

How Space Affects an Astronaut's Mental Health

Long term space travel can have many different effects on an astronaut. We interviewed Catawba Mental Health Center's clinic director Kim Sconyers. She is also a licensed clinician and counselor. She stated that astronauts experience anxiety, depression, adjustment disorder, and loneliness. She also stated that for astronauts to remain stable they need human interaction and a sense of belonging. While Astronauts will receive some human interaction from their fellow astronauts, they will have trouble feeling like they belong. She believes that our VR will help the astronauts with this. If the astronauts are allowed to view their favorite locations on Earth while in space, they will feel like they are back on Earth. They will also have a much easier time adjusting to space because viewing locations on Earth will help them not feel as distant and far away from home. The astronauts will also not have as much trouble adjusting to Earth when they return home. VR could possibly have a big role to play in upcoming space missions.



Kim Sconyers
Catawba Mental Health Director
Licensed Clinician and Counselor

Our Project – VR Technology

Design Process

The Photo Sphere app was used to make the VR project prototype.

The Google Street View app was used to create the final product.

Design process:

1. Open the Google Street View app and select the camera on the app
2. Point camera at the yellow circle on the screen
3. Take photos all the way around the room top, bottom, and left to right
4. The app then stitches the photos together to avoid pictures overlapping
5. You can then view the final product and put it into Google cardboard mode
6. Then insert your phone into the VR and you can use the finished product

Google Street view is an app that allows you to view VR images taken around the world by people around the world. I decided to use this app because it appeared to be the best choice. It's very user friendly, there are no ads involved, and it allowed more variety while creating the VR than the other Photo Sphere.

