

Information and communication technologies in the treatment of small animals phobia in childhood (pp. 257-276)

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Some of the fears present during childhood remain and cause significant distress and interfere in the child's daily life, including specific animal phobias. Well-established treatments based on exposure are available for this problem (Davis, May, & Whiting, 2011). However, one of the main problems treatments face is the frequent rejection by patients because they consider them too aversive. Information and Communication Technologies (ICTs) have managed to develop new procedures which are being implemented successfully in the treatment of specific phobias in adults. However, there is little research in the use of ICTs in children. The aim of this paper is to assess in a N= 1 study whether the use of images, computer games, and Augmented Reality can facilitate the treatment of fear to small animals and help to prepare the children to be able to conduct in vivo exposure to the feared animal.