

Appendix A. Supplementary material

Table A.1. Scenario-specific variables

	Stress induction paradigm		Test statistic	<i>p</i>
	Virtual Reality (VR) (<i>n</i> = 66)	Script-Driven Imagery (SDI) (<i>n</i> = 61)		
Exposure time (Min): <i>M</i> (<i>SD</i>)	5.47 (2.86)	5.04 (2.13)	<i>t</i> (122) = 0.96	.340
Stress intensity of the analogue trauma: <i>M</i> (<i>SD</i>) ^a	5.02 (1.03)	4.71 (1.14)	<i>t</i> (118) = 1.56	.122
Stress intensity of the neutral condition: <i>M</i> (<i>SD</i>) ^a	2.97 (1.39)	3.09 (1.33)	<i>t</i> (118) = 0.48	.635
Motivation to fully participate in the experiment (compliance): <i>M</i> (<i>SD</i>) ^a	5.39 (0.88)	5.34 (0.66)	<i>t</i> (118) = 0.30	.767
Degree of immersion into the situation: <i>M</i> (<i>SD</i>) ^a	4.61 (0.84)	4.78 (0.90)	<i>t</i> (118) = 1.03	.306
Degree of realness: <i>M</i> (<i>SD</i>) ^a	4.61 (0.78)	4.36 (1.12)	<i>t</i> (101) = 1.42	.159
Sense of control: <i>M</i> (<i>SD</i>) ^a	3.60 (1.36)	4.03 (1.18)	<i>t</i> (117) = 1.88	.062
Ability to act: <i>M</i> (<i>SD</i>) ^a	3.90 (1.17)	4.22 (1.22)	<i>t</i> (118) = 1.47	.143
Need to act: <i>M</i> (<i>SD</i>) ^a	5.42 (1.05)	5.59 (0.90)	<i>t</i> (118) = 0.93	.353
Perception of smell of smoke: <i>N</i> (%)	53 (85.5)	51 (87.9)	$\chi^2(1, N = 120) = 0.16$.694
Immersion facilitated by smell of smoke: <i>N</i> (%)	48 (77.4)	43 (74.1)	$\chi^2(1, N = 120) = 0.18$.675
Plausibility of the cover story: <i>N</i> (%)	51 (82.3)	51 (87.9)	$\chi^2(1, N = 120) = 0.76$.384
Avoidance of the situation, <i>N</i> (%)	9 (14.5)	6 (10.3)	$\chi^2(1, N = 120) = 0.48$.490
Attentional control task (correct detail recognition): <i>N</i> (%)	55 (88.7)	55 (93.2)	$\chi^2(1, N = 121) = 0.74$.388

Script-Driven Imagery

Speed of the audio-script perceived as appropriate, <i>N</i> (%)	-	53 (91.4)
Perspective, <i>N</i> (%)		
Analogue trauma		
Bystander/observer	-	6 (10.0)
First-person-perspective	-	54 (90.0)
Neutral condition		
Bystander/observer	-	7 (11.7)
First-person-perspective	-	53 (88.4)
Vividness, <i>M</i> (<i>SD</i>) ^a		
Analogue trauma	-	4.47 (1.08)
Neutral condition	-	4.37 (1.15)

Virtual Reality

Experience playing computer games: <i>M</i> (<i>SD</i>) ^a	1.84 (1.18)	-
IPQ: <i>M</i> (<i>SD</i>) ^b		
Sense of being there	4.40 (1.53)	-
Spatial presence	4.24 (0.86)	-
Involvement	4.08 (0.79)	-
Experienced Realism	4.04 (0.78)	-
Degree of cyber sickness: <i>M</i> (<i>SD</i>) ^a	1.97 (1.32)	-

Note. IPQ = Igroup Presence Questionnaire; if it is not otherwise mentioned it refers to the experience related to the analogue trauma condition, ^a Likert-scale from 1 = *not at all* to 6 = *extreme*; ^b Likert-scale from 0 = *not at all* to 6 = *extreme*

* $p < .05$. ** $p < .01$. *** $p < .001$.