

Additional file 3 – Descriptions and screenshots of virtual environments used in the SoREAL trial.

All identifiable persons depicted are paid actors.

**Environment 1 – Supermarket**

Scene 0. Loop – Standing by the register. The supermarket is empty. [Link to YouTube](#)

Scene 1. 1:00 – Loop of scene 0. Standing in line. A man asks if you would use a ware separator. [Link to YouTube](#)

Scene 2. 1:39 – Loop of scene 0. Intimidating man cuts in line. Person in line is upset. You have forgotten to weigh your vegetables. [Link to YouTube](#)

Scene 3. 1:57 – Loop of scene 0. Your credit card is declined. Person in line is increasingly impatient and upset. [Link to YouTube](#)



Scene 4. 0:50 – Loop of scene 0.

You win a prize for being customer number 1.000.000.

[Link to YouTube](#)

#### **Environment 2 – Presentation**

Scene 0. Loop – Standing in meeting room alone. [Link to YouTube](#)

Scene 1. 2:20 – Loop of scene 0. Meeting preparations with colleague. [Link to YouTube](#)

Scene 2. 3:29 – Loop of scene 0. Contact person arrives. Short conversation. [Link to YouTube](#)

Scene 3. 2:35 – Loop of scene 0. Two important meeting participants arrive. [Link to YouTube](#)



Scene 4. 2:01 – Loop of scene 0.

The rest of the meeting participants arrive. Introductions to the group. [Link to YouTube](#)

Scene 5. 4:02 – Loop of scene 0.

Presentation has technical difficulties. Partner leaves mid-presentation. [Link to YouTube](#)

Scene 6. 2:07 – Loop of scene 0.

Scolding from the boss. [Link to YouTube](#)

**Environment 3 – Cafeteria**

Scene 0. Loop – Sitting by table.

One person sits down nearby.

[Link to YouTube](#)

Scene 1. 3:04 – Loop of scene 0.

Someone small talks near you.

You are asked about parking.

Few people in the room. [Link to](#)

[YouTube](#)

Scene 2. 4:30 – Loop of scene 0.

More small talk. You are asked if

there is room by the table. [Link](#)

[to YouTube](#)

Scene 3. 5:15 – Loop of scene 0.

You are in the middle of a

discussion about art. [Link to](#)

[YouTube](#)

Scene 4. 5:11 – Loop of scene 0.

You are in the middle of a





heated discussion about transgender issues. [Link to YouTube](#)

**Environment 4 – Party**

Scene 0. Loop – Arrived at door. Party audible inside.

Scene 1. 1:19 – Loop of scene 0. Guest arrives. Host opens door and greets guest. [Link to YouTube](#)

Scene 2. Loop – In kitchen with many partygoers. You are offered a shot of an alcoholic beverage. [Link to YouTube](#)

Scene 3. 3:35 – Loop of scene 2. Participate in drinking game in the kitchen. [Link to YouTube](#)

Scene 4. 3:37 – Loop of scene 2. In corner of room. Two guests



have an intimate conversation  
close by. [Link to YouTube](#)

Scene 5. 2:54 – Loop of scene 2.  
On the dancefloor. A circle of  
dancing revelers forms around  
you. [Link to YouTube](#)

#### **Environment 5 – Auditorium**

Scene 0A. Loop. Sitting at a  
lecture. [Link to YouTube](#)

Scene 0B. Loop. Waiting for  
lecture to start. Few other  
people. [Link to YouTube](#)

Scene 1. 1:14 – Loop of scene  
0A. Arrived before class start to  
empty auditorium. [Link to  
YouTube](#)

Scene 2. 0:49 – Loop of scene  
0A. Arrived exactly at the right  
time. Few people in the  
auditorium. [Link to YouTube](#)



Scene 3. 1:02 – Loop of scene

0A. Arrived too late. Professor notes it as you enter.

[Link to YouTube](#)

Scene 4. 1:18 – Loop of scene

0A. Arrived much too late.

Scolded in front of full auditorium by professor.

[Link to YouTube](#)

**Environment 6 – Job interview**

A variety of relevant questions to be posed can be chosen by the patient such as “What are your weaknesses” etc., after the question a “listening loop” is played that allows the patient to talk while the two interviewers appear to listen.



**Environment 7 – Crossing a bridge**

Scene 0A. Loop. Waiting in a highway rest area.

Scene 0B. Loop. Waiting to get picked up in sub-urban area.

Scene 1. 1:38 – Loop of scene 2. Driving in sub-urban area. Picking up other passengers.

Scene 2. Loop. Driving, no conversation.

Scene 3. Loop. Crossing a bridge, no conversation.

Scene 4. 4:25 -- Loop of scene 2. Passenger gets carsick.

Scene 5. 5:27. Car breaks down while crossing bridge.





**Environment 8 - Small  
talking/discussing in a canteen  
in a work setting**

Scene 0. Loop. At the buffet.

Scene 1. 1:00 – Loop of Scene 0.  
Standing in line.


Scene 2. 3:00 – Loop of Scene 0.  
In the middle of the canteen.

Scene 3. Loop. Eating with  
colleagues. Small talk.

Scene 4. 2:00 – Loop of Scene 3.  
Standing by table. Positive  
mood.

Scene 5. 5:40 – Loop of Scene 3  
Eating with colleagues. Negative  
mood.



<p>Scene 6. 2:00 – Loop of Scene 0. Drops tray with food next to table.</p>	
<p><b>Environment 9 - Taking a commercial airplane</b></p> <p>Scene 0. 7:26. Taking a plane, from boarding to landing.</p> <p>It is possible to only play specific segments, e.g. “Turbulence” or “Boarding”.</p>	



**Environment 10 - Being in a crowded shopping center**

Scene 0. Loop. At entrance to mall.

Scene 1. Loop. Inside mall, not crowded.

Scene 2. Loop. Inside mall, crowded.

Scene 4. Loop. Standing in line to toilet. One is out of order.



Environment 11 - Taking an  
elevator

Scene 0. Loop. Waiting for  
elevator.

Scene 1. Loop. Taking the  
elevator alone.

Scene 2. 1:45 – Loop of Scene 1.  
Taking the elevator with other  
people.

Scene 3. 6:30 – Loop of Scene 1.  
Elevator malfunctions with other  
people.

Scene 4. 6:20 – Loop of Scene 1  
Elevator malfunctions with other  
people. You have a panic attack.



Environment 12 - Waiting for-  
and taking the bus

Scene 0. Loop. Waiting for bus.

Scene 1. 0:50 – Loop of Scene  
2A. Bus arrives. Entering bus.

Scene 2A. Loop. In driving bus,  
sitting.

Scene 2B. Loop. In driving bus,  
standing.

Scene 3. 0:50 – Loop of Scene  
2A. Baby driving in bus.

Scene 4. 2:00 – Loop of Scene  
2A. Man speaks loudly on the  
phone next to you.



<p>Scene 5. 3:30 – Loop of Scene 2A. Drunk man enters bus and addresses you.</p> <p>Scene 6. 1:20 – Loop of Scene 2A. Elderly lady asks for your seat. You refuse.</p> <p>Scene 7. 2:00 – Loop of Scene 2A. Baby cries, man speaks loudly on phone and drunk man addresses you.</p>	
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Environment 13 - Leaving your apartment

Scene 0. Loop. In entrance of apartment.

Scene 1. Loop. On apartment staircase outside apartment.

Scene 2. Loop. Standing in the entrance to the apartment building.

Scene 3. Loop. Standing in the street outside apartment.



“—Loop of 0/1/2” indicates that the scene automatically jumps to that loop after finishin

