

Supplementary File 1 VR content in the arms

Control	Intervention
Swimming with dolphins	African safari
Hot air balloon ride	Angel falls
New York	Ayers Rock/Ululu
Northern Lights	Disney
Sunrise	Swimming with dolphins
Venice	Egypt
	Elephant & hippos from a boat
	Encounters with wild animals
	Flying a plane
	Hang-gliding
	India
	Maldives
	New York
	New Zealand
	Northern lights
	Opera
	Paris
	Rome
	Sky diving
	Sunrise
	Venice
	Music festival