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Supplementary Information for Participants

Experiences of the introductory section of a virtual reality (VR) therapy for fear of heights

Ethics Reference [R77367/RE001]

The study is conducted following an approved COVID-19 risk assessment for face-to-face human studies in University buildings. The COVID-safety measures and enhanced cleaning procedures for the VR equipment are in place for the safety of participant and researchers.

If you develop symptoms within 48 hours of your study visit and then test positive for COVID-19, we encourage you to provide NHS Test and Trace with the details of members of the research team with whom you were in contact.

Specific procedures for your visit

- Visit requirement
To participate in the study, you need to visit the Department of Psychiatry, University of Oxford for a single session. The session will take less than 45 minutes. Any companion will have to wait outside the building for the entire duration of the session.
- Instructions for your visit
The VR session will take place in the Department of Psychiatry, University of Oxford (**Warneford Hospital, Warneford Lane, Oxford, OX3 7JX**). We will email you a map of the location and the greeting point. Please try to avoid using public transport if possible, and do not arrive more than 10 minutes before the time given. Reasonable local travel expense can be reimbursed.
The researcher will meet you and guide you to the VR lab room for your session. Please be aware that you are still required to bring and wear a face covering (unless exempt) while on-site.
- Protective equipment
 - You will be provided with gloves and VR face cover on-site for using the VR equipment during your session.
 - The researcher will wear a surgical mask and disposable gloves.
 - To deliver the VR experience safely, we have enhanced cleaning procedures for our VR equipment and wristband. This includes using special wipes on parts of the equipment that have direct contact with the face or skin before and after each session.
- Other information
 - There are toilets and a hand washing station on-site for your use. Bins are located outside the toilets so you can use a hand-towel after washing your hands to avoid touching door handles directly.
 - In order to minimise contact with the research space, we kindly ask that you bring your own bottle of water should you need it.
 - The visit policy may be updated according to the government/University guidance. For any question or concern about your visit, please contact Shu Wei (shu.wei@psych.ox.ac.uk).