



# Lift

## Module tutorial



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# 1. GENERAL

## 1.1. Description

**LIFT** is a rehabilitation software to combat acrophobia.

The patient is in a glass-walled lift whose height and speed can be selected by the therapist.

## 1.2. Required accessories

VR headset, controller is optional.

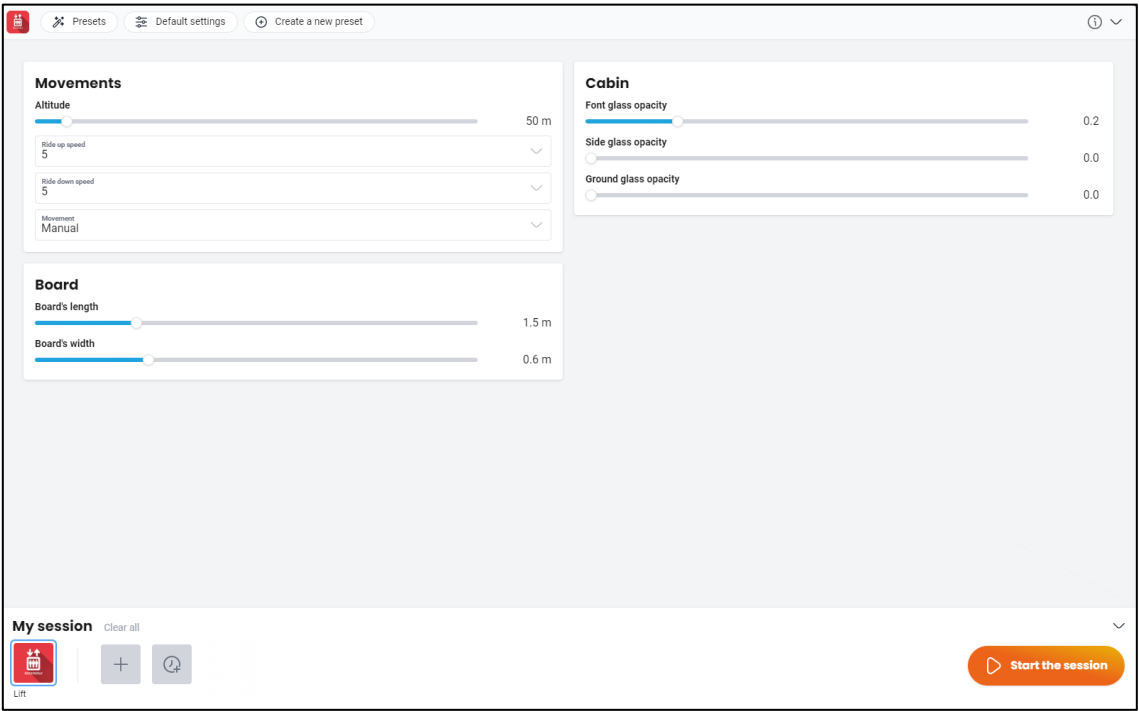
## 1.3. Patient setup

Use in the standing position.

When the patient is set up, have them look forward and center the environment in the headset by pressing “**C**” on the keyboard.

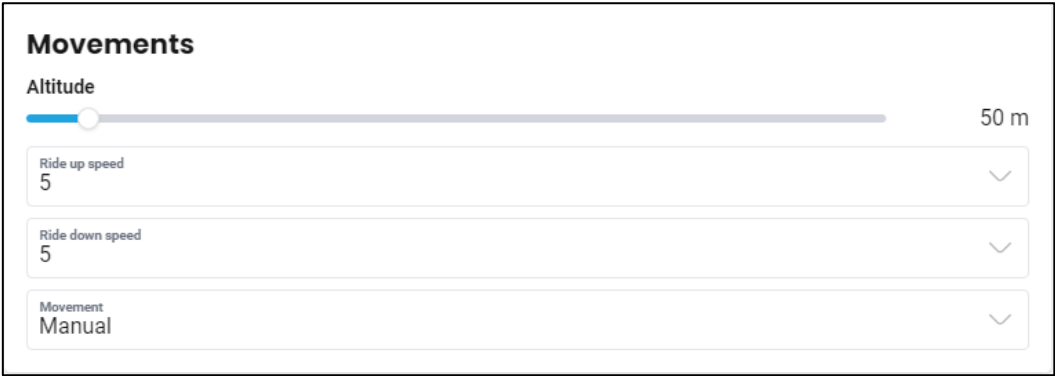
# 2. Settings

## 2.1. Session settings



The variable settings for this module are as follows:

2.1.1. Movements



Altitude:



The altitude to be reached by the lift is entirely configurable with the cursor.

Value: 25 to 438m.

Can be set from 0 to 25 m using the shortcuts (see section 2.4)

**Ride up / down speed:**

A screenshot of a software interface for selecting ride speed. At the top, a dropdown menu is open, showing 'Ride up speed' and the value '5'. Below the dropdown, a list of numerical options is displayed: 5, 10, 15, 20, 25, and 30. The option '5' is highlighted with a blue background.

The lift ascent /descent speed is selected directly from the drop-down menu.

Value: 5 to 50.

**Movement:**

A screenshot of a software interface for selecting movement mode. A dropdown menu is open, showing 'Movement' and the value 'Manual'. Below the dropdown, two options are listed: 'Manual' and 'Loop'. The 'Manual' option is highlighted with a blue background.

Possibility of choosing a manual or loop animation. In loop mode, the lift automatically moves up and down.

**2.1.2. Board**

A screenshot of a software interface for adjusting board dimensions. It features two horizontal sliders. The first slider is labeled 'Board's length' and has a value of '1.5 m' displayed to its right. The second slider is labeled 'Board's width' and has a value of '0.6 m' displayed to its right. Both sliders have a blue bar indicating the current position and a white circle for the handle.

**Board length and width:**



Possibility of adjusting the board size before the session and in real time during the session.

Value:

- **Length:** 0.5 to 5.0m.
- **Width:** 0.3 to 1.5m.

### 2.1.3. Cabin

**Cabin**  
Font glass opacity  
 0.2  
Side glass opacity  
 0.0  
Ground glass opacity  
 0.0

**Opacity:**

The opacity of the **front**, **side** and **ground glass** can be adjusted using the sliders.

Value: 0.0 to 1.0.

## 3. Module

### 3.1. Session

Once the presets have been selected, click on "**Start the session**" in the bottom right of the screen.



#### WARNING

During the descent movement, abdominal sensations (normally due to visceral graviceptors) are common. Some patients may be surprised by this descent. It is important to remain vigilant of their reaction.



At the **bottom left of the screen** are the session parameters:

- **Doors:**

The elevator door is open by default. It can be controlled in real time using the "Open/Close" buttons.

- **Board length and width:**

Board size can be set in real time.

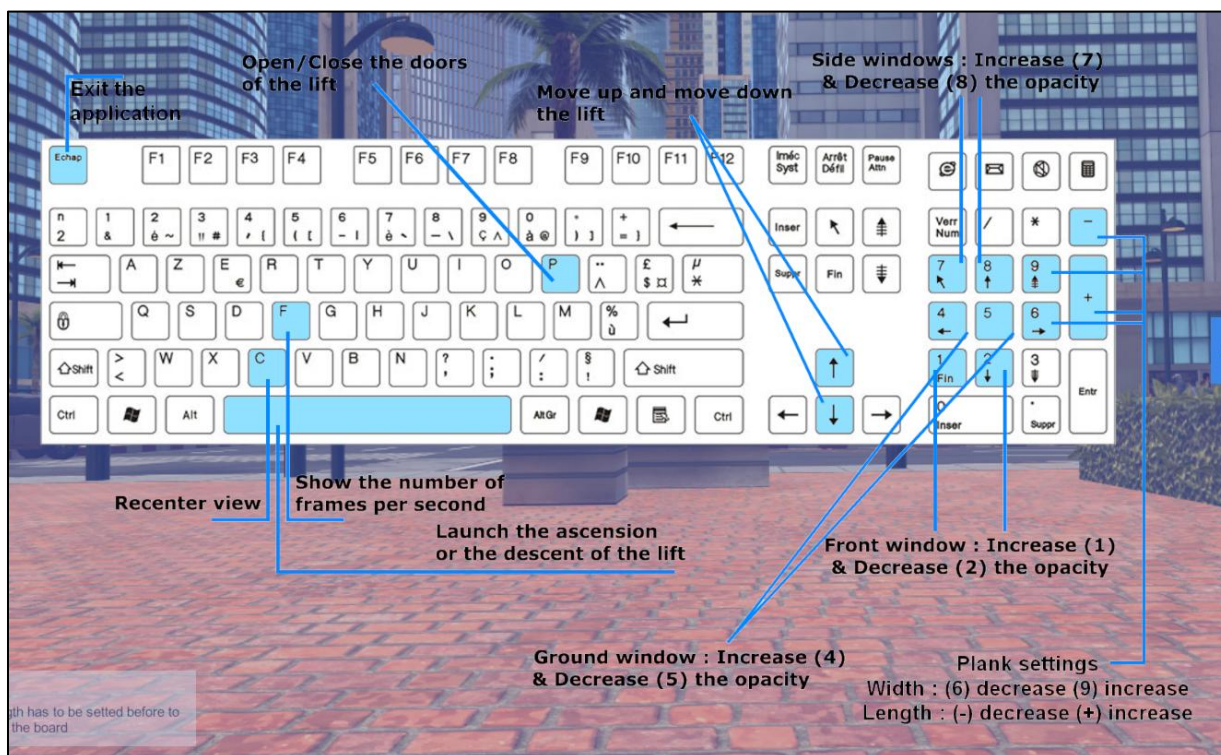
- At the **bottom right of the screen**:

View the elevator's **altitude** in real time.

The "**Quit**" button is used to end the session.

## 3.2. Shortcuts

During the session, the shortcut list is found by clicking on the Xbox controller icon in the upper right corner of the screen.



### 3.3. Results

No results are displayed at the end of the session.