

Supplementary material S1: Baseline characteristics of participants in the VR and control groups

Characteristics	VR group, (n=58)	Control group, a(n=59)	P-value
Gender			0.521 ¹
Male	33(28.2%)	37(31.6%)	
Female	25(21.4%)	22(18.8%)	
Age, years			0.922 ¹
<60	27(23.1%)	28(23.9%)	
≥60	31(26.5%)	31(26.5%)	
Marital status			0.644 ¹
Unmarried	28(23.9%)	31(26.5%)	
Married	30(25.6%)	28(23.9%)	
Education level			0.311 ¹
None	9(7.7%)	11(9.4%)	
Primary	22(18.8%)	16(13.7%)	
High	20(17.1%)	18(15.4%)	
University	7(6.0%)	14(12.0%)	
Final diagnosis			0.654 ²
Normal	42(35.9%)	46(39.3%)	
Polyps	4(3.4%)	4(3.4%)	
Hemorrhoids	8(6.8%)	4(3.4%)	
IBD	1(0.9%)	3(2.6%)	
Neoplasia	1(0.9%)	0(0%)	
Diverticular disease	2(1.7%)	2(1.7%)	
Previous abdominal surgery			0.712 ¹
Yes	14(12.0%)	16(13.7%)	
No	44(37.6%)	43(36.8%)	
Previous colonoscopy			0.791 ¹
Yes	16(13.7%)	15(12.8%)	
No	42(35.9%)	44(37.6%)	
Habitual use of anxiolytic or antidepressant drugs			0.980 ²
Yes	4(3.4%)	4(3.4%)	
No	54(46.2%)	55(47.0%)	
Anxiety score			0.056 ³
Normal	44(37.6%)	35(29.9%)	
Mild	10(8.5%)	16(13.7%)	
Moderate	4(3.4%)	7(6.0%)	
Severe	0(0%)	1(0.9%)	
Extremely Severe	0(0%)	0(0%)	

IBD: inflammatory bowel disease, VR: virtual reality

1 Chi-square test.

2 Fisher's Exact test.

3 Mann-Whitney U test.