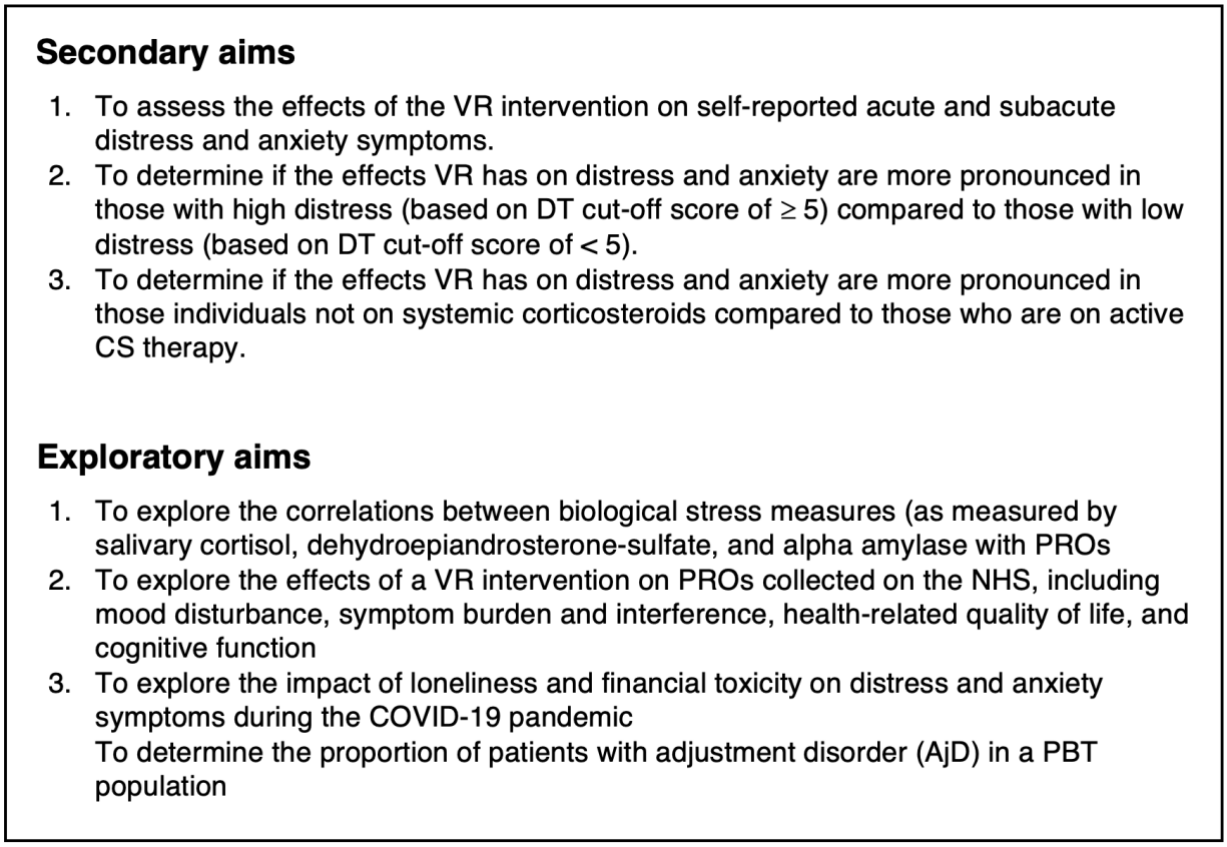
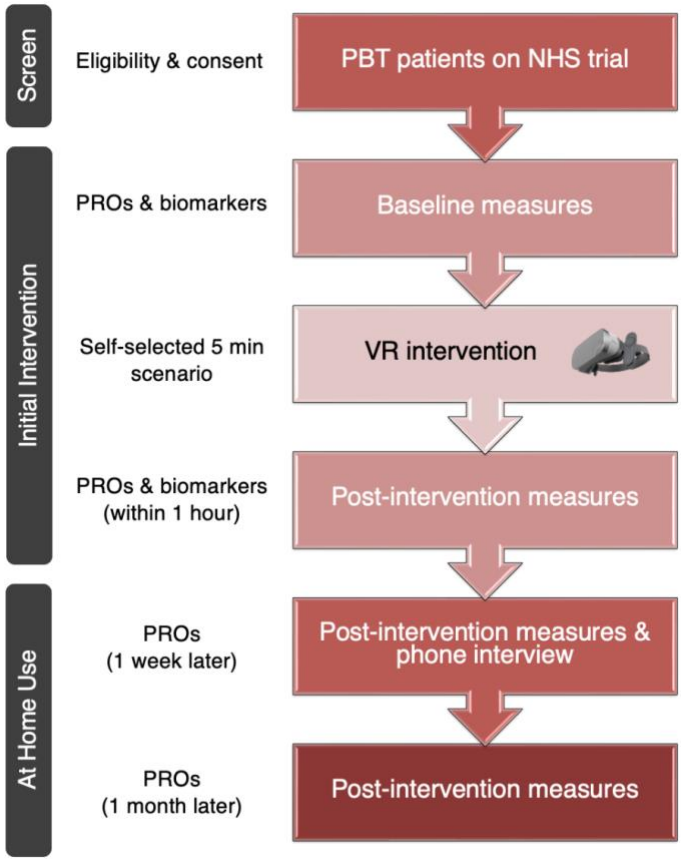


Supplementary Figure 1. Secondary and exploratory aims of the VR trial. Secondary aims of this trial include assessing the effects of the VR intervention on acute (immediately post-intervention) and subacute (1 to 4 weeks post-intervention) distress and anxiety symptoms while determining if baseline distress levels and corticosteroid use have an impact on intervention efficacy. Exploratory aims assess correlations between salivary stress biomarkers



Supplementary Figure 2. Phase 2 trial protocol. Adult PBT patients were recruited from the NOB NHS trial at the NIH. Eligible patients were recruited via email or in clinic and completed baseline PROs and optional salivary stress biomarkers within 2 weeks of their clinical evaluation. Research staff met with patients via telehealth to complete an initial VR intervention where participants self-selected a scenario to complete, followed by post-VR intervention assessments within 1 hour to assess acute effects. Patients then continued VR use at home for the 1 month while on study and repeated post-VR intervention assessments at 1 week and 4

Supplementary Table 1. Responses from Was It Worth It (WIWI) questionnaire

Question	N	Yes (N, %)	No (N, %)
Was it worthwhile for you to participate in the VR intervention?	20	18, 90%	2, 10%
If you had to do it over, would you use VR again?	20	18, 90%	2, 10%
Would you recommend VR to other patients to use before their clinic appointments?	20	19, 95%	1, 5%
Overall, did your quality of life change by using VR?	20	12, 60%	8, 40%