

Multimedia Appendix 3.

Table 1. Study protocol for the experimental group.

Intake session	Introduction of the training	Clinical interview (MINI)	Give STAI Y2, PMS, PSS, COPE and SWLS		Questionnaire about participants' expectations and motivations	Explanation of how to use the PDA and the PMS	
Session I	Physiological assessment	Give STAI Y1 and VAS-A (baseline)	Exposition to stressful virtual environment n1	Give STAI Y1 and VAS-A (after each scenario)	Repeated for all the 7 stressful environments + neutral one + cognitive task	Exposition to a relaxing virtual environment	Final debriefing
Assessment session							
Session II	Preliminary phase	Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A	Physiological assessment	Exposition to stressful virtual environment	Cognitive restructuring	Exposition to a relaxing virtual environment	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session III	Preliminary phase	Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A	Physiological assessment	Exposition to stressful virtual environment	Cognitive restructuring	Biofeedback in virtual reality	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session IV	Preliminary phase	Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A	Physiological assessment	Exposition to stressful virtual environment	Cognitive restructuring	Exposition to a relaxing virtual environment	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session V	Preliminary phase	Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A	Physiological assessment	Exposition to stressful virtual	Cognitive restructuring	Biofeedback in virtual reality	Give STAI Y1 and VAS-A	Delivery of homework and

			environment				debriefing	
Session VI	Preliminary phase		Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A		Physiological assessment	Exposition to stressful virtual environment	Cognitive restructuring	Exposition to a relaxing virtual environment	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session VII	Preliminary phase		Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A		Physiological assessment	Exposition to stressful virtual environment	Cognitive restructuring	Biofeedback in virtual reality	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session VIII	Preliminary phase		Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A		Physiological assessment	Exposition to stressful virtual environment	Cognitive restructuring	Exposition to a relaxing virtual environment	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session IX	Preliminary phase		Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A		Physiological assessment	Exposition to stressful virtual environment	Cognitive restructuring	Biofeedback in virtual reality	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session X	Follow up of questionnaires used in the evaluation phase	Physiological assessment	Give STAI Y1 and VAS-A	Exposition to stressful virtual environment n1	Give STAI Y1 and VAS-A	Repeated for all the 7 stressful environments + neutral one + cognitive task	Final debriefing	
Final session								

Table 2. Study protocol for the control group.

Intake session	Introduction of the training	Clinical interview (MINI)	Give STAI Y2, PMS, PSS, COPE and SWLS	Questionnaire about participants'	Explanation of how to use the diary
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					expectations and motivations		
Session I	Physiological assessment	Give STAI Y1 and VAS-A (baseline)	Guided imagery to stressful environment n1	Give STAI Y1 and VAS-A (after each scenario)	Repeated for all the 7 stressful environments + neutral one + cognitive task	Exposition to a relaxing virtual environment	Final debriefing
Assessment session							
Session II	Preliminary phase	Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A	Physiological assessment	Guided imagery to stressful environment	Cognitive restructuring	Guided imagery to a relaxing environment	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session III	Preliminary phase	Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A	Physiological assessment	Guided imagery to stressful environment	Cognitive restructuring	Guided imagery to a relaxing environment	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session IV	Preliminary phase	Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A	Physiological assessment	Guided imagery to stressful environment	Cognitive restructuring	Guided imagery to a relaxing environment	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session V	Preliminary phase	Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A	Physiological assessment	Guided imagery to stressful environment	Cognitive restructuring	Guided imagery to a relaxing environment	Give STAI Y1 and VAS-A	Delivery of homework and debriefing

Session VI	Preliminary phase		Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A		Physiological assessment	Guided imagery to stressful environment	Cognitive restructuring	Guided imagery to a relaxing environment	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session VII	Preliminary phase		Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A		Physiological assessment	Guided imagery to stressful environment	Cognitive restructuring	Guided imagery to a relaxing environment	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session VIII	Preliminary phase		Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A		Physiological assessment	Guided imagery to stressful environment	Cognitive restructuring	Guided imagery to a relaxing environment	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session IX	Preliminary phase		Pre-training	Training			Post-training	Final phase
Training session	Give STAI Y1 and VAS-A		Physiological assessment	Guided imagery to stressful environment	Cognitive restructuring	Guided imagery to a relaxing environment	Give STAI Y1 and VAS-A	Delivery of homework and debriefing
Session X	Follow up of questionnaires used in the evaluation phase	Physiological assessment	Give STAI Y1 and VAS-A	Guided imagery to stressful environment n 1	Give STAI Y1 and VAS-A	Repeated for all the 7 stressful environments + neutral one + cognitive task	Exposition to a relaxing virtual environment	Final debriefing
Final session								