

# Virtual Reality Integrated Social Recovery therapy for Young People with Early Psychosis

ACTRN12624000234516

---

Status	RECRUITING
Sponsor	Orygen
Enrollment	156 participants

## Plain Language Summary

---

Psychosis — including first episodes of schizophrenia or other psychotic disorders — often strikes young people during a critical period of social development, affecting friendships, education, and the ability to connect with others. Virtual reality (VR) therapy offers a safe environment where young people can practice social situations and build confidence without the pressures of real life.

This study compares two versions of a VR-based therapy designed to improve social functioning in young people with early psychosis or at high risk of developing it. Version 2 was co-designed with young people who have lived experience of psychosis, and researchers want to know whether it works better than the original version in improving social outcomes at 6 months.

You may be eligible if you are 14 to 30 years old, receiving care at an early psychosis service in Melbourne, Adelaide, or Perth, and have been diagnosed with first episode psychosis or assessed as being at high risk. People who are currently admitted to an acute mental health ward, have significant cognitive impairment, or have imminent suicidal risk are not eligible.

## Key Eligibility Criteria

---

### Inclusion (9)

- To be considered eligible, a young person must:
  - Meet threshold diagnostic criteria for first episode psychosis (FEP) (defined within DSM-5 all psychotic spectrum disorders or affective disorder with psychotic features who are within their first year of treatment for psychosis) or ultra-high risk for psychosis (UHR) (as assessed by the Comprehensive Assessment of At-Risk Mental State (CAARMS56). Note: this assessment will be conducted by clinicians at the referring clinic and will not form part of the research assessment schedule.
  - Be aged 14 – 30 years
  - Be receiving care from an early psychosis service at the time of recruitment in Melbourne, Adelaide or Perth
  - Have a Social and Occupational Functioning Assessment Scale (SOFAS) score <751
- ... and 4 more (see full listing online)

### Exclusion (5)

- Young people will not be eligible for participation in this study if any of the below criteria are met:
- They have cognitive impairment significant enough to impede participation in the study, as determined by treating clinician
- They have insufficient command of the English language
- They are currently an inpatient in an acute mental health ward
- They have current active suicidal plans, with severe and imminent risk to their safety

## Locations (1 total)

---

SA,WA,VIC, Australia

---

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12624000234516>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [anzctr.org.au](http://anzctr.org.au). Generated by [ClinicalTrialsFinder.org](http://ClinicalTrialsFinder.org).