



SCHIZOPHRENIA Factsheet

June 2016

What is virtual reality?

Virtual reality is a modern computerised real-time technology using graphics, sounds and other sensory input, which creates an interactive computer-mediated world. Virtual reality applications have been primarily used for the assessment and treatment of anxieties and phobias. More recently they have been used to examine the perception of emotion and the emotional responses of people with schizophrenia during simulated social encounters, with the aim of improving social skills, cognitive functioning, and treatment adherence.

What is the evidence for virtual reality?

Low quality evidence is unable to determine the benefits of virtual reality training for people with schizophrenia. Review authors report that there is no clear, good quality evidence for or against using virtual reality for treatment adherence and if virtual reality is used, the experimental nature of the intervention should be clearly explained.

For further information see the technical table

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/schizophrenia.



NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.