

Figures S1 The study flow diagram



CONSORT 2010 Flow Diagram

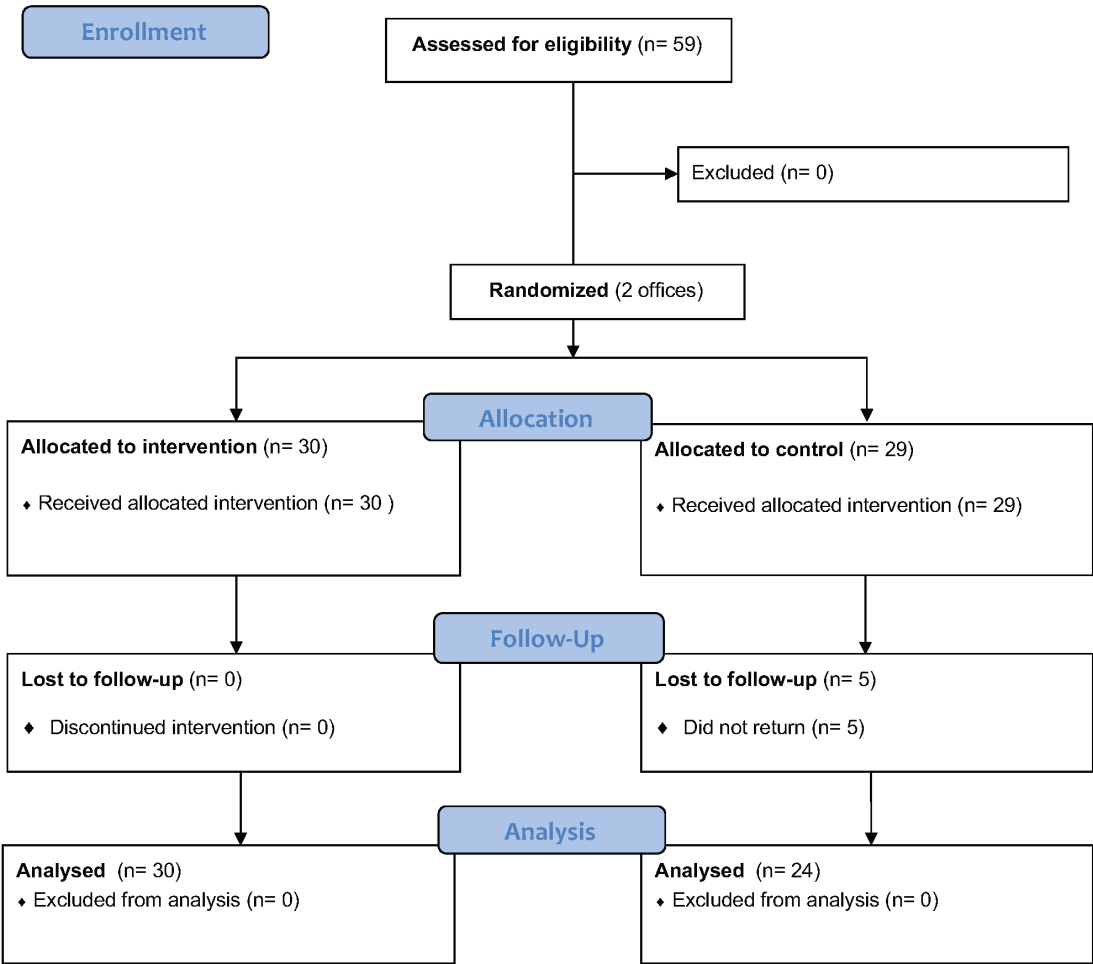


Figure S2 An example of a 360-degree video of virtual natural experiences



Table S1 A correlation matrix of mental health outcomes before and after the intervention

Outcomes	HMD group		SP group	
	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>
Happiness	.740	<.001	.597	.001
Self-rated health	.415	.044	.336	.069
Physical QOL	.768	<.001	.609	<.001
Mental QOL	.702	<.001	.629	<.001
Social QOL	.571	.004	.517	.003
Environmental QOL	.619	.001	.446	.014
Distress	.768	<.001	.730	<.001
Depression	.829	<.001	.544	.002
Anxiety	.694	<.001	.788	<.001
Somatization	.819	<.001	.393	.031