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APPENDIX A

Full search terms

Virtual reality OR virtual environment OR head-mounted display OR HMD OR CAVE OR cave automatic virtual environment AND cognitive behav* therapy OR cognitive therapy OR cognitive behav* treatment OR CBT AND anx* OR obsessive-compulsive OR post-traumatic OR panic OR social phobia OR social anxiety OR phob* OR GAD OR OCD OR PTSD OR SAD OR depression OR depress* OR delus* OR Hallucinat* OR Psychosis OR psychotic OR Schizophren* OR schizotyp* OR Bipolar OR Mania OR Manic OR substance disorder OR substance abuse OR substance OR abuse OR cannabis OR tobacco OR alcohol OR amphetamine OR hallucinogens OR heroin OR anorexia nervosa OR bulimia nervosa OR eating disorders OR binge eating OR insomnia OR sleep OR nightmares OR circadian OR sexual OR orgasm OR desire OR erectile OR ejaculation OR dyspareunia OR personality disorder OR mental health OR psychiatric OR mental illness

Google Scholar search terms 'Immersive virtual reality' AND 'Cognitive behavioural therapy' AND 'anxiety' OR 'depression' or 'psychosis' or 'substance disorder' or 'eating disorder' or 'sexual' or ' personality disorder'
OpenGrey was searched using the key term ‘virtual reality’ and limited according to discipline ‘psychology’.

Study	Reference	Study ID	Selection bias rating	Study design rating	Confounding rating	Blinding rating	Data collection rating	Withdrawals rating
Rothbaum et al. (2000)	1	1.1	3. Weak	2. Moderate	1. Strong	2. Moderate	2. Moderate	1. Strong
Vincelli et al. (2003)	2	2.1	2. Moderate	1. Strong	1. Strong	3. Weak	1. Strong	1. Strong
Botella et al. (2004)	3	3	3. Weak	1. Strong	3. Weak	2. Moderate	1. Strong	1. Strong
Botella et al. (2007)	4	4	2. Moderate	1. Strong	1. Strong	1. Strong	1. Strong	3. Weak
Meyerbroker et al. (2011)	5	5	3. Weak	3. Weak	3. Weak	3. Weak	2. Moderate	2. Moderate
Malbos et al. (2011)	6	6.1	3. Weak	1. Strong	1. Strong	3. Weak	3. Weak	1. Strong
Pelissolo et al. (2012)	7	7	2. Moderate	1. Strong	1. Strong	3. Weak	2. Moderate	2. Moderate
Meyerbroker et al. (2013)	5	8	3. Weak	1. Strong	1. Strong	3. Weak	3. Weak	3. Weak
Quero et al. (2014)	8	9	1. Strong	2. Moderate	1. Strong	3. Weak	3. Weak	3. Weak
Kahan et al. (2000)	9	10	3. Weak	2. Moderate	2. Moderate	3. Weak	3. Weak	1. Strong
Muhlberger et al. (2001)	10	11	1. Strong	1. Strong	1. Strong	1. Strong	1. Strong	1. Strong
Wiederhold et al. (2001)	11	12.1	2. Moderate	1. Strong	1. Strong	3. Weak	2. Moderate	1. Strong
Maltby et al. (2002)	12	13	2. Moderate	1. Strong	2. Moderate	3. Weak	1. Strong	1. Strong
Muhlberger et al. (2003)	13	14.1	2. Moderate	1. Strong	1. Strong	3. Weak	1. Strong	1. Strong
Wiederhold et al. (2002)	14	15	2. Moderate	2. Moderate	3. Weak	3. Weak	3. Weak	3. Weak
Krijin et al. (2007)	15	16	3. Weak	1. Strong	1. Strong	3. Weak	3. Weak	2. Moderate
Banos et al. (2002)	16	17	3. Weak	2. Moderate	1. Strong	3. Weak	1. Strong	3. Weak
Tortella-Feliu et al. (2011)	17	18.1	2. Moderate	1. Strong	1. Strong	3. Weak	2. Moderate	1. Strong
Rus-Calafell et al. (2013)	18	19	1. Strong	2. Moderate	1. Strong	3. Weak	1. Strong	1. Strong
Botella et al. (2014)	19	20	3. Weak	2. Moderate	1. Strong	3. Weak	3. Weak	3. Weak
Maples-Keller et al. (2017)	20	21	3. Weak	1. Strong	1. Strong	2. Moderate	1. Strong	3. Weak
Arbona et al. (2004)	21	22	3. Weak	2. Moderate	1. Strong	3. Weak	1. Strong	2. Moderate
Price et al. (2007)	22	23	3. Weak	2. Moderate	1. Strong	3. Weak	3. Weak	3. Weak
Huang et al. (2000)	23	24	3. Weak	1. Strong	2. Moderate	3. Weak	1. Strong	1. Strong
Emmelkamp et al. (2002)	24	25	2. Moderate	2. Moderate	3. Weak	3. Weak	3. Weak	2. Moderate
Ressler et al. (2004)	25	26	2. Moderate	1. Strong	1. Strong	1. Strong	1. Strong	1. Strong
Krijn et al. (2004)	26	27	3. Weak	1. Strong	1. Strong	3. Weak	2. Moderate	2. Moderate
Krijn et al. (2007)	27	28	3. Weak	1. Strong	1. Strong	3. Weak	2. Moderate	2. Moderate
De Quervain et al. (2011)	28	29	1. Strong	1. Strong	1. Strong	1. Strong	1. Strong	1. Strong
Tart et al. (2013)	29	30.1	1. Strong	1. Strong	1. Strong	2. Moderate	1. Strong	2. Moderate
Levy et al. (2016)	30	31	3. Weak	2. Moderate	1. Strong	3. Weak	2. Moderate	1. Strong

Herrmann et al. (2017)	31	32	2. Moderate	1. Strong	1. Strong	1. Strong	3. Weak	1. Strong
Freeman et al. (2018)	32	33	2. Moderate	1. Strong	1. Strong	2. Moderate	1. Strong	1. Strong
Bullinger et al. (2005)	33	34	2. Moderate	2. Moderate	3. Weak	3. Weak	3. Weak	1. Strong
Coelho et al. (2006)	34	35	3. Weak	2. Moderate	1. Strong	3. Weak	3. Weak	2. Moderate
Garcia-Palacios et al. (2002)	35	36	2. Moderate	2. Moderate	1. Strong	2. Moderate	1. Strong	1. Strong
Hoffman et al. (2003)	36	37	3. Weak	1. Strong	1. Strong	3. Weak	1. Strong	1. Strong
Côté et al. (2005)	37	38.1	2. Moderate	2. Moderate	1. Strong	3. Weak	1. Strong	1. Strong
Michaliszyn et al. (2010)	38	39	2. Moderate	1. Strong	1. Strong	3. Weak	1. Strong	2. Moderate
Shiban et al. (2013)	39	40	2. Moderate	1. Strong	1. Strong	3. Weak	2. Moderate	1. Strong
Kleim et al. (2014)	40	41	2. Moderate	1. Strong	1. Strong	2. Moderate	1. Strong	3. Weak
Shiban et al. (2015)	41	42	1. Strong	1. Strong	1. Strong	1. Strong	2. Moderate	1. Strong
Shiban et al. (2015)	42	43.1	1. Strong	1. Strong	1. Strong	3. Weak	2. Moderate	1. Strong
Shiban et al. (2017)	43	44	2. Moderate	1. Strong	1. Strong	3. Weak	2. Moderate	1. Strong
Znaidi et al. (2006)	44	45	3. Weak	2. Moderate	1. Strong	3. Weak	3. Weak	1. Strong
Botella et al. (2000)	45	46	3. Weak	2. Moderate	1. Strong	3. Weak	1. Strong	3. Weak
Malbos et al. (2008)	46	47	3. Weak	2. Moderate	1. Strong	3. Weak	1. Strong	3. Weak
Walshe et al. (2003)	47	48	2. Moderate	2. Moderate	1. Strong	3. Weak	3. Weak	1. Strong
Wald (2004)	48	49	2. Moderate	2. Moderate	1. Strong	3. Weak	3. Weak	2. Moderate
Gujjar et al. (2018)	49	50	3. Weak	1. Strong	3. Weak	3. Weak	3. Weak	1. Strong
Rothbaum et al. (2001)	50	51	2. Moderate	2. Moderate	1. Strong	3. Weak	3. Weak	2. Moderate
Difede et al. (2007)	51	52	1. Strong	2. Moderate	1. Strong	3. Weak	1. Strong	1. Strong
Wood et al. (2009)	52	53.1	3. Weak	2. Moderate	3. Weak	3. Weak	3. Weak	1. Strong
Gamito et al. (2009)	53	54.1	3.Weak	1.Strong	3.Weak	3.Weak	3.Weak	3.Weak
Roy et al. (2010)	54	55	3. Weak	1. Strong	1. Strong	2. Moderate	1. Strong	2. Moderate
Rizzo et al. (2010)	55	56.1	3. Weak	2.Moderate	1. Strong	3. Weak	1. Strong	3. Weak
McLay et al. (2011)	56	57.1	2. Moderate	1. Strong	1. Strong	3. Weak	3. Weak	1. Strong
Cárdenas et al. (2012)	57	58	3. Weak	2. Moderate	1. Strong	3. Weak	3. Weak	3. Weak
Difede et al. (2014)	58	59.1	3. Weak	1. Strong	1. Strong	1. Strong	1. Strong	1. Strong
Rothbaum et al. (2014)	59	60.1	1. Strong	1. Strong	1. Strong	1. Strong	1. Strong	2. Moderate
Reger et al. (2016)	60	61.1	3. Weak	1. Strong	1. Strong	2. Moderate	1. Strong	3. Weak
McLay et al. (2017)	61	62	1. Strong	1. Strong	1. Strong	2. Moderate	3. Weak	1. Strong
Beidel et al. (2017)	62	63.1	2. Moderate	1. Strong	1. Strong	2. Moderate	2. Moderate	2. Moderate
Beidel et al. (2017)	63	64	1. Strong	2. Moderate	1. Strong	3. Weak	1. Strong	1. Strong
Loucks et al. (2018)	64	65	1. Strong	1. Strong	3. Weak	3. Weak	2. Moderate	2. Moderate
Pallavicini (2009)	65	66	2. Moderate	1. Strong	1. Strong	3. Weak	1. Strong	1. Strong
Gorini et al. (2010)	66	67	3. Weak	1. Strong	2. Moderate	3. Weak	1. Strong	3. Weak
Moldovan et al. (2014)	67	68	3. Weak	1. Strong	1. Strong	3. Weak	1. Strong	1. Strong
Harris et al. (2002)	68	69	3. Weak	2. Moderate	3. Weak	3. Weak	1. Strong	1. Strong
Anderson et al. (2005)	69	70.1	3. Weak	2. Moderate	1. Strong	3. Weak	1. Strong	1. Strong
Grillon et al. (2006)	70	71	3. Weak	2. Moderate	3. Weak	3. Weak	1. Strong	1. Strong
Wallach et al. (2009)	71	72	3. Weak	2. Moderate	1. Strong	3. Weak	1. Strong	2. Moderate
Anderson et al. (2013)	72	73.1	1. Strong	1. Strong	1. Strong	2. Moderate	1. Strong	1. Strong
Robillard et al. (2010)	73	74	3. Weak	1. Strong	3. Weak	3. Weak	1. Strong	3. Weak
Kampmann et al. (2016)	74	75	1. Strong	1. Strong	1. Strong	2. Moderate	1. Strong	1. Strong
Bouchard et al. (2017)	75	76	1. Strong	1. Strong	1. Strong	3. Weak	1. Strong	1. Strong
Stupar-Rutenfrans et al. (2017)	76	77	3. Weak	2. Moderate	1. Strong	3. Weak	2. Moderate	1. Strong
Lindner et al. (2018)	77	78	1. Strong	1. Strong	1. Strong	3. Weak	2. Moderate	1. Strong
Lima et al. (2018)	78	79	3. Weak	2. Moderate	3. Weak	3. Weak	2. Moderate	3. Weak
Shiban et al. (2016)	79	80	2. Moderate	1. Strong	1. Strong	3. Weak	2. Moderate	3. Weak
Perpiñá et al. (1999)	80	81	2. Moderate	1. Strong	1. Strong	2. Moderate	1. Strong	2. Moderate
Riva et al. (2000)	81	82	2. Moderate	2. Moderate	1. Strong	3. Weak	2. Moderate	3. Weak
Riva et al. (2002)	82	83	2. Moderate	1. Strong	1. Strong	2. Moderate	2. Moderate	3. Weak
Riva et al. (2004)	83	84.1	3. Weak	1. Strong	1. Strong	3. Weak	1. Strong	3. Weak
Marco et al. (2013)	84	85	2. Moderate	1. Strong	1. Strong	2. Moderate	1. Strong	2. Moderate
Cesa et al. (2013)	85	86	2. Moderate	1. Strong	1. Strong	2. Moderate	1. Strong	2. Moderate
Freeman et al. (2016)	86	87	2. Moderate	1. Strong	1. Strong	3. Weak	1. Strong	1. Strong
Pot-Kolder et al. (2018)	87	88	2. Moderate	1. Strong	1. Strong	2. Moderate	1. Strong	1. Strong
La Paglia et al. (2013)	88	89.1	3. Weak	2. Moderate	1. Strong	3. Weak	3. Weak	3. Weak

Bordnick et al. (2012)	89	90	2. Moderate	1. Strong	1. Strong	3. Weak	3. Weak	1. Strong
Pericot-Valverde et al. (2014)	90	91	2. Moderate	2. Moderate	1. Strong	3. Weak	3. Weak	3. Weak
Pericot-Valverde et al. (2015)	91	92	2. Moderate	2. Moderate	1. Strong	3. Weak	1. Strong	3. Weak
Chirită et al. (2006)	92	93	3. Weak	2. Moderate	2. Moderate	3. Weak	1. Strong	3. Weak

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