1   EVALUATION INTERVIEW QUESTIONS

1.1   Body Scan Experience

Questions about the body scan:

1. What expectations did you have before the participation about how a body scan would be?
2. Was it clear at any point during the body scan what you had to do?
   a. If not: At what point were there ambiguities and how did they arise?
3. How did you feel about the scanning process?
   a. What was the reason for it?
   b. Were those feelings more pleasant or unpleasant?
4. Would you decide to get your body scanned again?
   a. If not: What is the reasoning behind it?
5. If you could change something about the scanning process, what would it be?
6. Did the gender of the experimenter affect how comfortable/uncomfortable you felt during the scan?
7. Would you have felt differently about the scanning process if you had known the experimenter better?

Questions about the body measurements:

1. How did you feel about the body measurements being taken?
   a. What was the reason for it?
   b. Were those feelings more pleasant or unpleasant?
2. If you could change something about the body measurement process, what would it be?
3. Did the gender of the experimenter affect how comfortable/uncomfortable you felt during the body measurements?

Questions about the body scan and body measurements:

1. What could the experimenter have done to make you feel more comfortable during the scanning and measurement process?

1.2   VR Exposure Experience

Questions about the interaction with the embodied virtual human (avatar):

1. How did you feel about the interaction with your personal avatar?
   a. What was the reason for it?
   b. Were those feelings more pleasant or unpleasant?
2. Did the appearance of your avatar meet your expectations?
   a. If not: What would you have expected differently?
   b. If not: Was the deviation from your expectation positive or negative?
3. Did you find it rather easy or rather difficult to estimate the weight of your avatar when it changed without your action?
   a. If difficult: What was the reason for it?
4. Did you find it rather easy or rather difficult to adjust your avatar to the given weight?

    a. If difficult: What was the reason for it?

5. Is there one method of interaction that you would prefer over the others?

    a. What was the reason for it?

6. If you could make something about the interaction with your avatar different, what would it be?

Questions about the (physical) experience:

1. How did it feel for you when the appearance of your personal avatar changed?

    a. Did it feel different when you actively changed the appearance of your personal avatar?

2. Were you aware of your physical body while being embodied to your virtual avatar?

    a. If yes: Were there moments when you paid particular attention to your physical body?

3. Do you had the feeling that interacting with your avatar had an impact on how you felt in your physical body?

    a. If yes: In what ways did you feel changed?

4. Did the interaction with your in body weight changed avatar cause you to perceive or see your own body differently?

    a. If yes: What has changed?

    b. Do you take any direct consequences from this experience?

5. Could you imagine an interaction in which the virtual avatar supports you in experiencing your physical body more consciously?

    a. If yes: How would it look like?

Questions for the instruction of the tasks:

1. What were your expectations about how you would receive instruction within the virtual environment?

2. How did you feel that the instructions for the tasks were given verbally and in text form?

    a. What was the reason for it?

3. Did you notice that there was no visual representation in the form of a speaker or something similar for the verbal instructions?

    a. If yes: Was it rather pleasant or rather unpleasant?

    b. Where in the virtual environment did you locate the instruction?

4. If you imagine a visual representation of the instructing voice, how would it look like?

5. Can you imagine sharing the virtual environment with another person while changing the appearance of your virtual avatar?

Questions about the overall process:

1. If you had the choice - what would you change about the overall process?

    a. Did you notice anything else?