

Supporting Information

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Table S1. Salivary cortisol concentrations in nmol/L

Saliva probe	Placebo group	Cortisol group	Significance, <i>P</i>
Pretreatment assessment, baseline	10.8 (2.3)	10.7 (1.7)	0.962
Treatment session 1, baseline	10.0 (2.0)	9.7 (1.1)	0.919
Treatment session 1, 1 h after medication, before VR exposure	12.2 (5.6)	265.2 (61.3)	0.001
Treatment session 1, after VR exposure	10.4 (3.3)	114.8 (16.9)	0.000
Treatment session 2, baseline	7.8 (0.9)	8.1 (1.1)	0.823
Treatment session 2, 1 h after medication, before VR exposure	7.1 (1.5)	164.7 (38.8)	0.001
Treatment session 2, after VR exposure	7.6 (2.5)	113.4 (34.7)	0.007
Treatment session 3, baseline	8.3 (1.5)	9.6 (1.3)	0.524
Treatment session 3, 1 h after medication, before VR exposure	5.6 (0.7)	169.6 (39.5)	0.001
Treatment session 3, after VR exposure	6.4 (0.9)	106.5 (19.2)	0.000
Posttreatment assessment, baseline	8.1 (1.2)	8.6 (1.1)	0.756
Follow-up, baseline	10.1 (2.0)	7.8 (1.1)	0.332

Data presented as mean (SEM). VR, virtual reality.

Table S2. Demographic and clinical characteristics and baseline measurements at pretreatment assessment for the subsample (*n* = 25) used for skin conductance level (SCL) posttreatment analyses

	Placebo group	Cortisol group	Significance, <i>P</i>
Females/males	4/7	6/8	0.742
Age	40.7 (3.4)	44.1 (3.2)	0.482
BMI	28.1 (1.7)	25.3 (1.1)	0.170
Severity primary diagnosis	5.8 (0.3)	5.5 (0.3)	0.439
BDI total score	6.5 (1.6)	3.8 (1.3)	0.199
ASI total score	21.0 (2.5)	16.5 (2.0)	0.168
STAI trait total score	42.0 (2.4)	36.2 (1.9)	0.066
ITQ	5.7 (1.4)	4.5 (1.7)	0.603
AQ	57.5 (6.0)	55.0 (5.0)	0.754
ATHQ	46.1 (2.8)	40.3 (2.3)	0.116
DES	18.6 (1.2)	17.9 (1.2)	0.658
AES	20.8 (2.0)	19.9 (1.8)	0.730
Treatment credibility	24.5 (0.7)	22.7 (0.8)	0.134
SUD	49.4 (5.4)	54.6 (6.1)	0.560
BAT score	4.5 (0.5)	4.4 (0.4)	0.970

Data presented as mean (SEM). AES, anxiety expectancy scale; AQ, acrophobia questionnaire; ASI, anxiety sensitivity index; ATHQ, attitude toward heights questionnaire; BAT, behavioral avoidance test; BDI, Beck depression inventory; BMI, body mass index; DES, danger expectancy scale; ITQ, immersive tendencies questionnaire; STAI, state-trait anxiety inventory; SUD, subjective units of discomfort.

Table S3. Demographic and clinical characteristics and baseline measurements at pretreatment assessment for the subsample ($n = 20$) used for skin conductance level (SCL) follow-up analyses

	Placebo group	Cortisol group	Significance, <i>P</i>
Females/males	3/6	4/7	0.888
Age	41.3 (4.0)	45.1 (3.5)	0.490
BMI	28.5 (2.1)	25.6 (1.4)	0.239
Severity primary diagnosis	5.4 (0.4)	5.6 (0.3)	0.844
BDI total score	5.7 (1.8)	3.9 (1.6)	0.475
ASI total score	19.2 (2.8)	17.7 (2.4)	0.689
STAI trait total score	38.0 (2.2)	36.5 (2.4)	0.649
ITQ	4.2 (1.3)	3.8 (1.9)	0.869
AQ	54.1 (7.4)	51.7 (5.7)	0.798
ATHQ	42.6 (4.6)	40.7 (2.8)	0.730
DES	17.3 (1.5)	18.0 (1.4)	0.749
AES	19.8 (2.6)	20.4 (2.3)	0.868
Treatment credibility	23.8 (1.1)	22.8 (0.9)	0.510
SUD	50.0 (6.6)	56.0 (5.8)	0.510
BAT score	4.8 (0.7)	4.6 (0.5)	0.777

Data presented as mean (SEM). AES, anxiety expectancy scale; AQ, acrophobia questionnaire; ASI, anxiety sensitivity index; ATHQ, attitude toward heights questionnaire; BAT, behavioral avoidance test; BDI, Beck depression inventory; BMI, body mass index; DES, danger expectancy scale; ITQ, immersive tendencies questionnaire; STAI, state-trait anxiety inventory; SUD, subjective units of discomfort.

Table S4. Skin conductance level measurements (in microsiemens) for the 60-s periods on the floor and the 60-s period on the roof after going up with the elevator during VR at posttreatment

	Placebo group	Cortisol group	Significance, <i>P</i>
SCL for the 60-s periods on the floor posttreatment	5.196 (1.131)	6.060 (0.971)	0.579
SCL for the 60-s period on the roof posttreatment	5.714 (1.156)	6.241 (0.996)	0.740

Data presented as mean (SEM). SCL, skin conductance level.

Table S5. Skin conductance level measurements (in microsiemens) for the 60-s periods on the floor and the 60-s period on the roof after going up with the elevator during VR at follow-up

	Placebo group	Cortisol group	Significance, <i>P</i>
SCL for the 60-s periods on the floor follow-up	4.458 (1.034)	6.419 (0.925)	0.185
SCL for the 60-s period on the roof follow-up	4.957 (1.015)	6.387 (0.907)	0.321

Data presented as mean (SEM). SCL, skin conductance level.