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Table S1. Scale parameters and the significance of the changes (*p*) in the control group at the first measurement and at subsequent visits, *M±SD*

Scale	First measurement	Second measurement of the first day	*p*	Fifth day of the study	*p*	Final visit (tenth day)	*p*
Spielberger State Anxiety Inventory ↓	39.45±9.87	39.68±10.07	0.944	38.8±8.76	0.679	40.06±10.55	0.753
DASS-21 ↓	16.76±11.91	13.54±8.67	0.657	13.85±12.03	0.011*	12.88±9.21	0.075
D-FIS ↓	7.01±4.29	7.68±4.53	0.328	7.96±5.2	0.57	6.76±5.03	0.563
WAM-W ↑	53.7±10.91	55.56±9.3	0.972	56.0±9.88	0.096	53.69±7.86	0.221
WAM-A ↑	47.9±10.94	49.83±10.72	0.894	49.8±11.05	0.478	48.56±8.14	1.0
WAM-M ↑	56.05±11.07	58.61±9.02	0.529	57.75±9.08	0.66	57.93±9.4	0.701

Note: The asterisk (*) marks the statistical significance of differences at *p* <0.05; The arrows (↓) show the direction of the positive changes in the parameter.

Table S2. Blood pressure and pulse rate before and after VR sessions at Visits 2–5 and significance of the changes (*p*), *M±SD*

Visit	Stage	Blood pressure, mm Hg		Pulse rate, units
		systolic	diastolic	
VR 2	Before the session	123.49±12.33	78.3±10.33	69.24±10.31
	After the session	117.22±16.16	76.3±9.72	67.11±10.51
(*n*=37)	*p*	0.0002*	0.14	0.0017*
VR 3	Before the session	120.89±14.37	76.0±9.82	70.86±10.24
	After the session	117.78±13.81	74.42±8.38	69.44±9.99
(*n*=36)	*p*	0.002*	0.19	0.1
VR 4	Before the session	120.11±12.39	77.51±9.29	73.2±12.3
	After the session	117.91±9.99	75.77±10.41	70.31±11.43
(*n*=35)	*p*	0.09	0.027*	0.0053*
VR 5	Before the session	123.32±13.62	79.71±7.86	71.68±9.75
	After the session	118.13±11.2	76.81±8.67	70.35±9.86
(*n*=33)	*p*	0.0008*	0.009*	0.029*

Note: The asterisk (*) marks the statistical significance of differences at *p* <0.05.