

**Table S1. The list of virtual foods**

The description of food items with different calorie content in the virtual kitchen scenarios

Apple	Orange	Pizza	Pirate charms
Black tea	Pear	Raspberry	Summer berry crisp
Lager beer	Pineapple	Siracha	Wheat crunchies
Bread	Canned baked beans in	Spaghetti Bolognese	Original chips
Toast bread	tomato sauce	Sushi plate with soy	Cane sugar
Chocolate chip cookie	Canned baked beans	White toast	Cookie crumby
Chocolate granola bar	Canned garden peas	Canned chicken soup	Salt crackers
Coffee beans	Canned tinned tomato	Cup noodle	Bubble gum mega big
Croissant	Canned tuna chunks	Macaroni and cheese	Dark chocolate
Draft beer	Fusilli dried pasta	Wheat flour	Lollipops
Egg sandwich	Whole penne pasta	Chocolate syrup	Broccoli
Crunch crisps	Vanilla filled cake	Whipped cream	Cabbage
Chicken nuggets	Cheese	Lemon sparkly drink	Red bell pepper
Chocolate ice cream	Crème Fraiche	Tomato ketchup	Coffee
Chocolate chip ice cream	Full-fat mayo	Yellow mustard	Fried eggs with bacon
Frozen chips	Packed apple juice	Raw sushi rolls	Green soup
Low fat strawberry	Large eggs	Red bell pepper	Pepperoni
yoghurt	Lightly salted butter	Carrot	Peanut butter
	Low fat milk	Whole milk	Fish fingers

## **Text S1. The script used in the virtual scenario: Kitchen + Avatar.**

You are likely to experience the tricks and torments of the eating disorder voice in this moment. The voice of people who recovered from the illness might be of great help in these difficult moments. The words I will share are their words.

It is normal to feel anxious, you are doing the best you can right now. Nobody is here to judge what you will do in the kitchen, which foods you will look at, or grab.

Take a few deep breaths, slow your mindset down and think of the bigger picture. Each minute more is a minute easier.

While challenging the eating disorder thoughts, remind yourself of all that you have achieved so far, the relationships you share, the passions and dreams you have, they are so important and will ultimately help you to break free of the eating disorder constraints. Focus on your skills and strengths right now. What would other people say are your skills and strengths? 3-second pause

Perhaps you are someone who, despite the setbacks and difficulties experienced in the past, is still fighting for a happier life? Perhaps you have helped others in the past, and could use some of the same strategies to encourage yourself in this moment? 3-second pause

Everyone else deserves good and balanced nutrition. Everyone else deserves to have a good relationship with food. What makes you different?

Food is not the enemy, think of it as nourishment for your body and food for your soul. Food provides the energy and motivation to allow you to perform at your best. Food is our medicine, and we cannot live without it.

The eating disorder might be speaking louder right now, but you are stronger than that.

You know your body better than anyone else, so be kind to it and you will learn to understand what it is truly asking. Be patient with yourself and this journey of change.

You are becoming the person you are, the person who has so much life to live for and to give to the world. You are taking steps towards freedom. It is tough, but the more you do, the closer you will be to freedom. Freedom from thinking about food all the time. Freedom from fear. Freedom from what other people might expect you to be.

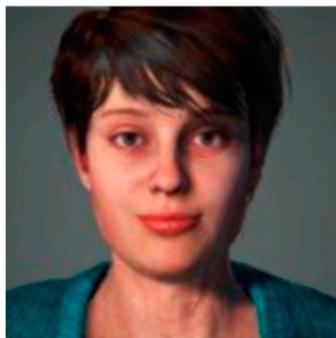
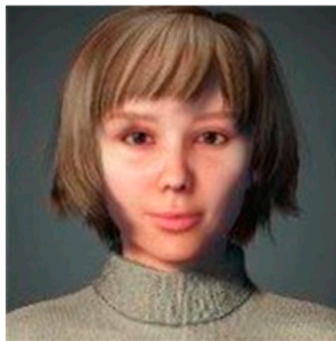
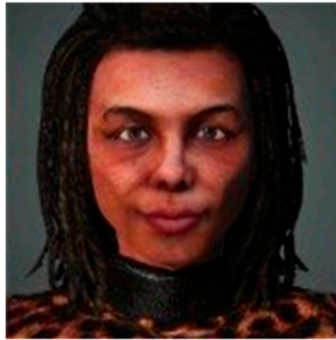
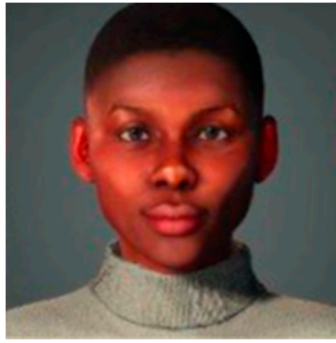
Recovery is not linear, nor a perfect journey. Recovery is a battle, and you will become stronger and stronger along the way. Let other people in this battle, and it will become easier.

Remember the bigger picture. Remember why you want recovery and why you want to choose life over your eating disorder. Try to speak this motivation out loud now, as you approach the food.

Figure S1. The pictures of the virtual kitchen environment.



Figure S2. Selection of avatars available to participants



**Figure S3. SPSS output for spearman rank-order correlations**

(a) The variables of interest in the entire sample (n = 70)

		Correlations																		VR_FoodGazes	VR_FoodTouches
		FDS_Global	FDS_AnimalFlesh	FDS_PoorHygiene	FDS_HumanContamination	FDS_Mold	FDS_DecayingFruit	FDS_Fish	FDS_DecayingVegetables	FDS_LivingContaminants	PostExpD	EDEQ_Global	EDEQ_R	EDEQ_EAT	EDEQ_SHAPE	EDEQ_WEIGHT	BMI				
Spearman's rho	FDS_Global	Correlation Coefficient	1.000	.498**	.544**	.600**	.785**	.703**	.815**	.714**	.577**	.157	.453**	.415**	.232	.526**	.433**	.145	.250*	-.218	
		Sig. (2-tailed)		<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	.204	<.001	<.001	.053	<.001	<.001	.232	.037	.070	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
FDS_AnimalFlesh	FDS_Global	Correlation Coefficient	.498**	1.000	.287*	.266*	.166	-.010	.653**	.115	.234	.152	.279*	.262*	.196	.309**	.214	-.073	.001	-.085	
		Sig. (2-tailed)	<.001		.016	.026	.170	.938	<.001	.345	.051	.219	.019	.029	.104	.009	.076	.546	.996	.486	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
FDS_PoorHygiene	FDS_Global	Correlation Coefficient	.544**	.287*	1.000	.588**	.292*	.235	.308**	.352**	.224	.155	.270*	.340**	.064	.315**	.251*	-.029	.113	-.018	
		Sig. (2-tailed)	<.001	.016		<.001	.014	.051	.009	.003	.062	.211	.024	.004	.596	.008	.036	.813	.351	.885	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
FDS_HumanContamination	FDS_Global	Correlation Coefficient	.600**	.266*	.588**	1.000	.378**	.240*	.408**	.183	.339**	.115	.231	.271*	.078	.268*	.221	-.189	.119	-.063	
		Sig. (2-tailed)	<.001	.026	<.001		.001	.045	<.001	.130	.004	.353	.055	.023	.522	.025	.061	.116	.327	.606	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
FDS_Mold	FDS_Global	Correlation Coefficient	.785**	.166	.292*	.378**	1.000	.659**	.564**	.502**	.581**	.077	.422**	.397**	.196	.451**	.429**	.247*	.301*	-.250*	
		Sig. (2-tailed)	<.001	.170	.014	.001		<.001	<.001	<.001	<.001	.535	<.001	<.001	.104	<.001	<.001	.039	.011	.037	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
FDS_DecayingFruit	FDS_Global	Correlation Coefficient	.703**	-.010	.235	.240*	.653**	1.000	.442**	.704**	.289*	-.006	.238*	.103	.116	.296*	.290*	.265*	.363**	-.119	
		Sig. (2-tailed)	<.001	.938	.051	.045	<.001		<.001	<.001	.015	.962	.047	.395	.337	.013	.015	.027	.002	.325	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
FDS_Fish	FDS_Global	Correlation Coefficient	.815**	.653**	.308**	.408**	.564**	.442**	1.000	.488**	.380**	.216	.390**	.363**	.226	.441**	.362**	.080	.042	-.273*	
		Sig. (2-tailed)	<.001	<.001	.009	<.001	<.001	<.001		<.001	.001	.080	<.001	.002	.060	<.001	.002	.508	.729	.022	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
FDS_DecayingVegetables	FDS_Global	Correlation Coefficient	.714**	.115	.352*	.183	.502*	.704**	.488**	1.000	.345*	.052	.309*	.269*	.139	.413**	.320*	.219	.262*	-.128	
		Sig. (2-tailed)	<.001	.345	.003	.130	<.001	<.001	<.001		.003	.675	.009	.024	.250	<.001	.007	.069	.028	.292	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
FDS_LivingContaminants	FDS_Global	Correlation Coefficient	.577**	.234	.224	.339**	.581**	.289*	.380**	.345**	1.000	.031	.146	.207	.020	.218	.121	.215	.209	-.101	
		Sig. (2-tailed)	<.001	.051	.062	.004	<.001	.015	.001	.003		.806	.228	.086	.869	.070	.317	.073	.083	.406	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
PostExpD	FDS_Global	Correlation Coefficient	.157	.152	.155	.115	.077	-.006	.216	.052	.031	1.000	.655**	.623**	.577**	.603**	.529**	-.043	-.127	-.160	
		Sig. (2-tailed)	.204	.219	.211	.353	.535	.962	.080	.675	.806		<.001	<.001	<.001	<.001	<.001	.732	.306	.196	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
EDEQ_Global	FDS_Global	Correlation Coefficient	.453**	.279*	.270*	.231	.422*	.238*	.390**	.309**	.146	.655**	1.000	.843**	.854**	.905**	.910**	-.004	-.160	-.354**	
		Sig. (2-tailed)	<.001	.019	.024	.055	<.001	.047	<.001	.009	.228	<.001		<.001	<.001	<.001	<.001	.977	.186	.003	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
EDEQ_R	FDS_Global	Correlation Coefficient	.415**	.262*	.340**	.271*	.397**	.103	.363**	.269*	.207	.623**	.843**	1.000	.619**	.720**	.690**	-.134	-.224	-.278*	
		Sig. (2-tailed)	<.001	.029	.004	.023	<.001	.395	.002	.024	.086	<.001	<.001		<.001	<.001	<.001	.268	.062	.020	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
EDEQ_EAT	FDS_Global	Correlation Coefficient	.232	.196	.064	.078	.196	.116	.226	.139	.020	.577**	.854**	.619**	1.000	.654**	.680**	.029	.298*	-.281	
		Sig. (2-tailed)	.053	.104	.596	.522	.104	.337	.060	.250	.869	<.001	<.001	<.001		<.001	<.001	.809	.012	.019	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
EDEQ_SHAPE	FDS_Global	Correlation Coefficient	.526**	.309**	.315**	.268*	.451**	.296*	.441**	.413**	.218	.603**	.905**	.720**	.654**	1.000	.883**	.091	-.015	-.310**	
		Sig. (2-tailed)	<.001	.009	.008	.025	<.001	.013	<.001	<.001	.070	<.001	<.001	<.001	<.001		<.001	.454	.899	.009	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
EDEQ_WEIGHT	FDS_Global	Correlation Coefficient	.433**	.214	.251*	.225	.429*	.290*	.362**	.320**	.121	.529**	.910**	.690**	.680**	.883**	1.000	.057	-.020	-.335**	
		Sig. (2-tailed)	<.001	.076	.036	.061	<.001	.015	.002	.007	.317	<.001	<.001	<.001	<.001	<.001		.639	.871	.005	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
BMI	FDS_Global	Correlation Coefficient	.145	-.073	-.029	-.189	.247*	.265*	.080	.219	.215	-.043	-.004	-.134	-.029	.091	.057	1.000	.268*	-.070	
		Sig. (2-tailed)	.232	.546	.813	.116	.039	.927	.508	.069	.073	.732	.977	.268	.809	.454	.639		.025	.564	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
VR_FoodGazes	FDS_Global	Correlation Coefficient	.250*	.001	.113	.119	.301*	.363**	.042	.262*	.209	-.127	-.160	-.224	-.298*	-.015	-.020	.268*	1.000	.333**	
		Sig. (2-tailed)	.037	.996	.351	.327	.011	.002	.729	.028	.083	.306	.186	.062	.012	.899	.871	.025		.005	
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
VR_FoodTouches	FDS_Global	Correlation Coefficient	-.218	-.085	-.018	-.063	-.250*	-.119	-.273*	-.128	-.101	-.160	-.354*	-.278*	-.281*	-.310*	-.335**	-.070	.333*	1.000	
		Sig. (2-tailed)	.070	.486	.885	.606	.037	.325	.022	.292	.406	.196	.003	.020	.019	.009	.005	.564	.005		
		N	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	
** Correlation is significant at the 0.01 level (2-tailed).																					
* Correlation is significant at the 0.05 level (2-tailed).																					

\*\*, Correlation is significant at the 0.01 level (2-tailed).  
\*, Correlation is significant at the 0.05 level (2-tailed).

(b) The variables of interest in the only virtual kitchen scenario (n = 24)

		Correlations																				
		FDS_Global	FDS_AnimalFlesh	FDS_PoorHygiene	FDS_HumanContamination	FDS_Mold	FDS_DecayingFruit	FDS_Fish	FDS_DecayingVegetables	FDS_LivingContaminants	PostExpD	EDEQ_Global	EDEQ_R	EDEQ_EAT	EDEQ_SHAPE	EDEQ_WEIGHT	BMI	VR_FoodGazes	VR_FoodTouches			
Kitchen	FDS_Global	Correlation Coefficient	1.000	.623**	.488*	.488*	.760**	.609**	.866**	.544**	.361	.139	.533**	.428*	.321	.542**	.590**	.047	.110	-.357*		
		Sig. (2-tailed)		.001	.016	.016	<.001	.002	<.001	.006	.083	.517	.007	.037	.126	.006	.002	.828	.609	.087		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
FDS_AnimalFlesh	Correlation Coefficient	.623**	1.000	.364	.365	.344	-.089	.606**	.103	.364	.137	.289	.301	.102	.309	.265	-.179	.246	-.069			
		Sig. (2-tailed)	.001		.081	.080	.100	.681	.002	.631	.080	.524	.170	.154	.635	.141	.211	.402	.247	.750		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
FDS_PoorHygiene	Correlation Coefficient	.488*	.364	1.000	.550**	.235	.067	.195	.208	.149	-.034	.260	.372	.097	.181	.186	-.204	.010	-.017			
		Sig. (2-tailed)	.016	.081		.005	.269	.756	.362	.329	.488	.875	.219	.074	.651	.398	.383	.339	.965	.936		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
FDS_HumanContamination	Correlation Coefficient	.488*	.365	.550**	1.000	.272	.085	.371*	-.154	.334	-.037	.094	.101	-.024	-.001	.171	-.266	-.054	-.015			
		Sig. (2-tailed)	.016	.080	.005		.198	.693	.074	.472	.111	.862	.662	.638	.911	.997	.424	.210	.801	.945		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
FDS_Mold	Correlation Coefficient	.760**	.344	.235	.272	1.000	.486*	.741**	.247	.451*	.159	.633**	.569**	.320	.584**	.668**	.246	.038	-.552**			
		Sig. (2-tailed)	<.001	.100	.269	.198		.016	<.001	.245	.027	.457	<.001	.004	.127	.003	<.001	.246	.859	.005		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
FDS_DecayingFruit	Correlation Coefficient	.606**	.103	.067	.085	.486*	1.000	.499**	.626**	-.145*	.089	.226*	-.021	.262	.258	.363	.302	.048	-.382			
		Sig. (2-tailed)	.002	.681	.756	.693	.016		.013	.001	.500	.691	.281	.922	.216	.223	.082	.151	.822	.066		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
FDS_Fish	Correlation Coefficient	.866**	.606**	.195	.371	.741**	.499*	1.000	.300	.344	.237	.421*	.361	.210	.423*	.483*	.010	.007	-.489*			
		Sig. (2-tailed)	<.001	.002	.362	.074	<.001	.013		.154	.100	.266	.040	.083	.325	.040	.017	.964	.976	.015		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
FDS_DecayingVegetables	Correlation Coefficient	.544**	.103	.208	.242	.244	.634**	.300	1.000	.005	.100	.005	.364	.167	.310	.522**	.429	.216	.114	-.056		
		Sig. (2-tailed)	.006	.631	.329	.472	.245	.001	.154		.638	.980	.080	.434	.140	.009	.036	.311	.595	.796		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
FDS_LivingContaminants	Correlation Coefficient	.361	.364	.149	.334	.451*	-.145	.344	-.101	1.000	.086	.084	.229	-.128	.081	.104	.017	.140	-.244			
		Sig. (2-tailed)	.083	.080	.488	.111	.027	.500	.100	.638		.689	.697	.283	.552	.705	.629	.937	.515	.251		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
PostExpD	Correlation Coefficient	.139	.137	.034	.159	-.086	.237	.007	.086	1.000	.399	.467	.382	.169	.318	.169	.108	-.269	-.140			
		Sig. (2-tailed)	.517	.524	.875	.862	.457	.691	.266	.980	.689		.053	.022	.065	.086	.442	.859	.203	.513		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
EDEQ_Global	Correlation Coefficient	.533**	.289	.260	.094	.633*	.229	.421*	.364	.084	.399	1.000	.877**	.797**	.858**	.851**	.019	-.333	-.309			
		Sig. (2-tailed)	.007	.170	.219	.662	<.001	.281	.040	.080	.697	.053		<.001	<.001	<.001	<.001	.929	.112	.141		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
EDEQ_R	Correlation Coefficient	.302	.301	.372	.101	.569*	.871**	.167*	.229	.467*	.877**	1.000	.598**	.735**	.599**	.599**	.125	.377	-.269			
		Sig. (2-tailed)	.037	.154	.074	.638	.004	.922	.083	.434	.283	.022	<.001		.002	<.001	.002	.559	.070	.203		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
EDEQ_EAT	Correlation Coefficient	.321	.102	.097	-.024	.320	.262	.210	.310	-.128	.362	.797**	.598**	1.000	.488*	.558**	-.079	-.422*	-.130			
		Sig. (2-tailed)	.126	.635	.651	.911	.127	.216	.325	.140	.552	.065	<.001	.002		.016	.005	.714	.040	.545		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
EDEQ_SHAPE	Correlation Coefficient	.501	.309	.001	-.081	-.581**	.258	.423*	.522**	.088	.358	.858**	.748	.488*	1.000	.864**	.208	.140	-.276			
		Sig. (2-tailed)	.006	.141	.398	.997	.003	.223	.040	.009	.705	.086	<.001	<.001	.016		<.001	.330	.514	.192		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
EDEQ_WEIGHT	Correlation Coefficient	.590**	.265	.186	.171	.668*	.362	.483*	.429*	.104	.165	.851**	.599**	.558**	.864**	1.000	.147	-.102	-.294			
		Sig. (2-tailed)	.002	.211	.383	.424	<.001	.082	.017	.036	.629	.442	<.001	.002	.005	<.001		.493	.635	.163		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
BMI	Correlation Coefficient	.047	-.179	-.204	-.266	.246	.302	.010	.216	.017	-.038	.019	-.125	-.079	.206	.147	1.000	.115	-.357			
		Sig. (2-tailed)	.825	.402	.319	.210	.246	.151	.964	.711	.319	.859	.929	.578	.711	.319		.592	.087	.087		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
VR_FoodGazes	Correlation Coefficient	.110	.246	.010	-.054	.038	.048	.007	.114	.140	-.269	-.333	-.377	-.422*	-.140	-.102	.115	1.000	.331			
		Sig. (2-tailed)	.609	.247	.965	.801	.859	.822	.976	.595	.515	.203	.112	.070	.040	.514	.635	.592		.114		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		
VR_FoodTouches	Correlation Coefficient	-.357*	-.069	-.017	-.010	-.552**	-.382	-.489*	-.242	-.140	-.309	.269	-.056	-.130	-.276	-.347	-.331	1.000				
		Sig. (2-tailed)	.087	.750	.936	.945	.005	.066	.015	.796	.251	.513	.141	.203	.545	.192	.163	.087		.114		
		N	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24		



(c) The variables of interest in the virtual kitchen + pet scenario (n = 24)

		Correlations																	
		FDS_Global	FDS_AnimalFlesh	FDS_PoorHygiene	FDS_HumanContamination	FDS_Mold	FDS_DecayingFruit	FDS_Fish	FDS_DecayingVegetables	FDS_LivingContaminants	PostExpD	EDEQ_Global	EDEQ_R	EDEQ_EAT	EDEQ_SHAPE	EDEQ_WEIGHT	BMI	VR_FoodGazes	VR_FoodTouches
Kitchen + Pet	FDS_Global	Correlation Coefficient	1.000	.376	.577**	.718**	.875**	.851**	.837**	.870**	.682**	.158	.334	.420*	-.050	.566*	.337	.095	.659**
		Sig. (2-tailed)		.070	.003	<.001	<.001	<.001	<.001	<.001	<.001	.494	.111	.041	.818	.004	.107	.659	<.001
	FDS_AnimalFlesh	Correlation Coefficient		1.000	.076	.228	.151	.035	.624**	.277	.266	-.109	.215	.245	.118	.252	.171	.151	.007
		Sig. (2-tailed)			.725	.285	.482	.869	.001	.189	.209	.637	.314	.249	.582	.236	.424	.481	.973
	FDS_PoorHygiene	Correlation Coefficient			1.000	.722**	.525**	.534**	.331	.435*	.308	.313	.298	.408*	-.099	.413*	.354	.133	.344
		Sig. (2-tailed)				<.001	.008	.007	.115	.033	.143	.167	.158	.048	.645	.045	.090	.536	.100
	FDS_HumanContamination	Correlation Coefficient				1.000	.592**	.506*	.537**	.485**	.331	.315	.477*	.441*	.098	.661**	.371	-.112	.404*
		Sig. (2-tailed)					.002	.012	.007	.016	.114	.165	.018	.031	.649	<.001	.074	.604	.050
	FDS_Mold	Correlation Coefficient					1.000	.855**	.621*	.768**	.761**	.127	.258	.361	-.080	.478*	.328	.289	.744**
		Sig. (2-tailed)						<.001	.001	<.001	<.001	.584	.224	.083	.711	.018	.118	.171	<.001
	FDS_DecayingFruit	Correlation Coefficient						1.000	.594**	.778**	.630**	.133	.183	.248	-.073	.412*	.251	.103	.642**
		Sig. (2-tailed)							.002	<.001	<.001	.566	.391	.243	.734	.045	.237	.631	<.001
	FDS_Fish	Correlation Coefficient							1.000	.788**	.492*	-.120	.101	.163	-.151	.345	.099	.153	.426*
		Sig. (2-tailed)								<.001	.014	.603	.638	.447	.481	.099	.645	.477	.038
	FDS_DecayingVegetables	Correlation Coefficient								1.000	.614*	.169	.305	.399	-.022	.545*	.361	.108	.560*
		Sig. (2-tailed)									.001	.464	.148	.053	.918	.006	.083	.616	.004
	FDS_LivingContaminants	Correlation Coefficient									1.000	-.082	.083	.149	-.113	.340	.115	.447*	.497*
		Sig. (2-tailed)										.722	.700	.487	.599	.104	.592	.029	.013
	PostExpD	Correlation Coefficient										1.000	.802**	.731**	.699**	.670**	.698**	-.363	.166
		Sig. (2-tailed)											<.001	<.001	<.001	<.001	<.001	.106	.473
	EDEQ_Global	Correlation Coefficient											1.000	.863**	.812**	.877**	.933**	-.419*	.092
		Sig. (2-tailed)												<.001	<.001	<.001	<.001	.041	.668
	EDEQ_R	Correlation Coefficient												1.000	.533**	.714**	.819**	-.296	.230
		Sig. (2-tailed)													<.001	<.001	<.001	.160	.279
	EDEQ_EAT	Correlation Coefficient													1.000	.592*	.705**	-.419*	-.621*
		Sig. (2-tailed)														.002	<.001	.042	.525
	EDEQ_SHAPE	Correlation Coefficient														1.000	.809**	-.240	.242
		Sig. (2-tailed)															<.001	.258	.255
	EDEQ_WEIGHT	Correlation Coefficient															1.000	-.318	.122
		Sig. (2-tailed)																.130	.571
	BMI	Correlation Coefficient																.130	.571
		Sig. (2-tailed)																.130	.571
	VR_FoodGazes	Correlation Coefficient																.130	.571
		Sig. (2-tailed)																.130	.571
	VR_FoodTouches	Correlation Coefficient																.130	.571
		Sig. (2-tailed)																.130	.571

\*\*, Correlation is significant at the 0.01 level (2-tailed).

\*, Correlation is significant at the 0.05 level (2-tailed).

(d) The variables of interest in the virtual kitchen + avatar scenario (n = 22)

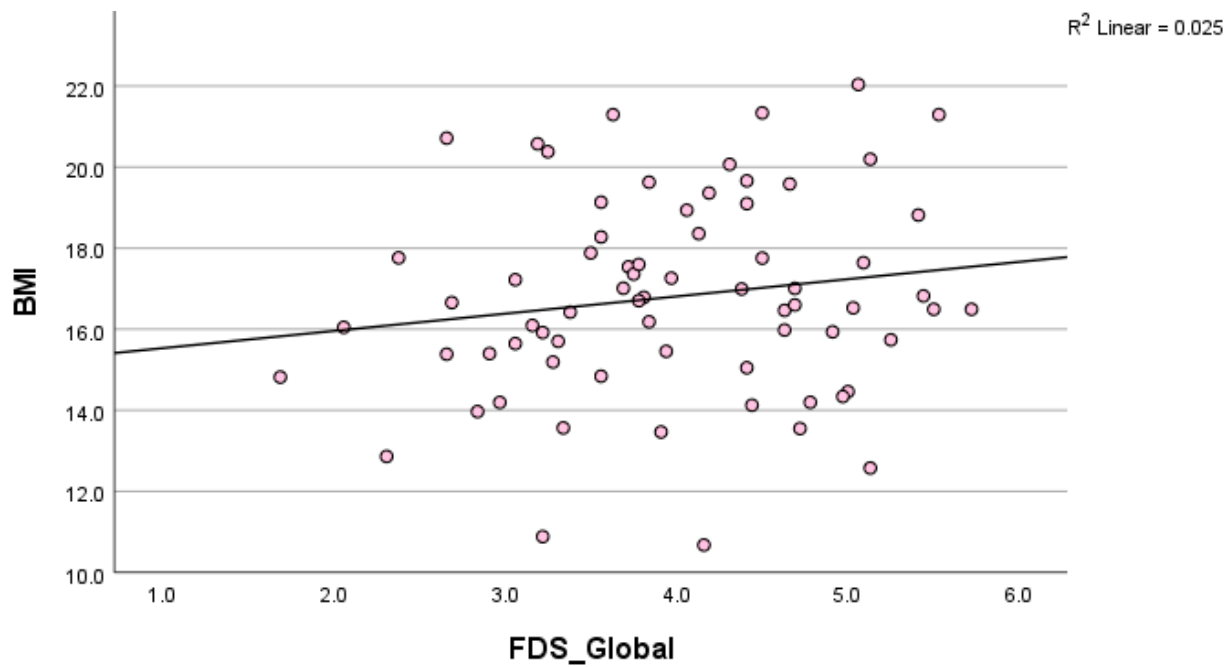
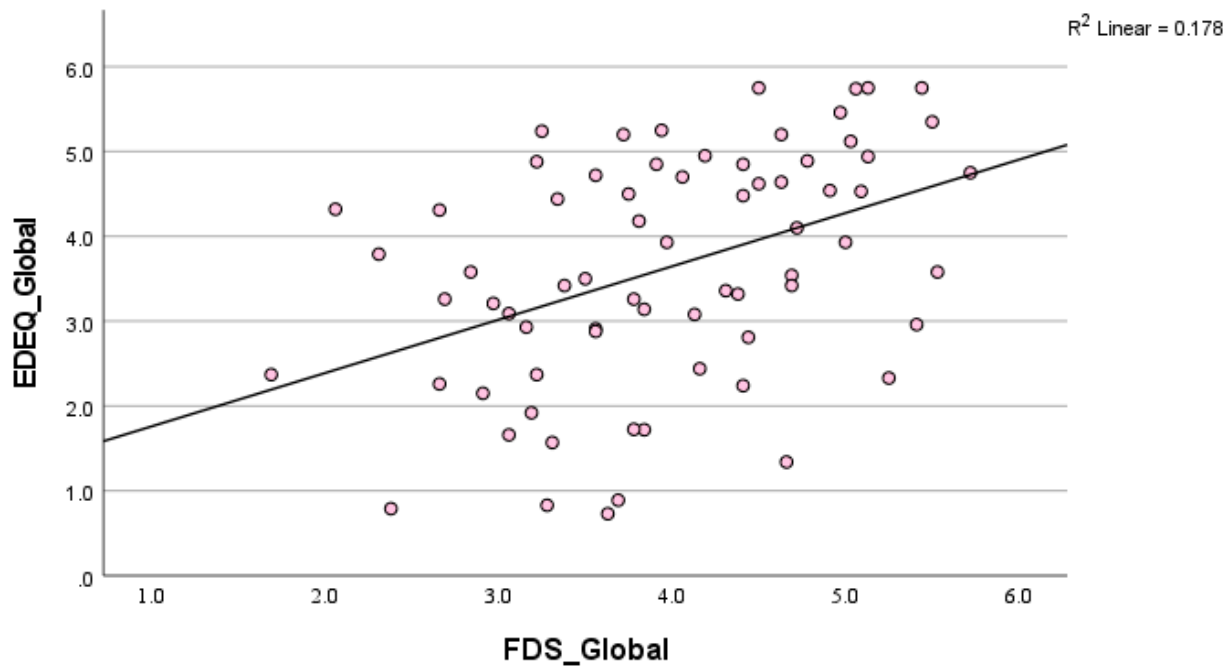
		Correlations																	
		FDS_Global	FDS_AnimalFlesh	FDS_PoorHygiene	FDS_HumanContamination	FDS_Mold	FDS_DecayingFruit	FDS_Fish	FDS_DecayingVegetables	FDS_LivingContaminants	PostExpD	EDEQ_Global	EDEQ_R	EDEQ_EAT	EDEQ_SHAPE	EDEQ_WEIGHT	BMI	VR_FoodGazes	VR_FoodTouches
Kitchen + Avatar	FDS_Global	Correlation Coefficient	1.000	.468*	.659**	.532	.683*	.602*	.650*	.731**	.608*	.190	.451*	.398	.472*	.463*	.369	.287	.020
		Sig. (2-tailed)		.028	<.001	.011	<.001	.003	.001	<.001	.003	.397	.035	.067	.027	.030	.091	.195	.930
	FDS_AnimalFlesh	Correlation Coefficient		1.000	.474*	.188	.025	-.037	.665**	.027	-.026	.386	.266	.221	.376	.338	.177	-.084	-.224
		Sig. (2-tailed)			.028	.023	.913	<.001	.007	.910	.907	.010	.332	.081	.437	.731	.731	.317	-.014
	FDS_PoorHygiene	Correlation Coefficient			1.000	.597**	.177	.019	.534*	.575**	.257	.226	.250	.291	.209	.331	.212	-.091	-.065
		Sig. (2-tailed)				<.001	.026	.003	.431	.933	.010	.005	.248	.312	.262	.189	.351	.132	.774
	FDS_HumanContamination	Correlation Coefficient				1.000	.373	.108	.300	.230	.375	-.060	.169	.347	.247	.150	.107	-.016	.021
		Sig. (2-tailed)					.087	.631	.174	.302	.086	.790	.452	.113	.267	.507	.635	.944	.442*
	FDS_Mold	Correlation Coefficient					1.000	.589**	.338	.477*	.595**	-.031	.334	.252	.345	.295	.240	.212	.086
		Sig. (2-tailed)						.004	.123	.025	.003	.890	.129	.258	.115	.182	.283	.344	.704
	FDS_DecayingFruit	Correlation Coefficient						1.000	.165	.505*	.409	-.001	.188	.043	.116	.178	.220	.557**	.472*
		Sig. (2-tailed)							.463	.017	.059	.995	.402	.848	.608	.429	.325	.007	.027
	FDS_Fish	Correlation Coefficient							1.000	.456*	.206	.539**	.604**	.569**	.688**	.525*	.463*	.190	-.459*
		Sig. (2-tailed)								.033	.358	.010	.003	.006	<.001	.012	.030	.397	.082
	FDS_DecayingVegetables	Correlation Coefficient								1.000	.566**	.146	.380	.324	.269	.345	.251	.248	.008
		Sig. (2-tailed)									.006	.517	.081	.142	.226	.116	.260	.266	.972
	FDS_LivingContaminants	Correlation Coefficient									1.000	.082	.245	.312	.282	.211	.161	.310	.035
		Sig. (2-tailed)										.716	.271	.158	.203	.346	.473	.161	.879
	PostExpD	Correlation Coefficient										1.000	.776**	.725**	.716**	.740**	.733**	.238	-.260
		Sig. (2-tailed)											<.001	<.001	<.001	<.001	<.001	.287	.383
	EDEQ_Global	Correlation Coefficient											1.000	.790**	.934**	.925**	.908**	.280	-.401
		Sig. (2-tailed)												<.001	<.001	<.001	<.001	.208	.065
	EDEQ_R	Correlation Coefficient												1.000	.757**	.649**	.654**	.029	-.432*
		Sig. (2-tailed)													<.001	<.001	<.001	.898	.175
	EDEQ_EAT	Correlation Coefficient													1.000	.817**	.806**	.338	-.374
		Sig. (2-tailed)														.002	<.001	.124	.171
	EDEQ_SHAPE	Correlation Coefficient														1.000	.816**	.175	-.376
		Sig. (2-tailed)															<.001	.435	.505
	EDEQ_WEIGHT	Correlation Coefficient															1.000	.324	-.042
		Sig. (2-tailed)																.141	.851
	BMI	Correlation Coefficient																.141	.851
		Sig. (2-tailed)																.141	.851
	VR_FoodGazes	Correlation Coefficient																.141	.851
		Sig. (2-tailed)																.141	.851
	VR_FoodTouches	Correlation Coefficient																.141	.851
		Sig. (2-tailed)																.141	.851

\*, Correlation is significant at the 0.05 level (2-tailed).

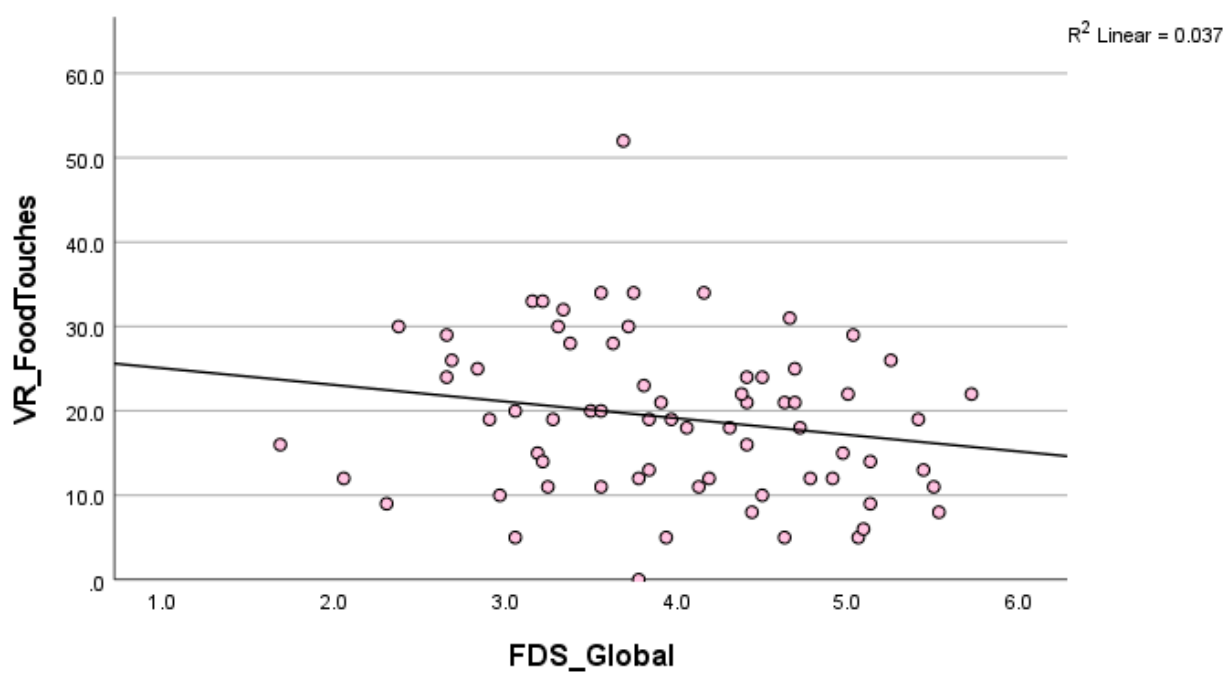
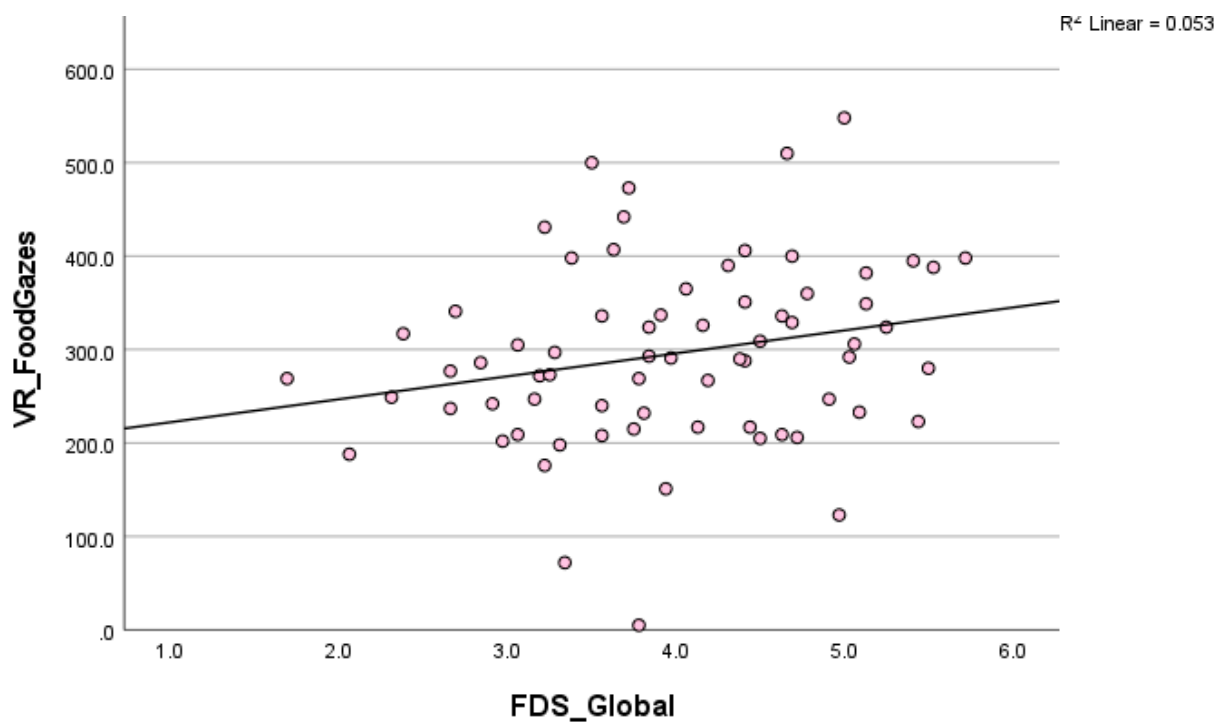
\*\*, Correlation is significant at the 0.01 level (2-tailed).

**Figure S4. The scatter plot figures.**

*(a) The scatter plots of food disgust sensitivity vs eating disorder severity variables (EDE-Q and BMI)*

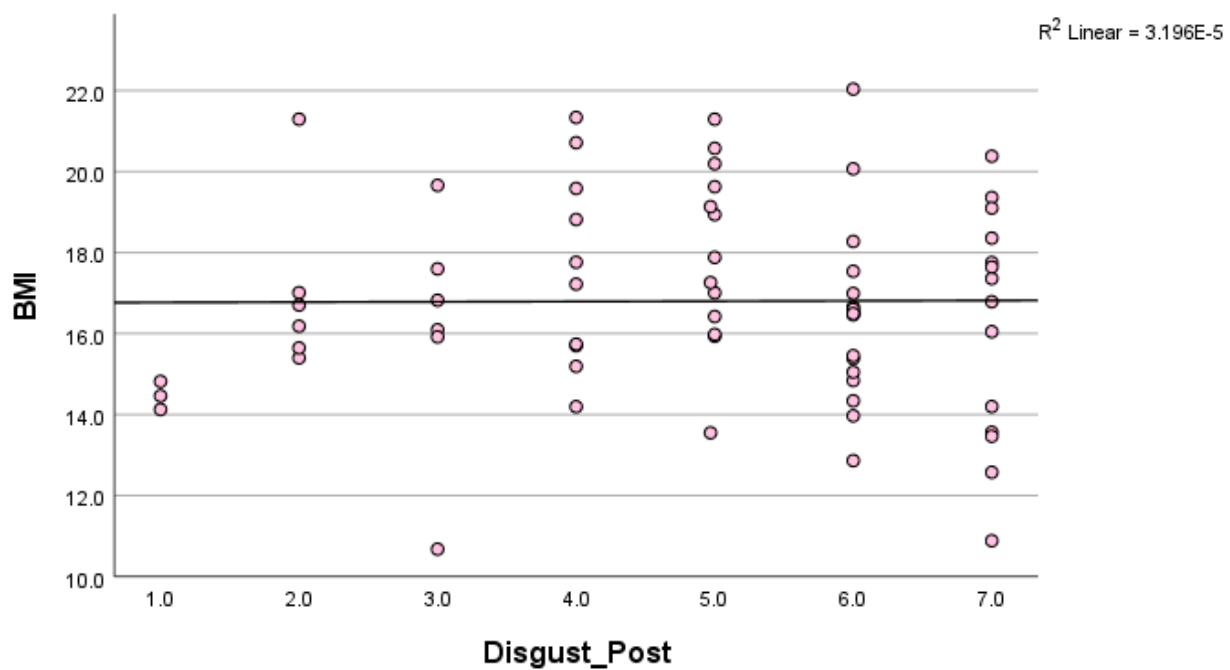
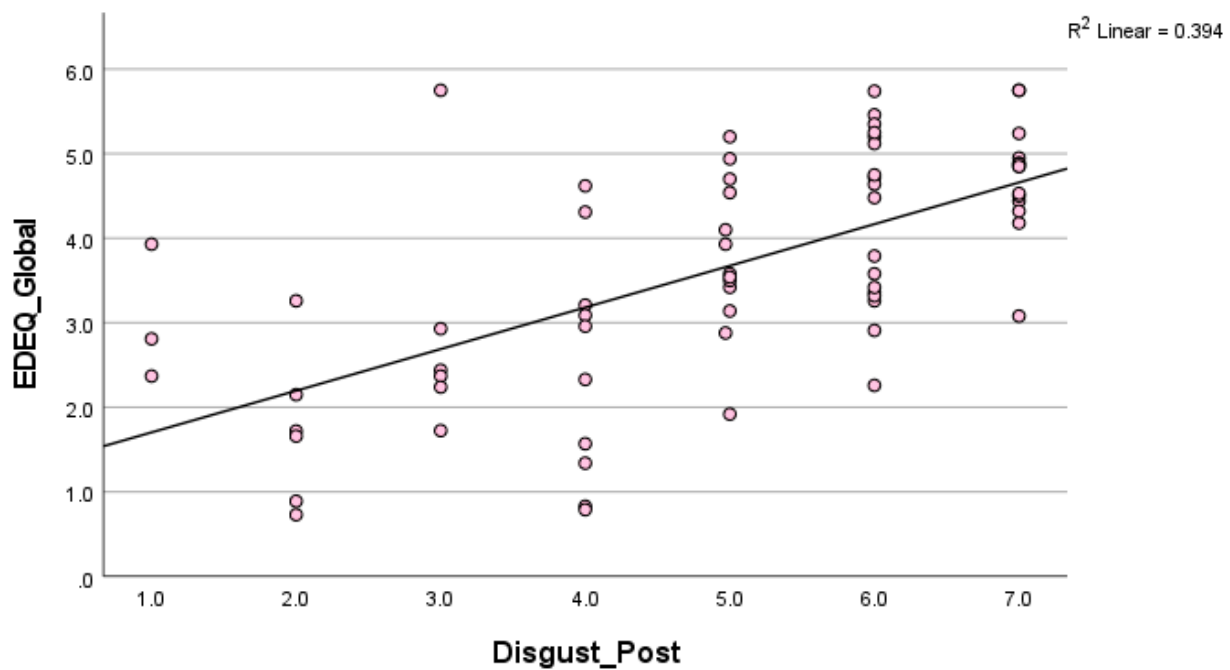


(b) The scatter plots of food disgust sensitivity vs food interaction measures in the VR (eye gazes and touches towards virtual foods)





(c) The scatter plots of momentary disgust reactions towards virtual foods with high-calorie content vs eating disorder severity variables (EDE-Q and BMI)



(d) The scatter plots of momentary disgust reactions towards virtual foods with high-calorie content vs food interaction measures in the VR (eye gazes and touches towards virtual foods)

