

## Online supplement



Fig. DS1 Scene from the virtual reality environment.



Fig. DS2 The virtual reality equipment.



Fig. DS3 Two of the virtual reality characters.

Table DS1 Demographic data on the study participants

Variable	<i>n</i>
Gender	
Male	100
Female	100
Ethnicity	
White	135
Black Caribbean	18
Black African	9
Black Other	5
Indian	6
Pakistani	1
Other	26
Highest education level achieved	
None	11
GCSE	39
AS/A-level	30
Diploma/foundation degree	27
Degree	55
Postgraduate diploma	34
Doctoral degree	4
Socio-economic classification (national figure, %)	
Higher professional occupations	16 (11.1)
Lower managerial and professional occupations	57 (22.4)
Intermediate occupations	17 (10.0)
Small employers and own account workers	12 (7.6)
Lower supervisory and technical occupations	8 (9.1)
Semi-routine occupations	17 (12.8)
Routine occupations	13 (9.3)
Never worked and long-term unemployed	33 (3.8)
Not classifiable (students)	27 (13.7)
Frequency of London underground use	
None	44
Less than monthly	30
Monthly	38
Weekly	70
Daily	18
Frequency of playing computer games	
Never	101
Once or twice	51
Once a week	19
Most days	24
Every day	5

A, Advanced; AS, Advanced Subsidiary; GCSE, General Certificate of Secondary Education.

<b>Table DS2</b> Backward elimination ordinal logistic regression including all variables			
Variable	OR	P	95% CI
Gender			
Male	–	–	–
Female	0.52	0.042*	0.27–0.97
Ethnicity			
White	–	–	–
Black and ethnic minority	1.74	0.155	0.81–3.75
Other	0.45	0.109	0.17–1.19
IQ	1.03	0.050	1.00–1.06
Education			
None/GCSE	–	–	–
AS/A level	3.08	0.025*	1.16–8.21
Diploma/foundation degree	2.51	0.064	0.95–6.67
Degree	1.73	0.215	0.73–4.11
Postgraduate degree	0.75	0.574	0.27–2.07
Plays computer games			
No	–	–	–
Yes	2.93	0.002**	1.48–5.78
London underground use			
Never	–	–	–
< Monthly	0.56	0.245	0.21–1.48
Monthly	0.31	0.015**	0.12–0.80
Weekly	0.31	0.007**	0.14–0.72
Daily	0.28	0.046*	0.08–0.98
Worry			
Catastrophising Interview	1.07	0.001**	1.03–1.11
Penn State Worry Questionnaire	1.03	0.006**	1.01–1.06
Anomalous experience	1.07	0.013*	1.01–1.12
Cognitive flexibility	0.95	0.031*	0.91–1.00
Illicit drug use			
No	–	–	–
Yes	1.78	0.090	0.91–3.47

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\* $P < 0.05$ , \*\* $P < 0.01$ .