CONSORT 2010 Diagram

**Enrollment**
- Assessed for eligibility (n=35)
  - Excluded (n=5)
    - Not meeting inclusion criteria (n=2)
    - Declined to participate (n=0)
    - Other reasons (n=3, in another trial)
  - Randomized (n=30)

**Allocation**
- VR Meditation
  - Allocated to intervention (n=10)
  - Received allocated intervention (n=8)
  - Did not receive allocated intervention (n=2)
    - 1 participant with seizure disorder so allocated to Audio Meditation
    - 1 participant did not return for intervention
- VR Imagery
  - Allocated to intervention (n=10)
  - Received allocated intervention (n=10)
  - Did not receive allocated intervention (n=0)
- Audio Meditation
  - Allocated to intervention (n=10)
  - Received allocated intervention (n=11)
  - Did not receive allocated intervention (n=0)

**Follow-Up**
- VR Meditation
  - Lost to follow-up (n=1)
  - Discontinued intervention (n=1)
- VR Imagery
  - Lost to follow-up (n=0)
  - Discontinued intervention (n=0)
- Audio Meditation
  - Lost to follow-up (n=0)
  - Discontinued intervention (n=0)

**Analysis**
- Analyzed (n=8)
  - Excluded from analysis (n=1)
- Analyzed (n=10)
  - Excluded from analysis (n=0)
- Analyzed (n=11)
  - Excluded from analysis (n=0)