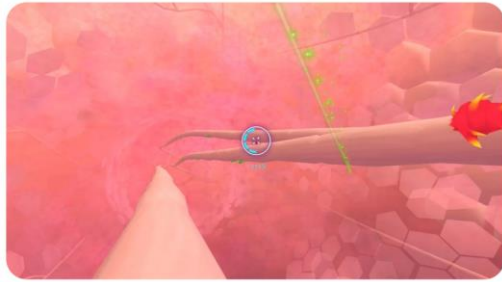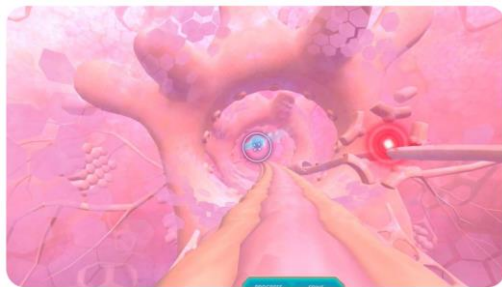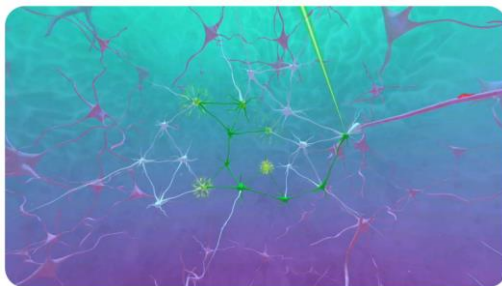**Appendix A.** Illustrations and descriptions of the modules in the psychological VR application.*

Nerves: Hypnotherapy-based, interactive game in which players have to shoot the threatening stimuli visualised as red monsters racing over nerves.
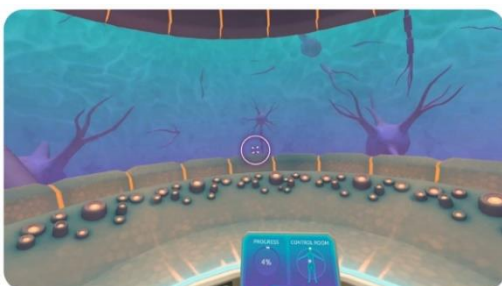

Spinal cord: Mindfulness-based, interactive game in which players have to collect positive neurotransmitters and focus on their respiration rate to turn portals from red into green.

Brain: Interactive game based on ACT and EMDR principles. Players have to switch attention between the pain and the game, helping them to decrease the experienced pain.

Alarm centre: Interactive game in which patients have to shoot red threatening stimuli into green positive stimuli in order to open their control centre.

Control room: passive CBT- and mindfulness based game in which patients focus on recognizing and restructuring negative thoughts and connecting with their bodies.

* Reducept Game - Play-through Demonstration - YouTube