

SO | Science
BC | Of
Behavior
Change

Title: Immersive Virtual Reality Assay for target: Regulation of Self-Reflection

Type of Measure: Task/Observational

Domain: Self-Regulation

Adult/Child: Adult

Duration (min): 5 minutes

Self-Reflective Assays

Participants start their VR session with five minutes in a task-free environment. All participants viewed the mountain environment at the first visit, and are given their choice of either the mountain or forest environment (Table 1) at every subsequent visit. In order to minimize sensory stimulation and promote self-reflective thought, videos were paused upon loading, providing a 360-degree still image as the self-reflective environment.



Total Solar Eclipse in Svalbard, 2015 (360 Panorama)

https://www.youtube.com/watch?v=scL_bXF7k_Q&list=PLU8wpH_LfhmtvQys2OOCzXcTiiufl5P81



BLM 360: Wildwood Recreation Site, forest clearing (shade)

<https://www.youtube.com/watch?v=2wgd3kWYV10&list=PL124BHoOdTQuQe1RgnlAbyTQfG5LaWAeO&index=14>