

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

**Avatar Therapy** has shown promising results in decreasing distress associated with hearing voices, however it has not yet been compared to the current best practice psychological therapy for hearing voices, cognitive behavioural therapy (CBT).

**AMETHYST** aims to determine which therapy is best through a randomised controlled trial that compares Avatar Therapy with CBT.

This research will increase our understanding of the best ways to help individuals who experience hearing voices to provide better care in the future.



**AMETHYST**  
THERAPIES FOR VOICE HEARING

**Register/Enquiries**

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AUSTRALIA-WIDE THERAPY TRIAL  
FOR HEARING VOICES



**AMETHYST**  
THERAPIES FOR VOICE HEARING



Australian Government  
National Health and Medical Research Council



## WHAT IS VOICE HEARING?

Hearing voices is a term used to describe the experience of hearing someone or something talking when the source of the voice is not directly present. Some people also hear other noises and sounds.

Hearing voices is more common than people realise. About 10% of people report that they have heard voices at some time in their life.

When hearing voices is causing distress or getting in the way of living life, there are treatments that may be helpful.



## 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
  2. Cognitive Behavioural 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.

## WHO IS ELIGIBLE?

You may be eligible if you:

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

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

