

Appendix 2. Included Studies

1. Fehlmann B, Mueller FD, Wang N, Ibach MK, Schlitt T, Bentz D., et al. Virtual reality gaze exposure treatment reduces state anxiety during public speaking in individuals with public speaking anxiety: a randomized controlled trial. *Journal of Affective Disorders Reports*. 2023;14:100627. <https://doi.org/10.1016/j.jadr.2023.100627>
2. Chard I, Van Zalk N, Picinali L. Virtual reality exposure therapy for reducing social anxiety in stuttering: a randomized controlled pilot trial. *Frontiers in Digital Health*. 2023;5:1061323. <https://doi.org/10.3389/fdgth.2023.1061323>
3. Kim MK, Eom H, Kwon JH, Kyeong S, Kim JJ. Neural effects of a short-term virtual reality self-training program to reduce social anxiety. *Psychological Medicine*, 2022;52(7):1296-1305. <https://doi.org/10.1017/S0033291720003098>
4. Kim H, Kim BH, Kim MK, Eom H, Kim JJ. Alteration of resting-state functional connectivity network properties in patients with social anxiety disorder after virtual reality-based self-training. *Frontiers in Psychiatry*. 2022;13:959696. <https://doi.org/10.3389/fpsy.2022.959696>
5. Zainal NH, Chan WW, Saxena AP, Taylor CB, Newman MG. Pilot randomized trial of self-guided virtual reality exposure therapy for social anxiety disorder. *Behaviour Research and Therap*. 2021;147:103984. <https://doi.org/10.1016/j.brat.2021.103984>
6. Reeves R, Elliott A, Curran D, Dyer K, Hanna D. 360 Video virtual reality exposure therapy for public speaking anxiety: a randomized controlled trial. *Journal of Anxiety Disorders*. 2021;83:102451. <https://doi.org/10.1016/j.janxdis.2021.102451>