

**Supplementary Table 1 GAD7 questionnaire**

	Baseline	Baseline	One month	One month	Six	Six
<b>GAD7 Questionnaire</b>	<b>VR</b>	<b>Ordinary</b>	<b>VR</b>	<b>Ordinary</b>	<b>month Ordinary</b>	<b>month</b>
	<b>(n = 34, %)</b>	<b>(n = 22, %)</b>	<b>(n = 23, %)</b>	<b>(n = 17, %)</b>	<b>(n = 8, %)</b>	<b>VR</b>
						<b>(n = 5, %)</b>
<b>Feeling nervous, anxious or on edge</b>						
Not at all	22(64.7)	10(45.5)	13(56.5)	8(47.1)	6(75.0)	2(40.0)
Several days	9(26.5)	6(27.3)	8(34.8)	5(29.4)	1(12.5)	2(40.0)
More than half the days	2(5.9)	4(18.2)	2(8.7)	2(11.8)	1(12.5)	1(20.0)
Nearly everyday	1(2.9)	2(9.1)	0(0)	2(11.8)	0(0)	0(0)
<b>Not being able to stop or control worrying</b>						
Not at all	25(73.5)	14(63.6)	15(65.2)	9(52.9)	5(62.5)	3(60.0)
Several days	7(20.6)	4(18.2)	7(30.4)	4(23.5)	1(12.5)	1(20.0)
More than half the days	0(0)	3(13.6)	0(0)	3(17.6)	2(25.0)	1(20.0)
Nearly everyday	2(5.9)	1(4.5)	1(4.3)	1(5.9)	0(0)	0(0)
<b>Worrying too much about different things</b>						
Not at all	22(64.7)	13(59.1)	12(52.2)	7(41.2)	5(62.5)	3(60.0)
Several days	10(29.4)	5(22.7)	10(43.5)	6(35.3)	1(12.5)	1(20.0)
More than half the days	0(0)	2(9.1)	1(4.3)	3(17.6)	2(25.0)	1(20.0)
Nearly everyday	2(5.9)	2(9.1)	0(0)	1(5.9)	0(0)	0(0)
<b>Trouble relaxing</b>						
Not at all	21(61.8)	14(63.6)	13(56.5)	8(47.1)	5(62.5)	3(60.0)
Several days	9(26.5)	5(22.7)	6(26.1)	6(35.3)	1(12.5)	0(0)
More than half the days	3(8.8)	2(9.1)	2(8.7)	1(5.9)	1(12.5)	1(20.0)
Nearly everyday	1(2.9)	1(4.5)	2(8.7)	2(11.8)	1(12.5)	1(20.0)

<b>Being so restless that it is hard to sit still</b>						
Not at all	27(79.4)	15(68.2)	18(78.3)	8(47.1)	5(62.5)	3(60.0)
Several days	5(14.7)	3(13.6)	4(17.4)	5(29.4)	1(12.5)	1(20.0)
More than half the days	1(2.9)	3(13.6)	1(4.3)	3(17.6)	2(25.0)	1(20.0)
Nearly everyday	1(2.9)	1(4.5)	0(0)	1(5.9)	0(0)	0(0)
<b>Becoming easily annoyed or irritable</b>						
Not at all	19(55.9)	12(54.5)	10(43.5)	11(64.7)	5(62.5)	3(60.0)
Several days	13(38.2)	8(36.4)	11(47.8)	4(23.5)	0(0)	1(20.0)
More than half the days	2(5.9)	2(9.1)	2(8.7)	1(5.9)	3(37.5)	1(20.0)
Nearly everyday	0(0)	0(0)	1(3.6)	1(5.9)	0(0)	0(0)
<b>Feeling afraid as if something awful might happen</b>						
Not at all	29(85.3)	15(68.2)	17(73.9)	11(64.7)	5(62.5)	2(40.0)
Several days	3(8.8)	4(18.2)	5(21.7)	4(23.5)	1(12.5)	2(40.0)
More than half the days	1(2.9)	2(9.1)	1(4.3)	1(5.9)	1(12.5)	1(20.0)
Nearly everyday	1(2.9)	1(4.5)	0(0)	1(5.9)	1(12.5)	0(0)

**Supplementary Table 2 GSE questionnaire**

GSE Questionnaire	Baseline VR	Baseline Ordinary	One month VR	One month Ordinary	Six month Ordinary	Six month
<b>I can always manage to solve difficult problems if I try hard enough</b>	(n = 34, %)	(n = 21, %)	(n = 23, %)	(n = 17, %)	(n = 8, %)	VR (n = 5, %)

Not at all true	0(0)	1(4.8)	1(4.3)	0(0)	0(0)	0(0)
Hardly true	1(2.9)	1(4.8)	0(0)	1(5.9)	0(0)	1(20.0)
Moderately true	22(64.7)	15(71.4)	15(65.2)	8(47.1)	5(62.5)	1(20.0)
Exactly true	11(32.4)	4(19.0)	7(30.4)	8(47.1)	3(37.5)	3(60.0)
<b>If someone opposes me, I can find the means and ways to get what I want</b>						
Not at all true	5(14.7)	1(4.8)	2(8.7)	3(17.6)	0(0)	0(0)
Hardly true	7(20.6)	6(28.6)	3(13.0)	5(29.4)	1(12.5)	1(20.0)
Moderately true	17(50.0)	14(66.7)	16(69.6)	9(52.9)	5(62.5)	3(60.0)
Exactly true	5(14.7)	0(0)	2(8.7)	0(0)	2(25.0)	1(20.0)
<b>It is easy for me to stick to my aims and accomplish my goals</b>						
Not at all true	0(0)	0(0)	1(4.3)	1(5.9)	0(0)	0(0)
Hardly true	2(5.9)	1(4.8)	3(13.0)	1(5.9)	0(0)	1(20.0)
Moderately true	24(70.6)	14(66.7)	11(47.8)	10(58.8)	5(62.5)	2(40.0)
Exactly true	8(23.5)	6(28.6)	8(34.8)	5(29.4)	3(37.5)	2(40.0)
<b>I am confident that I could deal efficiently with unexpected events</b>						
Not at all true	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
Hardly true	2(5.9)	0(0)	1(4.3)	2(11.8)	0(0)	1(20.0)
Moderately true	17(50.0)	15(71.4)	17(73.9)	6(35.3)	7(87.5)	1(20.0)
Exactly true	15(44.1)	6(28.6)	5(21.7)	9(52.9)	1(12.5)	3(60.0)
<b>Thanks to my resourcefulness, I know</b>						

<b>how to handle unforeseen situations</b>						
Not at all true	0(0)	0(0)	1(4.3)	0(0)	0(0)	0(0)
Hardly true	1(2.9)	1(4.8)	1(4.3)	2(11.8)	0(0)	1(20.0)
Moderately true	18(52.9)	16(76.2)	17(73.9)	6(35.3)	5(62.5)	1(20.0)
Exactly true	15(44.1)	4(19.0)	5(21.7)	9(52.9)	3(37.5)	3(60.0)
<b>I can solve most problems if I invest the necessary effort</b>						
Not at all true	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
Hardly true	0(0)	1(4.8)	0(0)	1(5.9)	0(0)	1(20.0)
Moderately true	18(52.9)	13(61.9)	17(73.9)	5(29.4)	5(62.5)	1(20.0)
Exactly true	15(44.1)	7(33.3)	6(26.1)	11(64.7)	3(37.5)	3(60.0)
<b>I can remain calm when facing difficulties because I can rely on my coping abilities</b>						
Not at all true	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
Hardly true	1(2.9)	1(4.8)	1(4.3)	1(5.9)	0(0)	1(20.0)
Moderately true	19(55.9)	16(76.2)	13(56.5)	9(52.9)	5(62.5)	2(40.0)
Exactly true	14(41.2)	4(19.0)	9(39.1)	7(41.2)	3(37.5)	2(40.0)
<b>When I am confronted with a problem, I can usually find several solutions</b>						
Not at all true	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
Hardly true	2(5.9)	2(9.5)	1(4.3)	1(5.9)	0(0)	1(20.0)
Moderately true	20(58.8)	16(76.2)	15(65.2)	9(52.9)	5(62.5)	2(40.0)
Exactly true	12(35.3)	3(14.3)	7(30.4)	7(41.2)	3(37.5)	2(40.0)

<b>If I am in trouble, I can usually think of a solution</b>						
Not at all true	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
Hardly true	0(0)	1(4.8)	2(8.7)	1(5.9)	0(0)	1(20.0)
Moderately true	23(67.6)	17(81.0)	13(56.5)	10(58.8)	6(75.0)	2(40.0)
Exactly true	11(32.4)	3(14.3)	8(34.8)	6(35.3)	2(25.0)	2(40.0)
<b>I can usually handle whatever comes my way</b>						
Not at all true	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
Hardly true	1(2.9)	1(4.8)	1(4.3)	1(5.9)	0(0)	1(20.0)
Moderately true	21(61.8)	14(66.7)	14(60.9)	8(47.1)	6(75.0)	2(40.0)
Exactly true	12(35.3)	6(28.6)	8(34.8)	8(47.1)	2(25.0)	2(40.0)

**Supplementary Table 3 Discrimination questionnaire**

	<b>Baseline</b>	<b>Baseline</b>	<b>One month</b>	<b>One month</b>	<b>Six</b>	<b>Six</b>
<b>Discrimination Questionnaire</b>	<b>VR</b>	<b>Ordinary</b>	<b>VR</b>	<b>Ordinary</b>	<b>month Ordinary</b>	<b>month VR</b>
	<b>(n = 34, %)</b>	<b>(n = 21, %)</b>	<b>(n = 23, %)</b>	<b>(n = 17, %)</b>	<b>(n = 8, %)</b>	<b>(n = 5, %)</b>
<b>You are treated with less courtesy than other people</b>						
Almost everyday	0(0)	2(9.5)	0(0)	1(5.9)	1(12.5)	0(0)
At least once a week	3(8.8)	2(9.5)	2(8.7)	1(5.9)	1(12.5)	0(0)
A couple of times a month	5(14.7)	5(23.8)	7(30.4)	4(23.5)	1(12.5)	1(20.0)
A couple of times a year	14(41.2)	7(33.3)	4(17.4)	5(29.4)	2(25.0)	3(60.0)
Less than once a year	3(8.8)	1(4.8)	6(26.1)	1(5.9)	1(12.5)	1(20.0)
Never	9(26.5)	4(19.0)	4(17.4)	5(29.4)	2(25.0)	0(0)
<b>You are treated with less respect than other people</b>						

Almost everyday	0(0)	1(4.8)	0(0)	0(0)	1(12.5)	0(0)
At least once a week	1(2.9)	3(14.3)	1(4.3)	0(0)	1(12.5)	0(0)
A couple of times a month	6(17.6)	2(9.5)	6(26.1)	3(17.6)	1(12.5)	1(20.0)
A couple of times a year	10(29.4)	9(42.9)	6(26.1)	8(47.1)	2(25.0)	2(40.0)
Less than once a year	9(26.5)	3(14.3)	3(13.0)	0(0)	1(12.5)	1(20.0)
Never	8(23.5)	3(14.3)	7(30.4)	6(35.3)	2(25.0)	1(20.0)
<b>You receive worse service than other people in restaurants or stores</b>						
Almost everyday	0(0)	0(0)	0(0)	0(0)	1(12.5)	0(0)
At least once a week	0(0)	1(4.8)	0(0)	0(0)	0(0)	0(0)
A couple of times a month	0(0)	0(0)	2(8.7)	0(0)	0(0)	0(0)
A couple of times a year	4(11.8)	2(9.5)	5(21.7)	3(17.6)	0(0)	0(0)
Less than once a year	8(23.5)	4(19.0)	5(21.7)	3(17.6)	3(37.5)	2(40.0)
Never	22(64.7)	14(66.7)	11(47.8)	11(64.7)	4(50.0)	3(60.0)
<b>People act as though they think you are not intelligent</b>						
Almost everyday	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
At least once a week	0(0)	1(4.8)	1(4.3)	0(0)	1(12.5)	0(0)
A couple of times a month	4(11.8)	0(0)	3(13.0)	1(5.9)	1(12.5)	0(0)
A couple of times a year	11(32.4)	5(23.8)	5(21.7)	5(29.4)	1(12.5)	2(40.0)
Less than once a year	7(20.6)	4(19.0)	5(21.7)	3(17.6)	2(25.0)	2(40.0)
Never	12(35.3)	11(52.4)	9(39.1)	8(47.1)	3(37.5)	1(20.0)
<b>People act as though they are afraid of you</b>						
Almost everyday	0(0)	2(9.5)	0(0)	1(5.9)	0(0)	1(20.0)
At least once a week	0(0)	1(4.8)	1(4.3)	0(0)	1(12.5)	0(0)
A couple of times a month	1(2.9)	2(9.5)	1(4.3)	1(5.9)	0(0)	0(0)
A couple of times a year	6(17.6)	2(9.5)	3(13.0)	3(17.6)	3(37.7)	1(20.0)

Less than once a year	7(20.6)	3(14.3)	8(34.8)	2(11.8)	2(25.0)	2(40.0)
Never	20(58.8)	11(52.4)	10(43.5)	10(58.8)	2(25.0)	1(20.0)
<b>People act as though they think you are dishonest</b>						
Almost everyday	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
At least once a week	0(0)	0(0)	1(4.3)	0(0)	0(0)	0(0)
A couple of times a month	1(2.9)	0(0)	0(0)	0(0)	0(0)	0(0)
A couple of times a year	1(2.9)	1(4.8)	2(8.7)	2(11.8)	1(12.5)	0(0)
Less than once a year	8(23.5)	4(19.0)	8(34.8)	3(17.6)	3(37.5)	0(0)
Never	24(70.6)	16(76.2)	12(52.2)	12(70.6)	4(50.0)	5(100.0)
<b>People act as though they are better than you</b>						
Almost everyday	0(0)	0(0)	0(0)	0(0)	1(12.5)	0(0)
At least once a week	0(0)	0(0)	2(7.1)	0(0)	0(0)	0(0)
A couple of times a month	3(8.8)	4(19.0)	4(14.3)	2(11.8)	2(25.0)	1(20.0)
A couple of times a year	9(26.5)	9(42.9)	9(32.1)	9(52.9)	2(25.0)	2(40.0)
Less than once a year	11(32.4)	6(28.6)	6(21.4)	4(23.5)	1(12.5)	2(40.0)
Never	11(32.4)	2(9.5)	7(25.0)	2(11.8)	2(25.0)	0(0)
<b>They call you names or insult you</b>						
Almost everyday	1(2.9)	3(14.3)	0(0)	1(5.9)	1(12.5)	0(0)
At least once a week	1(2.9)	1(4.8)	1(4.3)	3(17.6)	0(0)	0(0)
A couple of times a month	4(11.8)	2(9.5)	1(4.3)	1(5.9)	0(0)	0(0)
A couple of times a year	2(5.9)	3(14.3)	3(13.0)	5(29.4)	1(12.5)	1(20.0)
Less than once a year	7(20.6)	5(23.8)	6(26.1)	3(17.6)	1(12.5)	0(0)
Never	19(55.9)	7(33.3)	12(52.2)	4(23.5)	5(62.5)	4(80.0)
<b>You are threatened or assaulted</b>						
Almost everyday	0(0)	3(14.3)	0(0)	1(5.9)	1(12.5)	1(20.0)
At least once a week	1(2.9)	3(14.3)	1(4.3)	1(5.9)	0(0)	0(0)
A couple of times a month	4(11.8)	4(19.0)	1(4.3)	4(23.5)	0(0)	0(0)

A couple of times a year	5(14.7)	3(14.3)	4(17.4)	3(17.6)	0(0)	1(20.0)
Less than once a year	5(14.7)	3(14.3)	5(21.7)	4(23.5)	3(37.5)	1(20.0)
Never	19(55.9)	5(23.8)	12(52.2)	4(23.5)	4(50.0)	2(40.0)

**Supplementary Table 4 BAT12 questionnaire**

	Baseline	Baseline	One month	One month	Six	Six
BAT12 Questionnaire	VR (n = 34, %)	Ordinary (n = 21, %)	VR (n = 23, %)	Ordinary (n = 16, %)	month Ordinary (n = 8, %)	month VR (n = 5, %)
<b>At work, I feel mentally exhausted</b>						
Never	1(2.9)	1(4.8)	0(0)	1(6.2)	0(0)	0(0)
Rarely	5(14.7)	4(19.0)	4(17.4)	4(25.0)	1(12.5)	1(20.0)
Sometimes	19(55.9)	11(52.4)	11(47.8)	5(31.2)	6(75.0)	3(60.0)
Often	7(20.6)	5(23.8)	6(26.1)	5(31.2)	0(0)	1(20.0)
Always	2(5.9)	0(0)	2(8.7)	1(6.2)	1(12.5)	0(0)
<b>After a day at work, I find it hard to recover my energy</b>						
Never	3(8.8)	4(19.0)	0(0)	3(18.8)	1(12.5)	2(40.0)
Rarely	14(41.2)	2(9.5)	7(30.4)	1(6.2)	1(12.5)	0(0)
Sometimes	7(20.6)	10(47.6)	9(39.1)	6(37.5)	5(62.5)	1(20.0)
Often	9(26.5)	5(23.8)	3(13.0)	4(25.0)	1(12.5)	1(20.0)
Always	1(2.9)	0(0)	4(17.4)	2(12.5)	0(0)	1(20.0)
<b>At work, I feel physically exhausted</b>						
Never	0(0)	4(19.0)	1(4.3)	2(12.5)	0(0)	0(0)
Rarely	12(35.3)	4(19.0)	5(21.7)	4(25.0)	1(12.5)	3(60.0)
Sometimes	13(38.2)	9(42.9)	10(43.5)	4(25.0)	6(75.0)	1(20.0)
Often	8(23.5)	4(19.0)	6(26.1)	5(31.2)	0(0)	1(20.0)
Always	1(2.9)	0(0)	1(4.3)	1(6.2)	1(12.5)	0(0)
<b>I struggle to find any enthusiasm for my work</b>						
Never	10(29.4)	4(19.0)	3(13.0)	4(25.0)	0(0)	3(60.0)
Rarely	10(29.4)	8(38.1)	9(39.1)	8(50.0)	6(75.0)	0(0)
Sometimes	11(32.4)	7(33.3)	6(26.1)	3(18.8)	2(25.0)	2(40.0)
Often	3(8.8)	1(4.8)	5(21.7)	0(0)	0(0)	0(0)
Always	0(0)	1(4.8)	0(0)	1(6.2)	0(0)	0(0)
<b>I feel a strong aversion</b>						



<b>towards my job</b>						
Never	16(47.1)	7(33.3)	9(39.1)	6(37.5)	1(12.5)	2(40.0)
Rarely	12(35.3)	11(52.4)	7(30.4)	6(37.5)	5(62.5)	1(20.0)
Sometimes	5(14.7)	3(14.3)	6(26.1)	3(18.8)	2(25.0)	1(20.0)
Often	1(2.9)	0(0)	1(4.3)	1(6.2)	0(0)	0(0)
Always	0(0)	0(0)	0(0)	0(0)	0(0)	1(20.0)
<b>I'm cynical about what my work means to others</b>						
Never	7(20.6)	5(23.8)	4(17.4)	4(25.0)	1(12.5)	0(0)
Rarely	12(35.3)	7(33.3)	4(17.4)	3(18.8)	2(25.0)	2(40.0)
Sometimes	10(29.4)	7(33.3)	12(52.2)	5(31.2)	4(50.0)	1(20.0)
Often	3(8.8)	2(9.5)	3(13.0)	4(25.0)	1(12.5)	1(20.0)
Always	2(5.9)	0(0)	0(0)	0(0)	0(0)	1(20.0)
<b>At work, I have trouble staying focused</b>						
Never	8(23.5)	7(33.3)	4(17.4)	4(25.0)	1(12.5)	2(40.0)
Rarely	15(44.1)	9(42.9)	8(34.8)	7(43.8)	0(0)	0(0)
Sometimes	7(20.6)	4(19.0)	7(30.4)	5(31.2)	7(87.5)	3(60.0)
Often	3(8.8)	1(4.8)	4(17.4)	0(0)	0(0)	0(0)
Always	1(2.9)	0(0)	0(0)	0(0)	0(0)	0(0)
<b>When I'm working, I have trouble concentrating</b>						
Never	8(23.5)	6(28.6)	3(13.0)	4(25.0)	1(12.5)	2(40.0)
Rarely	14(41.2)	10(47.6)	9(39.1)	8(50.0)	2(25.0)	0(0)
Sometimes	9(26.5)	3(14.3)	8(34.8)	4(25.0)	5(62.5)	3(60.0)
Often	2(5.9)	2(9.5)	3(13.0)	0(0)	0(0)	0(0)
Always	1(2.9)	0(0)	0(0)	0(0)	0(0)	0(0)
<b>I make mistakes in my work because I have my mind on other things</b>						
Never	9(26.5)	11(52.4)	9(39.1)	8(50.0)	1(12.5)	2(40.0)
Rarely	19(55.9)	6(28.6)	11(47.8)	5(31.2)	5(62.5)	2(40.0)
Sometimes	6(17.6)	4(19.0)	3(52.2)	2(12.5)	2(25.0)	1(20.0)
Often	0(0)	0(0)	0(0)	1(6.2)	0(0)	0(0)
Always	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
<b>At work, I feel unable to control my emotions</b>						
Never	9(26.5)	7(33.3)	8(34.8)	8(50.0)	4(50.0)	2(40.0)
Rarely	16(47.1)	12(57.1)	8(34.8)	5(31.2)	3(37.5)	1(20.0)
Sometimes	8(23.5)	2(9.5)	6(26.1)	2(12.5)	1(12.5)	2(40.0)

Often	0(0)	0(0)	1(4.3)	1(6.2)	0(0)	0(0)
Always	1(2.9)	0(0)	0(0)	0(0)	0(0)	0(0)
<b>I do not recognise myself in the way I react emotionally at work</b>						
Never	13(38.2)	15(71.4)	9(39.1)	9(56.2)	3(37.5)	3(60.0)
Rarely	15(44.1)	4(19.0)	9(39.1)	5(31.2)	3(37.5)	1(20.0)
Sometimes	5(14.7)	2(9.5)	3(13.0)	2(12.5)	2(25.0)	0(0)
Often	1(2.9)	0(0)	2(8.7)	0(0)	0(0)	1(20.0)
Always	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
<b>At work, I might overreact unintentionally</b>						
Never	13(38.2)	5(23.8)	7(30.4)	2(12.5)	4(50.0)	1(20.0)
Rarely	15(44.1)	10(47.6)	11(47.8)	12(75.0)	3(37.5)	3(60.0)
Sometimes	6(17.6)	6(28.6)	5(21.7)	2(12.5)	1(12.5)	0(0)
Often	0(0)	0(0)	0(0)	0(0)	0(0)	1(20.0)
Always	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
<b>Thinking back from this moment, over the past 24 hours, how many hours have you worked in your job</b>						
0-7	11(32.4)	11(52.4)	7(30.4)	4(25.0)	3(37.5)	0(0)
>7-9	1(2.9)	3(14.3)	4(17.4)	3(18.8)	1(12.5)	0(0)
>9-11	0(0)	2(9.5)	3(13.0)	2(12.5)	0(0)	3(60.0)
>11-13	7(20.6)	2(9.5)	5(21.7)	0(0)	1(12.5)	1(20.0)
>13	15(44.1)	3(14.3)	4(17.4)	7(43.8)	3(37.5)	1(20.0)
<b>On your last full day of work before today, how many hours did you work in your job</b>						
Up to 7	13(38.2)	15(71.4)	9(39.1)	9(56.2)	1(12.5)	0(0)
>7-9	15(44.1)	4(19.0)	9(39.1)	5(31.2)	1(12.5)	3(60.0)
>9-11	5(14.7)	2(9.5)	3(13.0)	2(12.5)	1(12.5)	0(0)
>11-13	1(2.9)	0(0)	2(8.7)	0(0)	4(50.0)	0(0)
>13	0(0)	0(0)	0(0)	0(0)	1(12.5)	2(40.0)
<b>Was this a typical length for your working day</b>						
Yes	28(82.4)	19(90.5)	18(78.3)	16(100)	7(87.5)	5(100)

No	6(17.6)	2(9.5)	5(21.7)	0(0)	1(12.5)	0(0)
<b>In the last seven days, including today, how many days have you worked in your job</b>					(n = 7) <sup>1</sup>	
0-3	15(44.1)	4(19.0)	8(34.8)	4(25.0)	3(42.9)	4(80.0)
4	11(32.4)	9(42.9)	13(56.5)	8(50.0)	4(57.1)	1(20.0)
5	6(17.6)	6(28.6)	2(8.7)	4(25.0)	0(0)	0(0)
6	2(5.9)	2(9.5)	0(0)	0(0)	0(0)	0(0)
7	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
<b>How often do you think about leaving your current profession or occupation</b>						
Never	14(41.2)	11(52.4)	7(30.4)	7(43.8)	5(62.5)	1(20.0)
Several times a year	9(26.5)	7(33.3)	9(39.1)	6(37.5)	1(12.5)	0(0)
Several times a month	7(20.6)	0(0)	6(26.1)	1(6.2)	2(25.0)	2(40.0)
Several times a week	4(11.8)	2(9.5)	1(4.3)	1(6.2)	0(0)	2(40.0)
Everyday	0(0)	1(4.8)	0(0)	1(6.2)	0(0)	0(0)
<b>I am actively seeking employment outside my current profession/occupation</b>						
Strongly disagree	9(26.5)	11(52.4)	9(39.1)	7(43.8)	2(25.0)	4(80.0)
Disagree	18(52.9)	6(28.6)	6(26.1)	5(31.2)	3(37.5)	0(0)
Neither agree nor disagree	4(11.8)	1(4.8)	6(26.1)	1(6.2)	2(25.0)	0(0)
Agree	2(5.9)	3(14.3)	1(4.3)	2(12.5)	0(0)	0(0)
Strongly agree	1(2.9)	0(0)	1(4.3)	1(6.2)	1(12.5)	1(20.0)

1 There is a missing value.

**Supplementary Table 5 Compassion to others questionnaire**

	Baseline	Baseline	One month	One month	Six	Six
<b>Compassion to others</b>	<b>VR</b> (n = 34, %)	<b>Ordinary</b> (n = 21, %)	<b>VR</b> (n = 23, %)	<b>Ordinary</b> (n = 16, %)	<b>month Ordinary</b> (n = 7, %)	<b>month VR</b> (n = 5, %)
<b>I am motivated to engage</b>						

<b>and work with my distress when it arises</b>						
Never	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
2	1(2.9)	0(0)	0(0)	1(6.2)	0(0)	0(0)
3	1(2.9)	1(4.8)	2(8.7)	0(0)	0(0)	0(0)
4	1(2.9)	0(0)	0(0)	0(0)	0(0)	0(0)
5	4(11.8)	0(0)	4(17.4)	1(6.2)	1(14.3)	1(20.0)
6	4(11.8)	3(14.3)	3(13.0)	2(12.5)	0(0)	0(0)
7	4(11.8)	2(9.5)	2(8.7)	2(12.5)	2(28.6)	1(20.0)
8	5(14.7)	7(33.3)	4(17.4)	5(31.2)	1(14.3)	1(20.0)
9	7(20.6)	5(23.8)	6(26.1)	0(0)	2(28.6)	2(40.0)
Always	7(20.6)	3(14.3)	2(8.7)	5(31.2)	1(14.3)	0(0)
<b>I notice, and am sensitive to my distressed feelings when they arise in me</b>						
Never						
2	1(2.9)	0(0)	1(4.3)	0(0)	0(0)	1(20.0)
3	3(8.8)	1(4.8)	0(0)	0(0)	0(0)	0(0)
4	3(8.8)	0(0)	1(4.3)	2(12.5)	1(14.3)	0(0)
5	1(2.9)	0(0)	0(0)	1(6.2)	0(0)	0(0)
6	2(5.9)	0(0)	2(8.7)	0(0)	0(0)	1(20.0)
7	2(5.9)	2(9.5)	3(13.0)	3(18.8)	1(14.3)	0(0)
8	2(5.9)	1(4.8)	5(21.7)	2(12.5)	1(14.3)	2(40.0)
9	8(23.5)	5(23.8)	4(17.4)	4(25.0)	2(28.6)	0(0)
Always	7(20.6)	7(33.3)	5(21.7)	2(12.5)	1(14.3)	1(20.0)
	5(14.7)	5(23.8)	2(8.7)	2(12.5)	1(14.3)	0(0)
<b>I avoid thinking about my distress and try to distract myself and put it out of my mind</b>						
Never	0(0)	0(0)	1(4.3)	0(0)	0(0)	0(0)
2	1(2.9)	1(4.8)	0(0)	0(0)	0(0)	0(0)
3	4(11.8)	2(9.5)	1(4.3)	3(18.8)	2(28.6)	1(20.0)
4	0(0)	2(9.5)	2(8.7)	1(6.2)	0(0)	0(0)
5	4(11.8)	2(9.5)	3(13.0)	0(0)	0(0)	1(20.0)
6	3(8.8)	0(0)	1(4.3)	1(6.2)	0(0)	1(20.0)
7	6(17.6)	2(9.5)	4(17.4)	2(12.5)	1(14.3)	0(0)
8	5(14.7)	0(0)	3(13.0)	1(6.2)	0(0)	0(0)
9	6(17.6)	6(28.6)	4(17.4)	3(18.8)	3(42.9)	0(0)
Always	5(14.7)	6(28.6)	4(17.4)	5(31.2)	1(14.3)	2(40.0)

<b>I am emotionally moved by my distressed feelings or situations</b>						
Never						
2	3(8.8)	2(9.5)	1(4.3)	2(12.5)	1(14.3)	1(20.0)
3	4(11.8)	0(0)	2(8.7)	2(12.5)	0(0)	0(0)
4	5(14.7)	3(14.3)	3(13.0)	1(6.2)	1(14.3)	0(0)
5	3(8.8)	2(9.5)	0(0)	1(6.2)	1(14.3)	1(20.0)
6	1(2.9)	2(9.5)	6(26.1)	2(12.5)	0(0)	1(20.0)
7	5(14.7)	4(19.0)	6(26.1)	2(12.5)	1(14.3)	0(0)
8	4(11.8)	1(4.8)	3(13.0)	3(18.8)	1(14.3)	0(0)
9	1(2.9)	5(23.8)	1(4.3)	1(6.2)	0(0)	1(20.0)
Always	6(17.6)	0(0)	1(4.3)	2(12.5)	2(28.6)	1(20.0)
	2(5.9)	2(9.5)	0(0)	0(0)	0(0)	0(0)
<b>I tolerate the various feelings that are part of my distress</b>						
Never	0(0)	0(0)	0(0)	1(6.2)	0(0)	0(0)
2	1(2.9)	0(0)	1(4.3)	0(0)	0(0)	0(0)
3	1(2.9)	1(4.8)	0(0)	1(6.2)	0(0)	1(20.0)
4	0(0)	0(0)	1(4.3)	2(12.5)	0(0)	0(0)
5	5(14.7)	3(14.3)	2(8.7)	1(6.2)	0(0)	1(20.0)
6	4(11.8)	1(4.8)	2(8.7)	3(18.8)	0(0)	0(0)
7	6(17.6)	6(28.6)	7(30.4)	2(12.5)	2(28.6)	0(0)
8	6(17.6)	5(23.8)	2(8.7)	2(12.5)	2(28.6)	1(20.0)
9	5(14.7)	3(14.3)	7(30.4)	2(12.5)	1(14.3)	0(0)
Always	6(17.6)	2(9.5)	1(4.3)	2(12.5)	2(28.6)	2(40.0)
<b>I reflect on and make sense of other people's distress</b>						
Never	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
2	1(2.9)	0(0)	0(0)	0(0)	0(0)	0(0)
3	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
4	0(0)	0(0)	1(4.3)	0(0)	0(0)	0(0)
5	0(0)	0(0)	0(0)	0(0)	0(0)	1(20.0)
6	1(2.9)	3(14.3)	2(8.7)	2(12.5)	0(0)	0(0)
7	7(20.6)	1(4.8)	4(17.4)	1(6.2)	2(28.6)	1(20.0)
8	8(23.5)	3(14.3)	6(26.1)	4(25.0)	1(14.3)	1(20.0)
9	11(32.4)	8(38.1)	7(30.4)	4(25.0)	2(28.6)	0(0)
Always	6(17.6)	6(28.6)	3(13.0)	5(31.2)	2(28.6)	2(40.0)
<b>I do not tolerate other peoples' distress</b>						
Never	13(38.2)	5(23.8)	5(21.7)	8(50.0)	2(28.6)	0(0)

(n = 4)<sup>1</sup>



2	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
3	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
4	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
5	1(2.9)	0(0)	1(4.3)	1(6.2)	0(0)	0(0)
6	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
7	3(8.8)	2(9.5)	4(17.4)	2(12.5)	0(0)	1(20.0)
8	11(32.4)	2(9.5)	4(17.4)	0(0)	3(42.9)	0(0)
9	6(17.6)	7(33.3)	7(30.4)	7(43.8)	2(28.6)	2(40.0)
Always	13(38.2)	10(47.6)	7(30.4)	6(37.5)	2(28.6)	2(40.0)
<b>I don't know how to help other people when they are distressed</b>						
Never	9(26.5)	6(28.6)	4(17.4)	6(37.5)	2(28.6)	2(40.0)
2	10(29.4)	7(33.3)	6(26.1)	4(25.0)	1(14.3)	0(0)
3	9(26.5)	3(14.3)	3(13.0)	5(31.2)	0(0)	0(0)
4	3(8.8)	2(9.5)	4(17.4)	0(0)	1(14.3)	1(20.0)
5	1(2.9)	0(0)	4(17.4)	0(0)	0(0)	1(20.0)
6	0(0)	2(9.5)	0(0)	0(0)	0(0)	0(0)
7	0(0)	1(4.8)	1(4.3)	1(6.2)	0(0)	0(0)
8	2(5.9)	0(0)	1(4.3)	0(0)	1(14.3)	0(0)
9	0(0)	0(0)	0(0)	0(0)	1(14.3)	1(20.0)
Always	0(0)	0(0)	0(0)	0(0)	1(14.3)	0(0)
<b>I take the actions and do the things that will be helpful to others</b>						
Never	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
2	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
3	1(2.9)	1(4.8)	0(0)	0(0)	0(0)	0(0)
4	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
5	2(5.9)	1(4.8)	2(8.7)	1(6.2)	0(0)	1(20.0)
6	0(0)	0(0)	1(4.3)	0(0)	0(0)	0(0)
7	4(11.8)	1(4.8)	5(21.7)	1(6.2)	0(0)	0(0)
8	5(14.7)	4(19.0)	5(21.7)	0(0)	3(42.9)	0(0)
9	13(38.2)	6(28.6)	2(8.7)	5(31.2)	3(42.9)	2(40.0)
Always	9(26.5)	8(38.1)	8(34.8)	9(56.2)	1(14.3)	2(40.0)
<b>I express feelings of support, helpfulness and encouragement to others</b>						
Never	1(2.9)	0(0)	0(0)	0(0)	0(0)	0(0)
2	0(0)	1(4.8)	0(0)	0(0)	0(0)	0(0)
3	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)

4	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
5	1(2.9)	0(0)	1(4.3)	0(0)	0(0)	0(0)
6	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
7	2(5.9)	0(0)	4(17.4)	1(6.2)	0(0)	0(0)
8	4(11.8)	2(9.5)	5(21.7)	0(0)	2(28.6)	1(20.0)
9	8(23.5)	7(33.3)	4(17.4)	5(31.2)	2(28.6)	2(40.0)
Always	18(52.9)	11(52.4)	9(39.1)	10(62.5)	3(42.9)	2(40.0)

1 There is a missing value.

**Supplementary Table 6 Compassion from others questionnaire**

	Baseline	Baseline	One	One	Six	Six
Compassion to others	VR	Ordinary	month	One month	Six	Six
	(n = 34, %)	(n = 21, %)	VR	Ordinary	month	month
			(n = 23, %) <sup>1</sup>	(n = 16, %)	(n = 7, %)	VR
					Ordinary	(n = 5, %)
<b>Other people are actively motivated to engage and work with my distress when it arises</b>						
Never	0(0)	2(9.5)	2(8.7)	0(0)	0(0)	0(0)
2	2(5.9)	0(0)	0(0)	2(12.5)	0(0)	0(0)
3	1(2.9)	1(4.8)	1(4.3)	0(0)	0(0)	1(20.0)
4	1(2.9)	1(4.8)	1(4.3)	1(6.2)	0(0)	0(0)
5	6(17.6)	2(9.5)	3(13.0)	2(12.5)	1(14.3)	1(20.0)
6	4(11.8)	2(9.5)	5(21.7)	2(12.5)	0(0)	0(0)
7	3(8.8)	2(9.5)	6(26.1)	1(6.2)	2(28.6)	1(20.0)
8	6(17.6)	4(19.0)	3(13.0)	0(0)	1(14.3)	1(20.0)
9	3(8.8)	2(9.5)	2(8.7)	3(18.8)	2(28.6)	1(20.0)
Always	8(23.5)	5(23.8)	0(0)	5(31.2)	1(14.3)	0(0)
<b>Others notice and are sensitive to my distressed feelings when they arise in me</b>						



Never	2(5.9)	1(4.8)	0(0)	1(6.2)	0(0)	0(0)
2	2(5.9)	1(4.8)	1(4.3)	0(0)	0(0)	0(0)
3	3(8.8)	4(19.0)	2(8.7)	3(18.8)	1(14.3)	1(20.0)
4	0(0)	1(4.8)	2(8.7)	0(0)	0(0)	0(0)
5	3(8.8)	0(0)	3(13.0)	3(18.8)	0(0)	0(0)
6	3(8.8)	0(0)	2(8.7)	0(0)	1(14.3)	0(0)
7	8(23.5)	3(14.3)	5(21.7)	1(6.2)	1(14.3)	1(20.0)
8	4(11.8)	5(23.8)	6(26.1)	1(6.2)	2(28.6)	2(40.0)
9	7(20.6)	1(4.8)	2(8.7)	1(6.2)	1(14.3)	0(0)
Always	2(5.9)	5(23.8)	0(0)	6(37.5)	1(14.3)	1(20.0)
<b>Others avoid thinking about my distress, try to</b>						
<b>distract themselves and put it out of their mind</b>						
Never	6(17.6)	4(19.0)	1(4.3)	5(31.2)	0(0)	0(0)
2	9(26.5)	3(14.3)	6(26.1)	2(12.5)	0(0)	1(20.0)
3	3(8.8)	5(23.8)	3(13.0)	1(6.2)	2(28.6)	2(40.0)
4	3(8.8)	1(4.8)	3(13.0)	3(18.8)	0(0)	0(0)
5	3(8.8)	1(4.8)	3(13.0)	3(18.8)	0(0)	0(0)
6	1(2.9)	1(4.8)	3(13.0)	0(0)	0(0)	0(0)
7	4(11.8)	0(0)	2(8.7)	0(0)	1(14.3)	0(0)
8	3(8.8)	4(19.0)	0(0)	2(12.5)	0(0)	2(40.0)
9	0(0)	1(4.8)	0(0)	0(0)	3(42.9)	0(0)
Always	2(5.9)	1(4.8)	0(0)	0(0)	1(14.3)	0(0)
<b>Others are emotionally moved by my distressed feelings</b>						
Never	4(11.8)	2(9.5)	3(13.0)	1(6.2)	1(14.3)	0(0)
2	4(11.8)	0(0)	2(8.7)	1(6.2)	0(0)	0(0)
3	5(14.7)	4(19.0)	1(4.3)	0(0)	1(14.3)	1(20.0)
4	2(5.9)	2(9.5)	3(13.0)	0(0)	1(14.3)	1(20.0)
5	6(17.6)	1(4.8)	6(26.1)	5(31.2)	0(0)	0(0)
6	3(8.8)	1(4.8)	4(17.4)	1(6.2)	1(14.3)	1(20.0)
7	1(2.9)	3(14.3)	2(8.7)	0(0)	1(14.3)	0(0)
8	7(20.6)	4(19.0)	1(4.3)	5(31.2)	0(0)	1(20.0)
9	1(2.9)	1(4.8)	1(4.3)	3(18.8)	2(28.6)	1(20.0)
Always	1(2.9)	3(14.3)	0(0)	0(0)	0(0)	0(0)

<b>Others tolerate my various feelings that are part of my distress</b>						
Never	2(5.9)	1(4.8)	1(4.3)	0(0)	0(0)	0(0)
2	2(5.9)	0(0)	0(0)	0(0)	0(0)	0(0)
3	5(14.7)	3(14.3)	1(4.3)	2(12.5)	0(0)	0(0)
4	2(5.9)	1(4.8)	2(8.7)	1(6.2)	0(0)	0(0)
5	4(11.8)	1(4.8)	6(26.1)	2(12.5)	0(0)	2(40.0)
6	3(8.8)	3(14.3)	4(17.4)	0(0)	0(0)	0(0)
7	6(17.6)	4(19.0)	5(21.7)	3(18.8)	2(28.6)	0(0)
8	4(11.8)	2(9.5)	3(13.0)	2(12.5)	2(28.6)	2(40.0)
9	4(11.8)	3(14.3)	1(4.3)	3(18.8)	1(14.3)	0(0)
Always	2(5.9)	3(14.3)	0(0)	3(18.8)	2(28.6)	1(20.0)
<b>Others reflect on and make sense of my feelings of distress</b>						
Never	2(5.9)	1(4.8)	1(4.3)	0(0)	0(0)	0(0)
2	2(5.9)	2(9.5)	0(0)	0(0)	0(0)	0(0)
3	2(5.9)	2(9.5)	1(4.3)	2(12.5)	0(0)	1(20.0)
4	2(5.9)	2(9.5)	2(8.7)	1(6.2)	0(0)	0(0)
5	3(8.8)	1(4.8)	6(26.1)	2(12.5)	0(0)	0(0)
6	2(5.9)	3(14.3)	4(17.4)	0(0)	0(0)	0(0)
7	5(14.7)	4(19.0)	5(21.7)	3(18.8)	2(28.6)	0(0)
8	5(14.7)	2(9.5)	3(13.0)	2(12.5)	1(14.3)	2(40.0)
9	6(17.6)	3(14.3)	1(4.3)	3(18.8)	2(28.6)	1(20.0)
Always	5(14.7)	3(14.3)	0(0)	3(18.8)	2(28.6)	1(20.0)
<b>Others do not tolerate my distress</b>						
Never	9(26.5)	5(23.8)	3(13.0)	5(31.2)	2(28.6)	0(0)
2	9(26.5)	7(33.3)	6(26.1)	2(12.5)	1(14.3)	1(20.0)
3	6(17.6)	3(14.3)	3(13.0)	2(12.5)	1(14.3)	0(0)
4	2(5.9)	1(4.8)	1(4.3)	2(12.5)	0(0)	0(0)
5	3(8.8)	0(0)	6(26.1)	1(6.2)	0(0)	2(40.0)
6	1(2.9)	1(4.8)	1(4.3)	0(0)	0(0)	0(0)
7	2(5.9)	0(0)	3(13.0)	1(6.2)	1(14.3)	0(0)
8	1(2.9)	2(9.5)	0(0)	1(6.2)	0(0)	2(40.0)
9	1(2.9)	2(9.5)	0(0)	2(12.5)	1(14.3)	0(0)
Always	0(0)	0(0)	0(0)	0(0)	1(14.3)	0(0)

**Others are accepting, non-critical and non-judgemental of my feelings of distress**

Never	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
2	3(8.8)	2(9.5)	1(4.3)	1(6.2)	0(0)	0(0)
3	1(2.9)	2(9.5)	1(4.3)	0(0)	0(0)	1(20.0)
4	3(8.8)	0(0)	1(4.3)	1(6.2)	0(0)	1(20.0)
5	4(11.8)	1(4.8)	8(34.8)	2(12.5)	1(14.3)	0(0)
6	1(2.9)	2(9.5)	4(17.4)	0(0)	0(0)	0(0)
7	3(8.8)	1(4.8)	1(4.3)	2(12.5)	1(14.3)	1(20.0)
8	5(14.7)	6(28.6)	2(8.7)	2(12.5)	2(28.6)	1(20.0)
9	6(17.6)	5(23.8)	3(13.0)	3(18.8)	1(14.3)	1(20.0)
Always	8(23.5)	2(9.5)	2(8.7)	5(31.2)	2(28.6)	0(0)

**Others direct their attention to what is likely to be helpful to me**

Never	0(0)	1(4.8)	0(0)	0(0)	0(0)	0(0)
2	1(2.9)	0(0)	1(4.5)	1(6.2)	0(0)	0(0)
3	0(0)	2(9.5)	0(0)	0(0)	0(0)	1(20.0)
4	3(8.8)	1(4.8)	0(0)	1(6.2)	0(0)	0(0)
5	2(5.9)	1(4.8)	6(27.3)	1(6.2)	0(0)	0(0)
6	2(5.9)	1(4.8)	4(18.2)	2(12.5)	0(0)	1(20.0)
7	5(14.7)	3(14.3)	2(9.1)	0(0)	1(14.3)	0(0)
8	7(20.6)	4(19.0)	2(9.1)	2(12.5)	4(57.1)	0(0)
9	7(20.6)	3(14.3)	6(27.3)	5(31.2)	0(0)	3(60.0)
Always	7(20.6)	5(23.8)	1(4.5)	4(25.0)	2(28.6)	0(0)

**Others think about and come up with helpful ways for me to cope with my distress**

Never	0(0)	1(4.8)	0(0)	0(0)	0(0)	0(0)
2	1(2.9)	0(0)	1(4.5)	2(12.5)	0(0)	1(20.0)
3	1(2.9)	2(9.5)	0(0)	0(0)	0(0)	0(0)
4	3(8.8)	2(9.5)	0(0)	0(0)	0(0)	0(0)
5	3(8.8)	1(4.8)	6(27.3)	2(12.5)	0(0)	0(0)

6	0(0)	1(4.8)	5(22.7)	0(0)	0(0)	2(40.0)
7	3(8.8)	4(19.0)	1(4.5)	0(0)	0(0)	0(0)
8	9(26.5)	1(4.8)	4(18.2)	2(12.5)	3(42.9)	0(0)
9	5(14.7)	4(19.0)	3(13.6)	6(37.5)	2(28.6)	2(40.0)
Always	9(26.5)	5(23.8)	2(9.1)	4(25.0)	2(28.6)	0(0)
<b>Others don't know how to help me when I am distressed</b>						
Never	8(23.5)	2(9.5)	2(9.1)	1(6.2)	2(28.6)	0(0)
2	4(11.8)	2(9.5)	4(18.2)	6(37.5)	1(14.3)	1(20.0)
3	4(11.8)	5(23.8)	5(22.7)	3(18.8)	0(0)	0(0)
4	2(5.9)	2(9.5)	1(4.5)	1(6.2)	1(14.3)	1(20.0)
5	7(20.6)	3(14.3)	6(27.3)	2(12.5)	0(0)	0(0)
6	0(0)	0(0)	1(4.5)	0(0)	0(0)	1(20.0)
7	4(11.8)	4(19.0)	2(9.1)	0(0)	0(0)	0(0)
8	3(8.8)	1(4.8)	1(4.5)	0(0)	1(14.3)	1(20.0)
9	2(5.9)	1(4.8)	0(0)	6(37.5)	1(14.3)	1(20.0)
Always	0(0)	1(4.8)	0(0)	5(31.2)	1(14.3)	0(0)
<b>Others take the actions and do the things that will be helpful to me</b>						
Never	1(2.9)	0(0)	0(0)	0(0)	0(0)	0(0)
2	2(5.9)	1(4.8)	0(0)	2(12.5)	0(0)	1(20.0)
3	0(0)	3(14.3)	0(0)	1(6.2)	0(0)	0(0)
4	1(2.9)	1(4.8)	0(0)	0(0)	0(0)	0(0)
5	5(14.7)	1(4.8)	7(31.8)	2(12.5)	0(0)	0(0)
6	2(5.9)	0(0)	3(13.6)	0(0)	0(0)	1(20.0)
7	3(8.8)	6(28.6)	2(9.1)	0(0)	0(0)	0(0)
8	9(26.5)	2(9.5)	5(22.7)	0(0)	3(42.9)	0(0)
9	3(8.8)	4(19.0)	4(18.2)	6(37.5)	3(42.9)	2(40.0)
Always	8(23.5)	3(14.3)	1(4.5)	5(31.2)	1(14.3)	1(20.0)
<b>Others treat me with feelings of support, helpfulness and encouragement</b>						
Never	0(0)	0(0)	0(0)	0(0)	0(0)	0(0)
2	0(0)	3(14.3)	0(0)	2(12.5)	0(0)	1(20.0)

3	0(0)	1(4.8)	0(0)	0(0)	0(0)	0(0)
4	2(5.9)	0(0)	1(4.5)	0(0)	0(0)	0(0)
5	2(5.9)	2(9.5)	5(22.7)	3(18.8)	0(0)	0(0)
6	2(5.9)	0(0)	4(18.2)	0(0)	0(0)	1(20.0)
7	3(8.8)	2(9.5)	2(9.1)	0(0)	0(0)	0(0)
8	10(29.4)	4(19.0)	3(13.6)	1(6.2)	2(28.6)	0(0)
9	6(17.6)	1(4.8)	4(18.2)	4(25.0)	2(28.6)	2(40.0)
Always	9(26.5)	8(38.1)	3(13.6)	6(37.5)	3(42.9)	1(20.0)

1 From the ninth question, the sample size becomes 22 due to one missing value.