Randomisation to treatment group and VR therapist (n=330)

Refused to participate
- No longer dizzy
- Dizzy, but do not think the treatment is suitable for them
- Dizzy, but do not want to take part in the trial because the support is given over the telephone, and participant has hearing difficulties
- Other reasons given
- No reason given

Excluded
- No longer dizzy
- Dizziness not aggravated by head movements

Identify and contact patients who have seen their GP for dizziness in the past two years.

Consent and baseline assessment

Self-treatment booklet with telephone support (n=110)
Self-treatment booklet without support (n=110)
Routine care (n=110)

12 week treatment period

12 week follow up assessment

One year follow up assessment