

	Qualitative	Quantitative
Stress	'... it takes you away from that situation, even if it's only for a few minutes, and it helps to calm when you're feeling anxious, as I think most patients are when they undergo cancer treatment.' Participant 013	DASS-21: Statistically significant reduction in stress levels as measured by the DASS21 from baseline to post-session 3 ($z = -2.138^b$, $p = 0.03$)
Mental well-being	'Very relaxed, very safe for the first one on the beach. It was 11/10. I truly enjoyed even though I was having treatment I enjoyed it. . . Participant 031	WEMWBS: Statistically significant changes to mental well-being from pre- to post-VR session (VR 1 $z = -2.846^b$ $p < 0.01$; VR 2 $z = -2.501^b$ $p < 0.01$; VR 3 $z = -2.492$, $p < 0.01$)
Mood	'...did make me relax and gave me a break from the hustle and bustle of being in a hospital, so, it definitely, I definitely felt sort of calmer after using it...and more relaxed, a bit sort of more optimistic, that was the case.' Participant 026	POMS: Statistically significant increase in total scores after the first session (VR 1) ($z = -2.136$, $p = 0.03$)
Acceptability	' I think that if it was something that I was putting on my head every single day or every other day I think that the positive effect would probably increase even more so.' Participant 017 'But I def think if I had the VR just like, at night, all the lights are off, I'd do VR for like 10 mins, then I'd be able to visualise the place I'd been like, the beach or whatever, and drift off. Participant 019	65%; 60% was deemed a safe option for acceptability purposes

Supplementary table 7 – Data synthesis