**Supplementary information**

**Apparatus, technical set-up and Virtual environments**

The apparatus consisted of a powerful gaming computer with a NVIDIA GeForce GTX 1080 graphics card and an HTC Vive[[1]](#footnote-1) setup including a modern head mounted display (HMD) and wall-mounted satellites for tracking the patients head (see Figure 1 for an overview of the setup). We implemented a controllable 360-video player in Unity 3D[[2]](#footnote-2) for the HMD capable of being remotely controlled for managing films, scenarios, sound levels, and adding stressors (added heartbeat sound) over the Open sound control[[3]](#footnote-3) (OSC) protocol. On startup the video player automatically reads films and scenarios based on the films and folder structure on the hard drive, making it easy to add more films and scenarios if needed. In addition, we developed a controller in Supercollider[[4]](#footnote-4) in order for the psychologist to be able to select, control and progress the exposure sessions and scenarios. The controller communicates with the HMD 360-videoplayer over OSC. The psychologist’s computer screen mirrored what the patient could see in their HMD.

The VEs were filmed with the first version of the Samsung VR 360, an easy-to-use dual-lens consumer camera. The front and rear lenses each capture 180 degrees horizontally and vertically, creating an almost seamless 360 degrees field of view in 3840x1920 high resolution 2D video. Since the 360-films have been adopted to accommodate a large patient group, the height of the camera's position (i.e., eye height) was based on the median value between men’s and women's average heights in Sweden, about 176 cm.

1. www.vive.com [↑](#footnote-ref-1)
2. <https://unity.com/> [↑](#footnote-ref-2)
3. <http://opensoundcontrol.org/> [↑](#footnote-ref-3)
4. <https://supercollider.github.io/> [↑](#footnote-ref-4)