

## ISMAR 2026 Workshop Proposal

### Mixed/Augmented Reality for Mental Health (MARMH'26)



#### Important Dates

Submission deadline: 7 July 2026

Acceptance notifications issued: 17 July 2026

Camera-ready materials: 31 July 2026

Workshop date: 6 October 2026

**Publication:** The accepted workshop papers will be published in ISMAR 2026 adjunct Proceedings and IEEE Xplore.

**Paper length:** Papers should be between 3 and 6 pages in length (excluding references). Please use the template used for the main conference.

**Presentation Mode:** Hybrid (In person and online on Zoom)

**Duration and Format of the workshop:** Half a day, paper presentations + Q&A, live demos, discussion and brainstorming

**Audience:** 20-25 people

**Submission:** Email your submission to [n.baghaei@uq.edu.au](mailto:n.baghaei@uq.edu.au)

#### Call for Participation

Mental health conditions pose a major challenge to healthcare providers and society at large. The World Health Organization predicts that by the year 2030, mental health conditions will be the leading disease burden globally. Mental health services are struggling to meet the needs of users and arguably fail to reach large proportions of those in need. Early intervention, support and education can have significant positive impact on a person's prognosis.

Augmented, Virtual and/or Mixed Reality environments can create new effective models in the wider context of prevention and support for individuals affected by mental health disorders such as depression, anxiety, eating disorders, mood disorders, psychotic disorders, addictive behaviours and substance abuse disorders.

Following our successful ISMAR 2019 (China), ISMAR 2021 (Italy), ISMAR 2022 (Singapore), ISMAR 2023 (Australia), ISMAR 2024 (USA) and ISMAR 2025 (Korea) workshops on the same topic as well as a special issues we recently organised at Virtual Reality journal, the goal of this workshop is to provide an opportunity for Extended Reality researchers and Health researchers and practitioners to submit their original ideas, work-in-progress contribution, and position papers on the design and/or evaluation of new mental health technologies. We are interested in theoretically, empirically, and/or methodologically oriented contributions focused on supporting mental health delivered through novel designs and evaluations of on AR/VR/MR systems. In addition to potential benefits, we would also like to receive contributions on potential risks of using such technologies for addressing mental health issues.

**Keywords:** mental health, VR, AR, MR, XR, social media, serious games, mhealth, vhealth, sensors

#### Organisers

**Nilufar (Nell) Baghaei** (PhD University of Canterbury, New Zealand)

- Associate Professor, School of EECS, The University of Queensland, Australia
- Research interest: Extended Reality, Game-based Learning, Persuasive Technology
- Short bio: Dr. Baghaei is an Associate Professor and the Co-Director of Mixed Reality Lab at



The University of Queensland. Her team is working on designing engaging immersive technologies and games and studying their effectiveness in improving health and education outcomes. She has an extensive list of publications in prestigious international journals and conferences and is an Associate Editor of *ijHCS*, *VR (Springer)* and *Games for Health* journals. She is also acting as an Associate Paper Chair at ISMAR 2026. Her Google Scholar can be accessed here:

<https://scholar.google.com/citations?user=zue9528AAAAJ&hl=en>

**Hai-Ning Liang** (PhD Western University, Canada)

- Associate Professor at HKUST, Guangzhou, China
- Research interest: HCI, Virtual/Augmented Reality, Gaming Technologies, Information Visualization
- Short bio: Prof Liang is an Associate Professor at HKUST. His team is researching new



interaction techniques for virtual and augmented technologies and their applications in gaming, training, health, and learning. His work has been published in high-level journals and conferences. His Google Scholar profile can be accessed here:

<https://scholar.google.com/citations?hl=en&user=UJPH5ioAAAAJ>

**Stephen Viller** (PhD University of Lancaster, UK)

- Associate Professor, School of EECS, The University of Queensland, Australia
- Research interests: Interaction Design, Ubiquitous Computing, CSCW, HCI
- Short bio: Dr Viller is a researcher and educator in human-centred design methods, particularly applied to designing social, domestic and mobile computing technologies, and



understanding how people's interactions in everyday settings inform the design of such technologies. He has over 30 years of experience in Computer Supported Cooperative Work (CSCW), Interaction Design, and Human-Computer Interaction (HCI) research, where he has focused on bridging disciplines and perspectives. He leads UQ's Human-Centred Computing discipline within the School of Electrical Engineering & Computer Science. His Google Scholar profile can be accessed here:

<https://scholar.google.com.au/citations?user=spHMPHgAAAAJ>

**Julie Henry** (PhD University of Aberdeen, UK)

- Professor, School of Psychology, The University of Queensland, Australia
- Research interests: Neurocognition, Mental Health and Wellbeing, Normal and Abnormal Adult Aging.
- Short bio: Prof. Henry leads a group that particularly focuses on how neurocognitive function and mental health are affected by normal adult aging and clinical illness. She has published



more than 220 peer-reviewed research articles that appear in prestigious outlets that include *Nature Reviews Neurology*, *Brain*, and *Annual Review of Psychology*. Julie is Director of *The Queensland Multidisciplinary Initiative for Neurocognitive Difficulties* and the President of *The Australasian Society for Philosophy and Psychology*. Her work has been cited ~ 42,000 times in Google Scholar (h-index = 83). Her Google Scholar profile can be accessed here:

<https://scholar.google.com.au/citations?user=1hX2z9gAAAAJ&hl=en>

**Mark Billinghurst** (PhD University of Washington, USA)

- Professor, Director of Australian Research Centre for Interactive and Virtual Environments, The University of South Australia, Australia
- Research interests: Extended Reality, Interaction Design, HCI
- Short bio: Mark Billinghurst is Professor of Human Computer Interaction at the University of South Australia in Adelaide, Australia. He earned a PhD in 2002 from the University of Washington and researches innovative computer interfaces that explore how virtual and real



worlds can be merged, publishing over 300 papers in topics such as wearable computing, Augmented Reality and mobile interfaces (citations: ~55,000, h-index: 106). He received the 2013 IEEE VR Technical Achievement Award for contributions to research and commercialization in Augmented Reality. In 2013 he was selected as a Fellow of the Royal Society of New Zealand. His Google Scholar profile can be accessed here:

[https://scholar.google.com/citations?user=S-J\\_ItYAAAAJ&hl=en](https://scholar.google.com/citations?user=S-J_ItYAAAAJ&hl=en)