Article

Virtual Reality Nature Exposure and Test Anxiety

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Supplementary File 4: Participant Demographics

**Table S1.** Means and Standard Deviations for Participant Demographics.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variable** | **High Anxiety** | | **Low Anxiety** | |
|  | **M** | **SD** | **M** | **SD** |
| Age | 20.50 | 1.36 | 20.30 | 0.92 |
| Years in Higher Education | 2.55 | 0.89 | 2.75 | 0.71 |
| NCI | 59.15 | 22.12 | 47.75 | 24.33 |

1 *Note: ‘*Years of Ed’ is representative of how many years participants have attended third-level education. ‘NCI’ denotes Nature Connection Index.

**Table S2.** Percentages for Participant Demographics.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variable** | **VR Prior** | | **Living** | |
|  | **Yes** | **No** | **Urban** | **Rural** |
| High Anxiety | 45 | 55 | 70 | 30 |
| Low Anxiety | 50 | 50 | 40 | 60 |

2 *Note:* ‘VR Prior’ denotes whether participants had used VR before this study. ‘Living’ denotes whether participants live in a mostly urban or mostly rural environment.

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