

# A Study to Evaluate the Efficacy of VR for Bipolar Disorder

NCT06399523

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Shanghai Mental Health Center
<b>Enrollment</b>	48 participants

## Key Eligibility Criteria

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### Inclusion (6)

- years or older
  - Meet the diagnostic criteria for bipolar disorder - depressive episode in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)
  - Able to understand the content of the scale
  - Certain abilities in expressive, reading, and listening
  - Total score of  $\geq 17$  on the Hamilton Rating Scale for Depression (HAMD-17)
- ... and 1 more (see full listing online)

### Exclusion (7)

- Poor physical condition unable to participate in the study
  - Currently or previously diagnosed with other major mental disorders according to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition DSM-5
  - Severe or active physical illnesses that interfere with the study treatment
  - Suicidal or self-harming ideas (defined as a score of  $\geq 3$  on item 3 of the Hamilton Depression Scale-17 suicide scale)
  - Pregnant or lactating women
- ... and 2 more (see full listing online)

## Locations (1 total)

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Shanghai Mental Health Center, Shanghai, Shanghai Municipality, China