**A feasibility study of eye-movement desensitization and reprocessing (EMDR) in people with an at-risk mental state (ARMS) for psychosis**

**Abstract**

**Introduction**

Trauma plays an important role in the development of psychosis, yet no studies have yet investigated whether a trauma focused therapy, such as eye-movement desensitization and reprocessing (EMDR) could prevent the onset of psychosis in people at high risk. This study aims to establish whether it would be feasible to conduct a large randomised control trial (RCT) to investigate the efficacy of EMDR for the prevention of psychosis in this population.

**Methods and analysis**

We aim to recruit 40 patients with an at-risk mental state (ARMS) for psychosis and randomize them to EMDR or ‘treatment as usual’. To be eligible for the study, individuals must have experienced at least one traumatic event before the onset of ARMS symptomatology, and have at least one symptom of post traumatic stress disorder (PTSD). Participants will be followed-up at 4, 8 and 12 months post-randomisation. The primary outcome measure is transition to psychosis, and the secondary outcome measures are severity of psychotic symptoms, PTSD, depression, anxiety, impaired functioning, health status, drug, medication and resource data use. Therapists and patients will be interviewed to explore their views of the study and their experiences of delivering or receiving EMDR. Proportion of patients who consented to take part in the study, completed the baseline and follow-up assessments will be calculated, as well as recruitment and retention rates.

**Discussion**

If shown to be feasible, this study will contribute to the design of the first randomised control trial to investigate whether eye-movement desensitization and reprocessing could prevent the onset of psychosis in people with an at-risk mental state for psychosis