**Supplementary Table 1|** Interaction with the avatar and virtual scene

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| **Subset of questions from the Presence Questionnaire42** |
| I | 1 | How much were you able to control the avatar (your virtual image)? |
|  | 2 | How responsive was the avatar to your movements? |
|  | 3 | How quickly did you adjust to the virtual environment experience? |
|  | 4 | How proficient in moving and interacting with the virtual environment did you feel at the end of the experience? |
|  | 5 | To what extent did the movements of the avatar seem natural to you? |
|  | 6 | How well could you examine the details of the avatar? |
| D | 1 | How much delay did you experience between your actions and the response of the system? |
|  | 2 | How much did the visual display quality interfere or distract you from performing assigned tasks or required activities? |
|  | 3 | How much did the control devices interfere with the performance of assigned tasks or with other activities? |

*I: immersion, D: distraction; scoring: 0 = no immersion/distraction, 7 = high immersion/distraction*