



AMETHYST

THERAPIES FOR VOICE HEARING

THERAPY TRIAL FOR HEARING VOICES IN AUSTRALIA AND NEW ZEALAND

The **AMETHYST** study aims to test a new psychological therapy for **hearing voices** called Avatar Therapy.

This research will help us understand the best ways to deliver therapy to people who hear voices





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Avatar Therapy is a new way of helping people who hear voices. It could be more effective than standard therapy, but this has not yet been directly tested. Our trial aims to find this out.

What is involved

All enrolled participants receive an evidence-based therapy via **video link** with an experienced therapist.

Participation in the study spans across 9 months in total and involves:

- Completing screening & a research assessment that will include questionnaires about voice hearing experiences and mental health
- Receiving 7 x 50-minute therapy sessions online from your home or a local service. Participants will be randomly assigned to either:
 1. Avatar Therapy (the new therapy)
 2. Standard Therapy
- Completing 3 follow up research assessments after therapy is complete.

There is no cost associated with participating in the therapy. Participants will be reimbursed \$50 for each of the 4 research assessments.

Can I take part?

You may be eligible if you:

- ✓ Hear voices
- ✓ Live in Australia or New Zealand
- ✓ Have access to the internet
- ✓ Are aged over 18 years

Full eligibility criteria will be discussed during a screening phone call.



Register/Enquiries: Phone +61 3 9214 4365
Website www.voicetherapy.com
Email amethyst@swin.edu.au

Or scan the
QR code:

