**Table 1. Baseline characteristics of participants allocated to standard care or virtual reality intervention in the Trial**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Characteristic** | **Standard care**  **(n = 20)**  **Mean (SD) or n (%)** | | **Virtual reality**  **(n = 20)**  **Mean (SD) or n (%)** | |
| **Age (years)** | | 31.3 (5.2) | | 31.1 (5.4) |
| **Parity (No.)** | | 2.2 (1.9) | | 2.4 (1.7) |
| **Nulliparous** | | 4 (20) | | 4 (20) |
| **Multiparous** | | 16 (80) | | 16 (80) |
| **Ethnicity** | |  | |  |
| **White** | | 8 (40) | | 9 (45) |
| **Black** | | 4 (20) | | 3 (15) |
| **Asian** | | 5 (25) | | 8 (40) |
| **Mixed** | | 3 (15) | | 0 (0) |
| **Menopausal status** | |  | |  |
| **Pre-menopausal** | | 7 (35) | | 7 (35) |
| **Post-menopausal** | | 13(65) | | 13(65) |
| **Prior outpatient hysteroscopy** | | 3 (15) | | 4 (20) |
| **Hysteroscopy indication** | |  | |  |
| **Heavy Menstrual Bleeding** | | 5 (25) | | 6 (30) |
| **Incidental finding** | | 2 (10) | | 5 (25) |
| **Postmenopausal bleeding** | | 11 (55) | | 8 (40) |
| **Lost coil thread** | | 2 (10) | | 0 (0) |
| **Recurrent postcoital bleeding** | | 0 (0) | | 1 (5) |
| **Pain killers taken before procedure** | | 12 (60) | | 13(65) |
| **Expected pain score** | | 6.5 (2.0) | | 7.0 (2.2) |
| **Expected anxiety score** | | 5.6 (3.1) | | 6.4 (2.9) |

**Table 2. Comparison of experienced pain and anxiety between standard care and virtual reality intervention in the Trial**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | | **n** | **Mean (SD)** | **95% Confidence Interval** | |  | **Test statistic (t)** | **p-value** |
|  | **Worst Pain Scores** | | | | | | | |
| Standard Care | | 20 | 7.85 (2.56) | 6.65 | 9.05 |  |  |  |
| Virtual Reality | | 20 | 5.65 (2.41) | 4.52 | 6.78 |  |  |  |
| Difference | |  | 2.2 | 3.79 | 3.79 | 0.011 | 2.8 | 0.008 |
|  | **Average Pain Scores** | | | | | | | |
| Standard Care | | 20 | 6 (2.62) | 4.78 | 7.22 |  |  |  |
| Virtual Reality | | 20 | 3.7 (2.66) | 2.46 | 4.94 |  |  |  |
| Difference | |  | 2.3 | 0.61 | 3.99 | 0.009 | 2.76 | 0.009 |
|  | **Anxiety Scores** | | | | | | | |
| Standard Care | | 20 | 5.45 (3.35) | 3.88 | 7.02 |  |  |  |
| Virtual Reality | | 20 | 3.3 (2.03) | 2.35 | 4.25 |  |  |  |
| Difference | |  | 2.15 | 0.38 | 3.92 | 0.024 | 2.46 | 0.019 |

**Table 3.** Multiple regression results for effect of virtual reality condition on experienced worst pain, average pain and anxiety scores menopausal condition and cervical stenosis.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Model** | | **Model R2** | | **beta coefficient for VR condition** | | **Test statistic (t)** | **p-value** |
|  |  | |
| **Worst Pain Scores** | | 0.24 | | -2.11 |  | -2.67 | 0.011 |
| **Average Pain Scores** | | 0.24 | | -2.28 |  | -2.74 | 0.01 |
| **Anxiety Scores** | | 0.16 | | -2.13 |  | -2.36 | 0.024 |