the post-evaluation survey and represents a combined analysis of two questions: one asking whether participants had practiced mindfulness independently after using Minderger VR and another asking if Minderger VR had inspired them to do so. The graph illustrates how users engaged with mindfulness beyond their VR sessions.

Key Findings:

40% of participants practiced mindfulness independently after using Minderger VR. Of these, 20% were directly inspired by the VR sessions, while another 20% gained confidence in their ability to practice mindfulness from their use of Minderger VR. The remaining 60% did not continue mindfulness outside of their VR experience.



Did Minderger inspire you to practice breathing techniques on your own?



Implications

All users who engaged in independent mindfulness practice after their sessions indicated that Minderger VR played a role, either by directly inspiring them or by boosting their confidence. This suggests that Minderger VR could be used as a tool to encourage mindfulness beyond the VR experience. However, since most participants did not continue practicing, sustaining long-term behavioral change may require additional support. Future developments could explore ways to reinforce independent mindfulness practice and make it easier to integrate into daily routines.