

REVIEWER'S REPORT

Manuscript No.: IJAR-53343

Date: 16-08-2025

Title: Extended Reality (XR) Technologies in Mental Health Assessment and Treatment

Recommendation:

Accept as it isYES.....

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality			✓	
Techn. Quality			✓	
Clarity			✓	
Significance		✓		

Reviewer Name: Dr Aamina

Reviewer's Comment for Publication.

Content Review:

The manuscript addresses the intersection of digital innovation and mental health care by exploring the role of Extended Reality (XR) technologies in both assessment and treatment. The scope of XR—including Virtual Reality (VR), Augmented Reality (AR), and Mixed Reality (MR)—is clearly defined, establishing a strong technological framework for the discussion.

The **abstract** effectively highlights the global significance of mental health disorders, noting their contribution to disability and economic burden. It situates XR technologies as potential solutions for enhancing diagnosis and therapy, particularly in conditions such as depression, anxiety, PTSD, and phobias. The abstract also balances optimism with realism by acknowledging barriers such as cybersickness, costs, ethical considerations, and privacy concerns, thereby presenting a holistic overview of the topic.

The **introduction** provides a compelling rationale for the study by situating mental health as a pressing global issue. The reference to the Global Burden of Disease (GBD) Study 2021, DALY

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data, and prevalence rates from the *All of Us Research Program* underscores the magnitude of psychiatric disorders in both global and U.S. contexts. The inclusion of statistical data enriches the argument, grounding the need for innovative technologies like XR in evidence-based health trends. The discussion of comorbidities, particularly the prevalence of mood disorders alongside other psychiatric conditions, illustrates the complexity of mental health care and the demand for multifaceted solutions.

The manuscript's thematic emphasis on XR in relation to **diagnosis**, **therapy** (notably CBT and exposure therapy), **self-directed treatment**, and **health disparities** positions it as both timely and socially relevant. The narrative highlights XR's potential to reach marginalized or underserved populations, contributing to equity in mental health service delivery.

The **keywords** section aligns well with the manuscript content, covering XR, VR, CBT, exposure therapy, health disparities, and immersive technology, ensuring visibility in academic searches.

Overall Assessment:

The manuscript provides a strong, well-contextualized exploration of XR applications in mental health care. By integrating statistical evidence, technological insights, and global health perspectives, it contributes meaningfully to the growing discourse on digital mental health innovations. Its balance of opportunities and challenges presents a comprehensive perspective suitable for academic, clinical, and policy discussions.
