

Supplementary Material

Article Title:

Application of virtual reality in pain management of patients with postherpetic neuralgia: A randomized controlled trial

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Huishi Li, Guohui Wang, Xuesen Su and Wenjie Zhang completed the scheme, data collection and analysis. Yan Li provided equipment support. All authors contributed to the writing of the final manuscript.

Supplemental Table 1. Assessment of pain, anxiety, depression, and self-efficacy at baseline and at T6

Items	Definition/methods
The visual analog scale (VAS)	The scale is composed of a 100mm ruler. At one end of the ruler, “0” represents no pain, and at the other end, “10” represents the most intense pain imaginable. Patients made marks at the corresponding positions on the ruler to represent their current pain intensity. The number corresponding to the marked position was recorded as the pain score. Scores of 1 to 3 are mild pain, 4 to 6 are moderate pain, and 7 to 9 are severe pain. The higher the score, the stronger the degree of pain.
The Self-Rating Anxiety Scale (SAS)	The SAS contains 20 items, each item has four options. The cumulative score of all items is the crude score. After multiplying the crude score by 1.25 and rounding it, the standard score is obtained. The cut-off value of the SAS standard score is 50 points, 50 to 59 points are mild anxiety, 60 to 69 points are moderate anxiety, and above 70 points are severe anxiety. The higher the score, the more severe the anxiety.
The Self-Rating Depression Scale	The SDS contains 20 items, each item has four options. The cumulative score

(SDS)	of all items is the crude score. After multiplying the crude score by 1.25 and rounding it, the standard score is obtained. The cut-off value of the SDS standard score is 53 points, 53 to 62 points are mild depression, 63 to 72 points are moderate depression, and above 73 points are severe depression. The higher the score, the more severe the depression.
The General Self-Efficacy Scale (GSES)	The GSES scale contains 10 items. Each item is scored on a scale of 1 to 4. The total score is between 10 and 40 points. The higher the score, the better the self-efficacy.