

Inclusion & Exclusion Criteria

A User-Friendly Summary
for using XRT Boundless



Intended Patient Population

- ✓ The XR Software is intended for use with adults and young people aged 8 years and above.
- ✓ The software is suitable for patients receiving psychological therapies across a range of mental health care steps, from early intervention and mild presentations (e.g. Step 2) through to more complex and higher-intensity needs (e.g. Steps 3, 4a, and 4b).
- ✓ Adapted content is available for individuals with learning disabilities and/or autism to promote accessibility and effective therapeutic delivery.

Contraindications and Warnings:

- ✗ Contraindicated for patients with light sensitive epilepsy.
- ✗ Not recommended for severe intellectual disability without adapted materials.
- ✗ Not suitable for children under 8 years of age, as CBT is not generally indicated for this age group.
- ✗ Pre-screening is required to ensure patients understand the therapy and can give informed consent.
- ✗ **Caution:** practitioner assessment & decision required on whether to proceed with use if service user / patient is in acute episode or a crisis presentation.