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| **Supplement Table Comparison of changes of ESAS-r levels between VR methods** |
| **Session** | **Var** | **VR Only** | **VR+NF** | **Pt/Pw\*** |
| **Mean ± Std** | **Median (Min, Max)** | **Mean ± Std** | **Median (Min, Max)** |
| 1 | Anxiety | -0.80 ± 2.01 | -1.0 (-4, 4) | -1.50 ± 1.99 | -1.0 (-5, 1) | 0.354 / 0.567 |
| Appetite | -2.13 ± 2.64 | -2.0 (-8, 2) | -0.21 ± 1.48 | 0.0 (-3, 2) | **0.024 / 0.034** |
| Breath | -0.80 ± 1.52 | -1.0 (-4, 3) | -0.23 ± 0.93 | 0.0 (-3, 1) | 0.252 / 0.063 |
| Depression | -0.93 ± 1.44 | -1.0 (-3, 2) | -1.31 ± 2.63 | -1.0 (-7, 4) | 0.638 / 0.779 |
| Drowsiness | -0.80 ± 1.90 | -1.0 (-4, 3) | -0.21 ± 1.67 | 0.0 (-4, 2) | 0.387 / 0.295 |
| Nausea | -1.13 ± 1.51 | -1.0 (-5, 0) | -1.14 ± 1.61 | -0.5 (-4, 1) | 0.987 / 0.945 |
| Pain | -1.87 ± 2.03 | -1.0 (-7, 0) | -1.64 ± 1.74 | -1.5 (-5, 1) | 0.753 / 1.000 |
| Tiredness | -1.27 ± 1.83 | -1.0 (-4, 2) | -0.93 ± 1.73 | -1.0 (-4, 3) | 0.614 / 0.758 |
| Wellbeing | -0.60 ± 1.76 | 0.0 (-3, 2) | -1.00 ± 2.15 | -0.5 (-6, 2) | 0.587 / 0.725 |
| 2 | Anxiety | -0.30 ± 0.48 | 0.0 (-1, 0) | -0.90 ± 1.29 | -0.5 (-4, 0) | 0.184 / 0.292 |
| Appetite | -0.70 ± 1.16 | -0.5 (-3, 1) | -0.90 ± 2.23 | -0.5 (-5, 3) | 0.804 / 0.938 |
| Breath | -0.50 ± 0.71 | 0.0 (-2, 0) | -0.60 ± 1.26 | 0.0 (-4, 0) | 0.830 / 0.757 |
| Depression | -1.10 ± 1.10 | -1.0 (-3, 0) | -0.80 ± 1.48 | 0.0 (-4, 0) | 0.613 / 0.372 |
| Drowsiness | -1.30 ± 1.89 | -0.5 (-5, 1) | -0.50 ± 2.32 | 0.0 (-6, 2) | 0.409 / 0.345 |
| Nausea | -1.20 ± 2.39 | 0.0 (-7, 0) | -0.80 ± 1.23 | 0.0 (-3, 0) | 0.644 / 0.895 |
| Pain | -1.30 ± 1.06 | -1.5 (-3, 0) | -0.89 ± 1.62 | -1.0 (-3, 2) | 0.516 / 0.619 |
| Tiredness | -1.00 ± 1.56 | -1.0 (-3, 1) | -0.80 ± 1.69 | 0.0 (-4, 1) | 0.786 / 0.818 |
| Wellbeing | 0.22 ± 1.30 | 1.0 (-2, 2) | -0.60 ± 1.65 | 0.0 (-3, 2) | 0.247 / 0.275 |
| \* Pt and Pw indicate p-values were obtained from mixed effect model and Wilcoxon Rank Sum tests respectively. |