

Supplementary Table 1. Basic information and raw data of several assessment scores (pre- and post-VR session) for each subject

Subject no.	Gender	Age	Psychiatric diagnosis	Previous experience of VR	K-MADRS		HAM-A		BAI		STAI-state		STAI-trait		SSQ	
					Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
1	Male	21	Panic disorder Major depressive disorder	Yes	36	28	46	28	38	39	63	61	55	55	28	20
2	Male	21	Panic disorder, Bipolar II disorder	No	18	10	19	19	7	7	50	49	44	48	6	4
3	Female	21	Panic disorder, Bipolar II disorder	No	14	20	27	22	13	23	55	61	53	59	3	13
4	Male	20	Panic disorder	No	14	20	27	18	30	17	60	47	59	63	14	5
5	Female	32	Panic disorder	No	14	1	17	1	22	3	43	48	43	43	15	0
6	Male	21	Panic disorder	Yes	41	29	30	29	39	28	36	38	47	38	23	13
7	Male	27	Major depressive disorder	Yes	16	23	31	44	42	48	46	46	53	53	15	9

Pre: Score before VR session (baseline), Post: Score after VR session, K-MADRS: Montgomery-Åsberg Depression Rating Scale Korean version, HAM-A: Hamilton Anxiety Rating scale, BAI: Beck Anxiety Inventory, STAI: State-Trait Anxiety Inventory, SSQ: Simulator sickness questionnaire