Whereas, Virtual reality offers realistic sensory experience that humans can interpret similarly to real life exposure; and

Whereas, Public consumption of virtual reality is increasing, with one million virtual reality headsets sold in 2017 and 13.7 million expected in 2018; and

Whereas, Children from ages 6-18 experience virtual reality as more vivid and real than those over the age 18, describing it as salient, immersive and similar to reality; and

Whereas, Gaming disorder, defined as impaired control over gaming and greater prioritization of gaming over other activities, may be included on the 11th Revision of the International Classification of Disease (ICD-11); and

Whereas, Internet gaming disorder alone is estimated at impacting on average 4.7 percent of the population with studies ranging from 0.7-15.6 percent; and

Whereas, Virtual reality raises concerns for mental health risks such as depersonalization disorder, ethical risks about the use of personal data and personal privacy, and physical risks, including the risk of falls and injuries associated with spatial movement affected by altered sense of reality; and

Whereas, Despite these risks, current research has elucidated potential benefits of virtual reality in treating certain disorders, including alcohol dependence, psychosis, and stroke rehabilitation; and

Whereas, As it currently stands, limited research exists on the effects of virtual reality on physical, cognitive, and social development of children and adolescents; and

Whereas, Our AMA rejects the excessive portrayal of violence in various entertainment media, including videos and computer games, while encouraging the depiction of its medical consequences; and

Whereas, Our AMA supports heightened awareness of the need for monitoring and restricting of video game and internet use, related but distinct from virtual reality, to limit negative health effects; therefore be it

RESOLVED, That our American Medical Association support further study on the impact of virtual reality on human health. (New HOD Policy)
RELEVANT AMA POLICY

Mass Media Violence and Film Ratings H-515.974
Redressing Shortcomings in the Current System: The AMA: (1) will speak out against the excessive portrayal of violence in the news and entertainment media, including newscasts, movies, videos, computer games, music and print outlets, and encourage the depiction of the medical, social and legal consequences of violence by the media; (2) advises physicians to counsel parents about the known effects of media violence on children’s behavior and encouraging them to reduce the amount of violent programming viewed by their children; (3) monitors changes in the current ratings system and working through state medical societies to inform physicians and their patients about these changes; and (4) supports all other appropriate measures to address and reduce television, cable television, and motion picture violence.
Citation: (BOT Rep. 18, A-94; Modified: Res. 417, I-95; Appended: Sub. Res. 419, A-98; Modified and Reaffirmed: CSAPH Rep. 2, A-08; Reaffirmation A-13)

Emotional and Behavioral Effects of Video Game and Internet Overuse H-60.915
Our AMAsupports increased awareness of the need for parents to monitor and restrict use of video games and the Internet and encourage increased vigilance in monitoring the content of games purchased and played for children 17 years old and younger.
Citation: CSAPH Rep. 01, A-17;

8 La Motte, S. The very real health dangers of virtual reality, Dec 13, 2017. CNN.