

EASYHEIGHTS – TERMS OF USE AND DATA PROTECTION STATEMENT

By using the EASYHEIGHTS virtual reality app (VR app), you agree to the following terms:

1 WHAT IS EASYHEIGHTS AND WHAT CAN IT BE USED FOR?

EASYHEIGHTS is a virtual reality (VR) app, which provides a virtual environment that helps you adjust to heights. This can help you to deal more calmly with real height situations and to feel less fear.

2 WHO IS EASYHEIGHTS DESIGNED FOR?

EASYHEIGHTS is suitable for those who suffer from a mild, clinically insignificant fear of heights. In other words, their fear of heights does not interfere with their daily lives.

EASYHEIGHTS is not intended to diagnose, treat, cure or prevent a clinical fear of heights. If you suffer from a severe fear of heights with symptoms such as dizziness, sweating and heart palpitations, please consult a trained specialist and refrain from using EASYHEIGHTS without the supervision of a specialist.

EASYHEIGHTS is also unsuitable for use by children or adolescents under the age of 16 without adult supervision.

3 TECHNICAL REQUIREMENTS FOR USING EASYHEIGHTS

The EASYHEIGHTS smartphone app works in combination with wireless VR goggles, making it easy and effective for use at home.

4 DEVELOPMENT OF EASYHEIGHTS

The EASYHEIGHTS VR app is a virtual tool developed by the University of Basel to help people adjust to heights. The training uses a scientifically proven approach to reduce fear, known as exposure therapy.

A drone was used to take 360° images of real locations, which create a virtual simulation of actually being at these locations.

To test the effectiveness of the treatment in real-life situations, the University of Basel conducted a randomised, controlled study. All the subjects either completed four hours of VR height training with EASYHEIGHTS or were assigned to a control group. Before and after treatment, the study participants climbed the Uetliberg observation tower near Zurich as far as their fear allowed. The group that had completed the EASYHEIGHTS training exhibited less fear on the tower and were able to continue on towards the top.¹ The control group exhibited no positive changes. After completing the EASYHEIGHTS training, the study participants reported a 49% decrease in fear levels while on the tower. The publication can be found [here](#).

5 HOW DOES EASYHEIGHTS TRAINING WORK?

In the virtual reality environment of the EASYHEIGHTS VR app, the user stands on a platform that is initially 1 meter above the ground. After they have become accustomed to the height, the platform rises an additional meter. In this way, the person's position above the ground slowly but steadily increases without an accompanying increase in their fear level.

EASYHEIGHTS offers three scenarios (mountain landscape, forest edge, urban surroundings), providing the opportunity to become comfortable in height situations. In all three situations, the user stands on

¹ These effects are statistically significant and comparable with conventional therapy.

a platform that rises only when their fear at the current level allows. Each scenario has 15 levels. Initially, the platform moves up 1 meter to the next level. In the advanced levels, the height increases several meters at a time. At the final level, the platform is 75 meters above the ground.

Before starting the training session, you select a scenario. Each scenario begins at the first level – 1 meter above the ground – and moves up to the next level only when your fear level allows. At each level, look down and permit your feelings of fear. When you reach the next level, you will be asked to rate your current fear level. The platform will rise only when you do not experience any or only minimal fear at that level. You cannot return to a lower level.

You can stop the training at any time by taking off the VR goggles. The training is also stopped automatically after 30 minutes.

EASYHEIGHTS is controlled by the direction of your gaze.

The basic instructions are displayed before each training session.

6 PRECAUTIONS

The EASYHEIGHTS VR app must be used only after taking the following precautions:

- Complete the training session only if you are healthy and feeling well.
- Do not train if you have been diagnosed with epilepsy, are pregnant or under the influence of drugs/alcohol.
- Make sure that there are no objects, people, animals or steps within at least a 2 meter radius.
- Make sure that you are not disturbed during the entire training session.
- Complete the first session while seated and stand only when you feel steady enough to do so. If you feel unsure, complete the training session seated.
- Stand or sit in exactly the same place for the entire session.
- Stop the training session immediately if you feel unwell, dizzy or experience headache, nausea or other balance problems (remove the VR goggles).
- Each session should not exceed 30 minutes. Then take a break. We recommend that you do not complete more than one training session per day.

7 WARNING CONCERNING THE USE OF VIRTUAL REALITY TECHNOLOGY

When a person becomes immersed in the computer-generated environment, they will sometimes experience nausea, discomfort, headaches, stumbling, balance problems or fatigue. This is referred to as cybersickness. Please stop the session immediately if you have any of these symptoms (remove VR goggles). Usually, these symptoms go away quickly on their own. Try using the app again on a different day and while seated. If you experience cybersickness again, you will unfortunately not be able to use the VR app.

8 DISCLAIMER

You use EASYHEIGHTS and all its content at your own risk. Neither the University of Basel nor any other person or institution involved in the development, creation, or provision of this VR app is liable for any direct, indirect or accidental damage resulting from access, use or inability to use this VR app, or any errors or omissions in its content.

9 DATA PROTECTION

9.1 DATA COLLECTED TO DOWNLOAD THE APP

EASYHEIGHTS can be used without having to register or otherwise provide us with any information about yourself. However, registration is required in the app stores of the various providers (Apple Inc.,

Cupertino, USA, for iOS and Google Limited, Dublin, Ireland and/or Google LLC, Mountain View, USA for Android devices) according to their terms and conditions.

9.2 DATA PROCESSING WHILE USING THE VR APP FEATURES

EASYHEIGHTS stores data only about the levels you have reached and fear values. This data is saved only on your smartphone and is continuously overwritten by new session data. All data collected during the training session is deleted when you close EASYHEIGHTS. Your session data is never sent to the University of Basel or any third party.

9.3 TECHNICAL PERMISSIONS FOR EASYHEIGHTS ON YOUR SMARTPHONE

The access permissions for EASYHEIGHTS have been reduced to the bare minimum. For example, EASYHEIGHTS has no access to your contacts, camera or the location functions on your smartphone. The app is authorised to access only network communications (internet access) and storage.

Internet access is required to open links to external websites.

Access to your phone's storage is required to temporarily save your current level.

10 COPYRIGHT

EASYHEIGHTS and its content (in particular, photos, videos, logos) are protected by copyright and must be used only for private, non-commercial purposes. This applies in particular to the University of Basel logo. Any requests for consent must be submitted in advance in writing to the University of Basel, Transfaculty Research Platform Molecular and Cognitive Neurosciences (MCN).

11 COSTS

We provide EASYHEIGHTS free of charge. An internet connection is required for certain features (opening links to external websites). This may incur connection fees depending on your contract with your mobile provider.

12 APPLICABLE LAW AND PLACE OF JURISDICTION

This user agreement is subject to Swiss law. The place of jurisdiction is Basel, Switzerland.

13 CAN THE PRIVACY POLICY BE AMENDED?

The University of Basel reserves the right to modify this Privacy Policy at any time if necessary. This Privacy Policy was last updated on 08 February 2021.

14 WHO IS RESPONSIBLE FOR THE EASYHEIGHTS VR APP, AND WHO CAN I CONTACT IF NECESSARY?

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