

**Multimedia File S3.** Reasons for studies exclusion.

Excluded	Reason for exclusion
Abdullah et al. [36]	No undergraduate students (30 twelve-year-old students).
Aguinaga-Ontoso et al. [37]	It is a Congress paper.
Allcoat et al. [38]	No mental health undergraduate students (25 undergraduate students, training related to solar-power panel efficiency).
Antoniou et al. [39]	No mental health undergraduate students (2 resident cardiologists, training related to emergency cases in cardiology).
Baños et al. [40]	No undergraduate students.
Bellamy et al. [41]	Outcomes not provided about undergraduate students training using AR in health simulation.
Bi et al. [42]	No undergraduate students (Irish postgraduate business school students).
Birt et al. [43]	No mental health education students (1st year physiology and anatomy students).
Chen et al. [44]	No mental health education students (3rd year nursing students, training related to health assessment).
Cochrane et al. [45]	No mental health undergraduate students (paramedic students a 360° overview of a critical care scenario).
Cochrane et al. [46]	No mental health undergraduate students (paramedic students).
Collins & Ditzel. [47]	No mental health education students (3rd year nursing students, training related to clinical reasoning skills).
Denholm et al. [48]	No mental health undergraduate students (741 students of master's degree in project management).
Frost et al. [49]	No mental health education students (undergraduates nursing students, training related to enhance clinical judgement).
Habak et al. [50]	No mental health undergraduate students (patients identified as reporting a mental health diagnosis)
Kang et al. [51]	No mental health undergraduate students (training related to earthquake topic).
Lertbumroongchai et al. [52]	No mental health undergraduate students (In-depth interview was conducted with 21 experts).
Martinez-Cerda et al. [53]	No mental health undergraduate students (computer-supported collaborative learning).
Rushton et al. [54]	No mental health undergraduate students (36 nursing students trained related to basic life support-BLS- skills).
Sonntag & Bodensiek. [55]	No mental health undergraduate students (45 science, technology, engineering, and mathematics students, trained in electrical circuit).
Stretton et al. [56]	Systematic review not including mental health undergraduate students.
Tang et al. [57]	No mental health undergraduate students, trained related to learning design subjects).
Taylor & Soneji. [58]	No results provided (narrative review). No mental health undergraduate students.
Usmani et al. [59]	Narrative review addressing Metaverse for treatment of mental health disorders.