

# Virtual Reality Exposure (VRE) for treating selective mutism in schools

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on behalf of the selective mutism research group\*

## Background

- Rare anxiety disorder (prevalence 0.2-1.9%)
- Consistent refusal to speak in certain situations
- Severe impact on daily functioning



## Previously

- RCT (n=86, ages 3-16 year)
- Behavioral therapy **at school** vs. waitlist
- Both groups improved
- ?! COVID-19 !?



## VRE Pilot

4 children & therapists

Feasible & helpful:  
4,5 (range 1-5)



INTERACTIVE

AT HOME

CHILD-FRIENDLY

## Current project: effectiveness of VRE as add-on

All 10 steps of behavioral therapy in VRE  
Single-case experimental design (SCED)

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