

Testing Mechanisms of Virtual Reality Exposure Therapy for Social Anxiety

NCT07437872

Status	RECRUITING
Phase	Not Applicable
Sponsor	Palo Alto University
Enrollment	45 participants

Plain Language Summary

This study is testing how virtual reality (VR) therapy works to treat social anxiety disorder — a condition where everyday social situations cause intense fear or nervousness. Researchers want to understand the mental and emotional processes behind why VR exposure therapy helps.

****You may be eligible if...****

- You are 18 or older
- You live close enough to the Mountain View Campus to attend in-person visits
- You have been diagnosed with social anxiety disorder, or scored high on a social anxiety questionnaire

****You may NOT be eligible if...****

- You currently have an alcohol or drug use disorder
- You have or have had a psychotic disorder or bipolar disorder
- You recently started or stopped a psychiatric medication (within the last 6 weeks)
- You are currently receiving cognitive behavioral therapy for social anxiety
- Your vision is too impaired to use a VR headset (glasses are fine, contacts are fine — just not uncorrected severe vision loss)

Talk to your doctor to see if this trial is right for you.

Key Eligibility Criteria

Inclusion (4)

- Individuals at least 18 years of age
- Located in the U.S. with sufficient proximity to Mountain View Campus to attend in person visit(s).
- Able to give consent
- Social Anxiety Disorder based on Structured Clinical Interview AND/OR self-report score cutoff (LSAS \geq 47).

Exclusion (5)

- Current Alcohol or Substance Use Disorder (based on self-report)
- Current or prior psychotic related or bipolar disorder (based on self-report)
- Unstable psychotropic medication (starting/stopping medication in past 6 weeks based on selfreport)
- Current cognitive behavioral therapy for social anxiety
- Impaired vision such that cannot see in VR headset without glasses (contacts okay)

Locations (1 total)

Palo Alto University Mountain View Campus, Palo Alto, California, United States

<https://clinicaltrials.gov/study/NCT07437872>

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