

# Beat Saber: an early research direction

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Summary by ParkinsonVRMove. This sheet preserves our presentation of the reference; it does not reproduce the full article.

Pilot study · Master's thesis · 2020 · 4 participants

*Physically Active Virtual Reality and Parkinson's Disease: A Pilot Study* — Kaitlyn Danielle Ruhf, Wake Forest University.

**What was studied:** four people aged 62 to 78 living with Parkinson's took part in four supervised Beat Saber sessions on Oculus Quest over approximately one week. Settings were adapted: easy difficulty, no fail, no bombs or obstacles, with regular breaks.

**Findings:** between the first and last sessions, game scores, measured arm movements and enjoyment increased. No adverse effects were reported during or after play in this small sample.

**Limitations:** this thesis mainly explores feasibility and acceptability. It involves only four volunteers, with no control group or long-term follow-up. Progress in the game does not demonstrate lasting improvements in symptoms or daily life, or a slowing of disease progression.

## Sources and identifiers

Read the university thesis (PDF, English)

[https://wakespace.lib.wfu.edu/bitstream/handle/10339/96826/RUHF\\_wfu\\_0248M\\_11494.pdf](https://wakespace.lib.wfu.edu/bitstream/handle/10339/96826/RUHF_wfu_0248M_11494.pdf)

Wake Forest University - notice

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