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Of
Behavior
Change

Title: Immersive Virtual Reality Assay for target: Regulation of Emotion

Type of Measure: Task
Domain: Emotion Regulation
Adult/Child: Adult
Duration (min): 20 minutes

After completing and providing ratings for the five-minute task-free environment, participants complete four emotional regulation environments. Although the emotional regulation environments are different at each visit, the first two presented are always negative, and the second two are always positive. Environments were selected for equivalent net valence from the negative environments and positive environments based on pilot testing data. Participants received on screen instructions to “Watch” before the first segment of each video, and then “How Strong? (0-8)” upon the conclusion of that segment. After verbally rating the strength of their most prominent emotion, “Decrease” appeared on the screen for negative mood induction environments, and “Increase” for positive ones. Following the second segment, the same rating screen reappeared and participants were asked to rate their most prominent emotion’s strength again. All videos were edited using Adobe Premiere to include instruction and rating screens, as well as to cut out less emotionally poignant sections.



The Nepal Earthquake Aftermath in 360° Virtual Reality - Nepal Quake Project - RYOT VR

<https://www.youtube.com/watch?v=5tasUGQ1898>



The Margins: Border Crossing | RYOT News

<https://www.youtube.com/watch?v=GJGfxfGEa9Y>



Malaekahana Sunrise (360° Video VR)

<https://www.youtube.com/watch?v=-blrUYM-GjU>



ALICE the first Swedish baby goes VR 360 video

<https://www.youtube.com/watch?v=flawfUqDibI>

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