

SO | Science
BC | Of
Behavior
Change

Title: Immersive Virtual Reality Assay for target: Regulation of Emotion (Self-Report)

136) Baseline Environment

☐ Mountain ☐ Forest

Directions: Please select the number on the scale that best describes the greatest amount of each emotion you felt at any time during the environment you have just seen.

On this scale, 0 means you did not feel even the slightest bit of the emotion and 8 is the most you have ever felt in your life.

137) Amusement

☐ 0 ☐ 1 ☐ 2 ☐ 3
☐ 4 ☐ 5 ☐ 6 ☐ 7
☐ 8

138) Anger

☐ 0 ☐ 1 ☐ 2 ☐ 3
☐ 4 ☐ 5 ☐ 6 ☐ 7
☐ 8

139) Confusion

☐ 0 ☐ 1 ☐ 2 ☐ 3
☐ 4 ☐ 5 ☐ 6 ☐ 7
☐ 8

140) Contempt

☐ 0 ☐ 1 ☐ 2 ☐ 3
☐ 4 ☐ 5 ☐ 6 ☐ 7
☐ 8

141) Disgust

☐ 0 ☐ 1 ☐ 2 ☐ 3
☐ 4 ☐ 5 ☐ 6 ☐ 7
☐ 8

142) Fear

☐ 0 ☐ 1 ☐ 2 ☐ 3
☐ 4 ☐ 5 ☐ 6 ☐ 7
☐ 8

143) Happiness

☐ 0 ☐ 1 ☐ 2 ☐ 3
☐ 4 ☐ 5 ☐ 6 ☐ 7
☐ 8

144) Pain

☐ 0 ☐ 1 ☐ 2 ☐ 3
☐ 4 ☐ 5 ☐ 6 ☐ 7
☐ 8

145) Relief

☐ 0 ☐ 1 ☐ 2 ☐ 3
☐ 4 ☐ 5 ☐ 6 ☐ 7
☐ 8

146) Sadness

☐ 0 ☐ 1 ☐ 2 ☐ 3
☐ 4 ☐ 5 ☐ 6 ☐ 7
☐ 8

147) Tension

☐ 0 ☐ 1 ☐ 2 ☐ 3
☐ 4 ☐ 5 ☐ 6 ☐ 7
☐ 8

148) Relaxation

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

☐ 7

☐ 8

149) Nausea/Discomfort

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

☐ 7

☐ 8

150) How immersed did you feel in this environment?

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

☐ 7

☐ 8