

RESEARCH FESTIVAL 2026 - PRESENTER BIO

Professor Samantha Banbury
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Presenting: A Cognitive Mindfulness
Intervention Using Virtual Reality and AI
for Academic Procrastination



Samantha Banbury is involved in designing healthcare interventions in counselling and HE practices. With approximately 15 years of teaching and research experience, she has taught undergraduate and postgraduate students in psychology, counselling, criminology, and medical courses.

Her research interests include teaching and learning, immersive VR and AI, mental health, sexual dysfunction, sexual behaviour, sexual fantasy, and paraphilia. She has spent over 20 years in clinical practice assessing interventions and supporting clients with substance use problems. She now offers voluntary counselling for individuals and couples experiencing psychosexual and relationship difficulties.