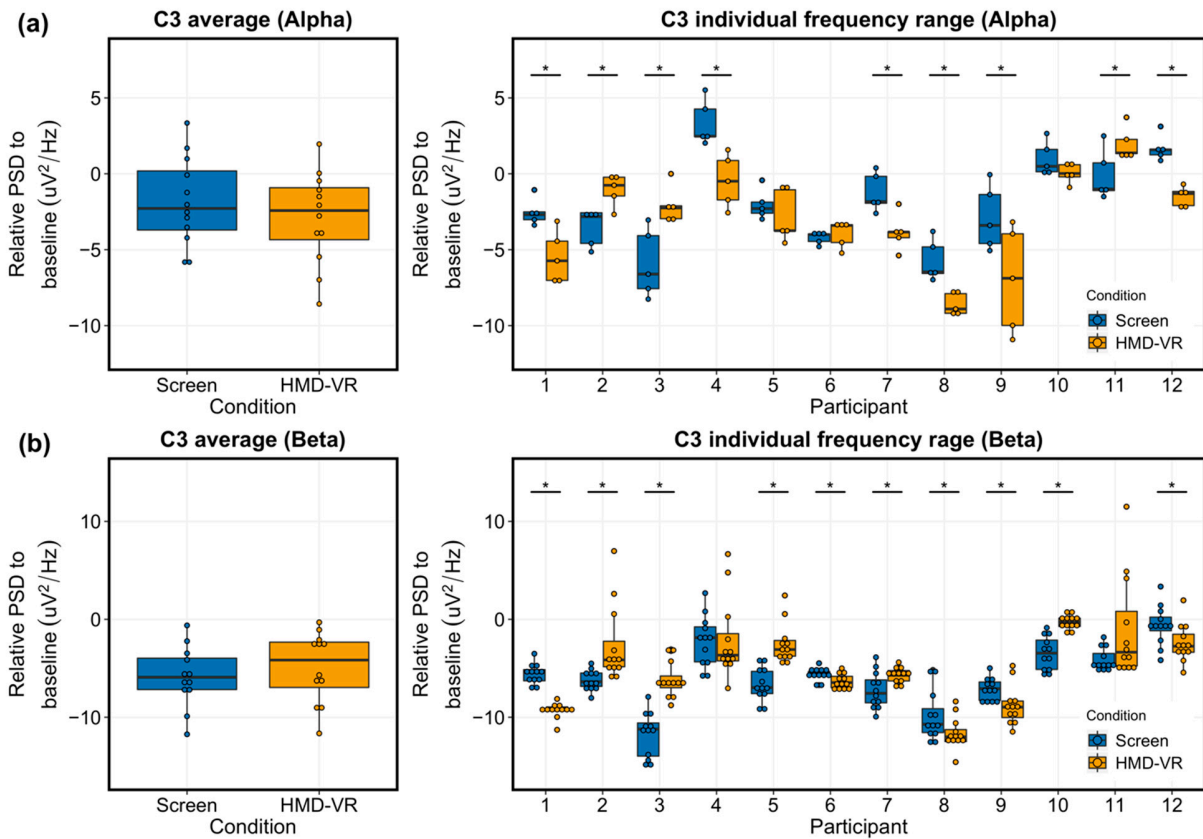
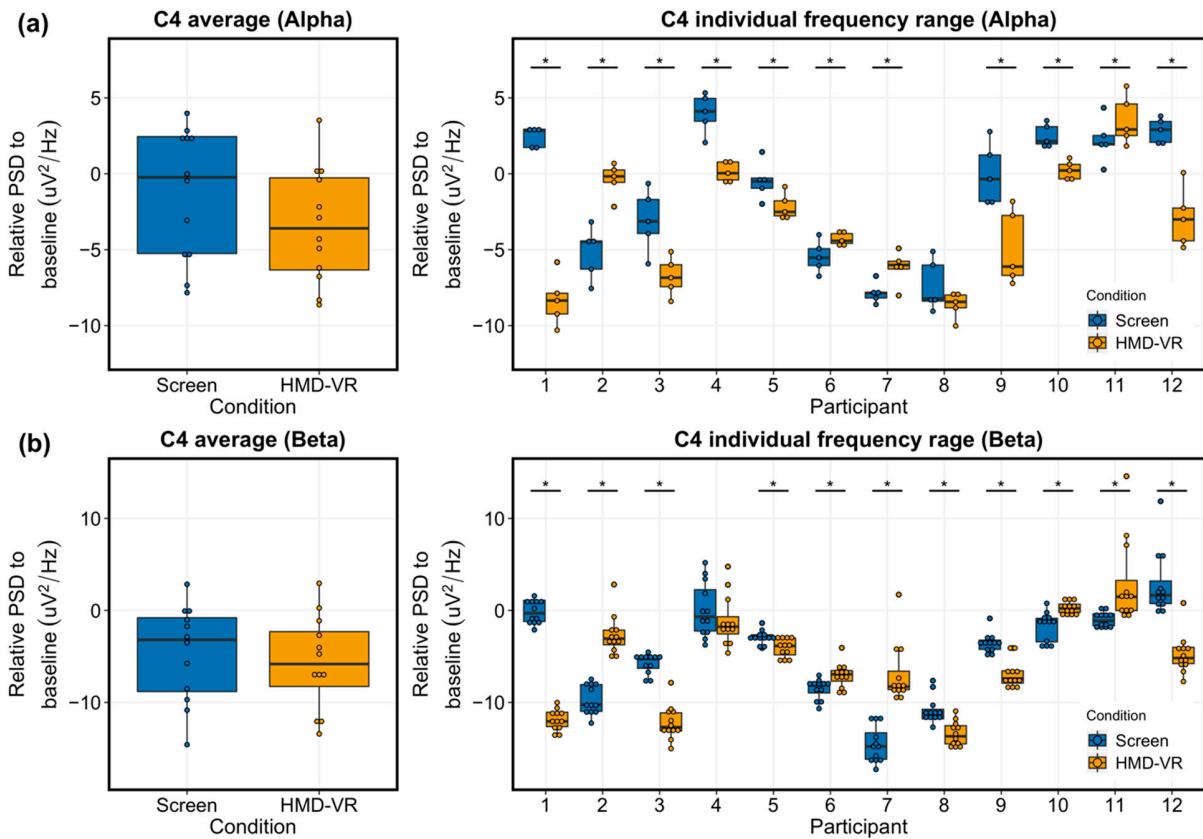


**Table S1.** Mean, SD, and skewness for all variables.

-	Screen Condition			HMD-VR Condition		
	Mean	SD	Skewness	Mean	SD	Skewness
Neurofeedback performance	80.95%	9.1%	-0.27	83.33%	14.9%	-0.32
Time to complete successful trials	4.347 s	1.17 s	0.26	3.996 s	2.41 s	0.07
PSD band (8-24 Hz)	-4.69	2.96	-0.07	-4.32	3.41	-0.48
Alpha band (8-12 Hz)	-1.84	2.90	0.26	-2.89	3.04	-0.37
Beta band (13-24 Hz)	-5.88	3.08	-0.19	-4.92	3.63	-0.46
Nausea	1.59	8.94	0.36	2.39	5.93	-0.15
Oculomotor	9.48	12.15	0.96	9.45	9.76	-0.22
Disorientation	4.64	17.13	2.39	3.48	8.65	2.22
Realism	30.00	6.35	0.41	33.00	6.40	1.07
Possibility to Act	18.17	3.70	-0.57	19.92	4.19	0.21
Quality of Interface	12.83	3.07	0.16	13.42	2.97	-0.32
Possibility to Examine	13.17	2.59	0.17	14.92	2.27	0.45
Self-Evaluation of Performance	10.0	1.95	0.69	11.00	2.13	-0.18
Embodiment	4.68	1.27	1.01	5.4	1.71	0.64
Self Embodiment	5.39	1.17	-0.13	5.43	1.76	0.17
Spatial Embodiment	3.60	2.04	1.23	5.35	2.00	0.29



**Figure S1.** Individual participant EEG activity for C3. (a) Analysis of the relative PSD to baseline of C3 for the alpha band at the group-level (left) and at the individual-level (right). For individual subjects, for relative alpha levels during the task, there were significant differences between Screen and HMD-VR in nine participants. From those, three participants had significantly lower alpha (greater desynchronization) during the Screen condition and six participants had significantly lower alpha (greater desynchronization) during the HMD-VR condition. (b) Analysis of the relative PSD to baseline of C3 for the beta band at the group-level (left) and at the individual-level (right). For individual subjects, for relative beta levels during the task, there were significant differences between Screen and HMD-VR in ten participants. From those, five participants had significantly lower beta during the Screen condition and five participants had significantly lower beta during the HMD-VR condition.



**Figure S2.** Individual participant EEG activity for C4. (a) Analysis of the relative PSD to baseline of C4 for the alpha band at the group-level (left) and at the individual-level (right). There were significant differences between Screen and HMD-VR in eleven participants. From those, four participants had significantly lower alpha during the Screen condition and seven participants had significantly lower alpha during the HMD-VR condition. (b) Analysis of the relative PSD to baseline of C4 for the beta band at the group-level (left) and at the individual-level (right). There were significant differences in the beta band between Screen and HMD-VR in eleven participants. From those, five participants had significantly lower beta during the Screen condition and six participants had significantly lower beta during the HMD-VR condition.