Article

Virtual Reality Nature Exposure and Test Anxiety

Alison O’Meara \*, Marica Cassarino, Aaron Bolger and Annalisa Setti

Supplementary File 1

High Anxiety Recruitment Email

Dear student,

My name is Alison O Meara and I am a final year Applied Psychology student. I am looking for ways to help students who experience test anxiety. Symptoms of test anxiety include self-doubt, feelings of inadequacy and hopelessness as well as headaches, shortness of breath and nausea before taking a test/exam.

I am looking to recruit students who feel that they experience high levels of text anxiety but are not involved in any current therapeutic or clinical treatment for it. Even if you do not experience all the symptoms above but you feel that exam anxiety impacts on your performance, you can take part in my study, which is based on using virtual reality to distract participants from their anxiety.

If you are interested in my study, which will last approximately 30 minutes, please follow the link provided below in which you will be provided with an information sheet that will explain everything prior to completing a short demographics and connection to nature survey.

If you would like to ask any questions regarding to participation in this study, please contact me at 117323401@umail.ucc.ie

Thank you in advance for your time,

Alison O Meara

3rd Year Applied Psychology

Low Anxiety Recruitment Email

Dear student,

My name is Alison O Meara and I am a final year Applied Psychology student. I am looking for ways to help students who experience test anxiety. Symptoms of test anxiety include self-doubt, feelings of inadequacy and hopelessness as well as headaches, shortness of breath and nausea before taking a test/exam.

I am looking to recruit students who feel that they experience low levels of text anxiety to compare with those who have high anxiety. If you feel that you are only moderately anxious before exams and the anxiety, generally speaking does not impact on your performance , please get in touch with me.

If you are interested in my study, which will last approximately 30 minutes, please follow the link provided below in which you will be provided with an information sheet that will explain everything prior to completing a short demographics and connection to nature survey.

If you would like to ask any questions regarding to participation in this study, please contact me at [117323401@umail.ucc.ie](mailto:117323401@umail.ucc.ie)

Thank you in advance for your time,

Alison O Meara

3rd Year Applied Psychology

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