

Multimedia Appendix 2. Modifications made to bWell-D tasks after end-user feedback

| | Suggested changes | | | | |
|---|------------------------------|------------|-------------|---------------------------|------------------------------|
| | Multisensorial / multidomain | Ecological | Challenging | Use at home / ease of use | Target mood / hot cognitions |
| Tutorial and general interface | | | | | |
| • Patient preferences menu allows user to choose between practice with a tutorial or performing the task | | | | X | |
| • Clinical preferences menu for user to configure a given task (e.g., difficulty levels, presence of distractors) | | | | X | |
| • Inclusion of bridging exercises post VR session: ask patients to reflect on how they think the tasks may apply to their personal context | | X | | | |
| • VR program can be delivered on headsets that are tethered (ex: HTC Vive Pro) or standalone (e.g., Pico Neo 3 Eye, suited for use at home) | | | | X | |
| Egg | | | | | |
| • Choice in environment: office vs park | | X | | | |
| • Addition of realistic (office-related) targets | | X | | | |
| • In game information displayed to user as a wrist menu (e.g., score, game mode, current target) | | | | X | |
| • Ambient distractors: <ul style="list-style-type: none"> ○ Visual: Computer screens, co-workers, distractor eggs ○ Audio: Phone ring/people talking/buzzing sound ○ Co-workers engaging in distracting and emotionally charged conversation | X | | X | | X |
| • Pre-set variant of task: version where user follows auditory, rather than visually presented instructions | X | | | | |
| • Adaptive difficulty progression modified to include visual, audio and tactile elements | X | | X | | |
| • Pre-set difficulty progression: simple to more complex real-world “mini-tasks” (e.g., find new target, go to target location, press button sequence to obtain bonus points) | | X | X | | |
| Lab | | | | | |
| • Supervisor present, observing and providing audio feedback on performance | | X | | X | X |
| • Supervisor can give distracting/non-relevant comments or negative feedback | | | | | X |
| • Addition of distractor beakers and target colours | | X | X | | |
| • Pre-set variant of task: version where user follows auditory, rather than visually presented instructions | X | X | | | |
| • New component in pre-set difficulty progression: integration of a secondary “mini” task where users must first mix colours to obtain required colour (mixing chart provided). | | X | X | | |
| Mole | | | | | |
| • Visual graphics signal score streak to user | | | | X | |
| • Smiling / frowning moles, to test for bias for negative stimuli | | | | | X |

- Pre-set variant of task: version designed to require additional physical effort (side moles and directional hits) X X
- Pre-set variant of task: version that includes frustrating elements (multiple hits moles) X

Theater

- Choice in environment: theater vs classroom X
- Presence of teacher in front and audience members seated behind user X X
- Version of task where user follows auditory, rather than visual presentation X
- Inclusion of distractor objects (non-target shapes) X
- Instructor seated in view and writing notes, whispers as distraction X

Tent (additional activity, included from bWell platform core battery of exercises)

- Immersion in nature with self-guided exploration and duration. Breathing guide provided as an in-scene sphere that shrinks and grows. X
 - Choice in environment: the nature scene and accompanying music can be changed according to user preference by flipping through a catalogue. X
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