

## AVATAR2 - Optimising therapy for distressing voices

### What is the project about?

AVATAR therapy is a new way of helping reduce distress for people who hear voices. It involves creating an avatar (face and voice) using computer software to match the voice the person hears. Through dialogue with the avatar, the participant gradually works on taking power and control within the conversation.



Following on from the success of AVATAR1, participants in AVATAR2 will be randomly allocated to 3 groups: **brief** (6 sessions), **Extended** (12 sessions) or '**treatment as usual**' (the current care they are receiving within the CMHT). Everyone who is not offered AVATAR therapy now, will be offered the chance to access therapy at the end of the study.

### Who can take part?



Any **adult** who has been hearing a **distressing voice** for 6 months or longer, and who can read and speak **English**.

### COVID-19 Adaptations

AVATAR2 has made adaptations to be able to continue in line with local NHS and University guidance.

- ✓ We have adapted **recruitment** to be done electronically and are able to gain **consent** verbally.
- ✓ All **assessments** can be done online or sent via post for participants without access to video call or telephone.
- ✓ AVATAR therapy can be delivered through a remote, secure system



### How can someone take part?

If you have any questions, queries or someone who might be interested in taking part – please contact us and we'll do the rest!

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