

The codesign and evaluation of a novel Virtual Reality intervention for use in psychiatric inpatient wards

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In Partnership with Phasepsace

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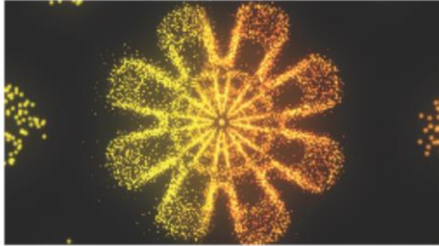



Developed by VR
experts along with an
experienced clinical
hypnotherapist

Hypnotherapy
techniques imagined
in VR

Removes
distractions and
focusses attention

- Codesigned with students
- Feasibility pilot at SGUL
- Controlled Trial in Healthcare Students

	<p>START SCREEN</p> <p>You will see this home screen in front of you. You should hear some ambient music.</p>
	<p>THE ROOM</p> <p>The experience begins in the room. You will hear the voice of therapist Ursula James who will guide you through the experience.</p>
	<p>THE EXPERIENCE</p> <p>The room will gradually transition to reveal a beautiful kaleidoscope. Relax, breathe and enjoy the experience.</p>
	<p>THE ROOM</p>

SMI trial

- Codesign of app, based on the student one- aimed to reduce stress for inpatients on psychiatric wards.
- To establish whether the new app is acceptable to patients, whether it reduces stress levels and to establish, from interviews with patients, staff and observation, the best model to use the app in this setting.

Stage One

- 12 usability sessions (6 patients + 6 staff)
Sessions lasted 30–40 minutes (including 7-minute VR experience)
- Patient recruitment challenges (availability, cancellations)
Staff recruitment challenges (busy schedules, part-time staff)
 - Enthusiasm for use on wards, but constraints: patient suitability (acute vs stable), staff time, space & equipment logistics
 - Need for peer support, booking/booking system, secure storage, visibility/promotion

Qual feedback

- *“A really cool mixture of visual, audio and guided meditation with the narrator.
A rich experience, there’s a lot going on but not too much (P2)*
- *“Really calming, “very relaxing...like being in the cinema” (P1)*
- *“Soothing ...helps to calm you down” (P3)*
- *“It’s something else isn’t it? I felt ‘relaxed’...‘de-tangled, less stressed. (P6)*
- *“Peaceful” (P7)*

Next stages

- **Stage 2**
 - Feasibility trial of the new iteration of the app
- Aim for cluster trial across wards and Trusts
- Questions??