

Appendix 2. Embodiment Questionnaire

Participant ID _____

Condition _____

Please select your level of agreement with the following statements:

“During the experiment there were moments in which...

Q1. I felt as if the virtual body I saw when I looked down was my body”

<i>strongly disagree</i>	<i>disagree</i>	<i>somewhat disagree</i>	<i>neither agree nor disagree</i>	<i>somewhat agree</i>	<i>agree</i>	<i>strongly agree</i>
(-3)	(-2)	(-1)	(0)	(1)	(2)	(3)

Q2. It felt as if the virtual body I saw was someone else”

<i>strongly disagree</i>	<i>disagree</i>	<i>somewhat disagree</i>	<i>neither agree nor disagree</i>	<i>somewhat agree</i>	<i>agree</i>	<i>strongly agree</i>
(-3)	(-2)	(-1)	(0)	(1)	(2)	(3)

Q3. It seemed as if I might have more than one body”

<i>strongly disagree</i>	<i>disagree</i>	<i>somewhat disagree</i>	<i>neither agree nor disagree</i>	<i>somewhat agree</i>	<i>agree</i>	<i>strongly agree</i>
(-3)	(-2)	(-1)	(0)	(1)	(2)	(3)

Q4. I felt as if the virtual body I saw when looking in the mirror was my own body”

<i>strongly disagree</i>	<i>disagree</i>	<i>somewhat disagree</i>	<i>neither agree nor disagree</i>	<i>somewhat agree</i>	<i>agree</i>	<i>strongly agree</i>
(-3)	(-2)	(-1)	(0)	(1)	(2)	(3)

Q5. I felt as if the virtual body I saw when looking at myself in the mirror was another person”

<i>strongly disagree</i>	<i>disagree</i>	<i>somewhat disagree</i>	<i>neither agree nor disagree</i>	<i>somewhat agree</i>	<i>agree</i>	<i>strongly agree</i>
(-3)	(-2)	(-1)	(0)	(1)	(2)	(3)

Q6. It felt like I could control the virtual body as if it was my own body”

<i>strongly disagree</i>	<i>disagree</i>	<i>somewhat disagree</i>	<i>neither agree nor disagree</i>	<i>somewhat agree</i>	<i>agree</i>	<i>strongly agree</i>
(-3)	(-2)	(-1)	(0)	(1)	(2)	(3)

Q7. The movements of the virtual body were caused by my movements”

<i>strongly disagree</i>	<i>disagree</i>	<i>somewhat disagree</i>	<i>neither agree nor disagree</i>	<i>somewhat agree</i>	<i>agree</i>	<i>strongly agree</i>
(-3)	(-2)	(-1)	(0)	(1)	(2)	(3)

Q8. I felt as if the movements of the virtual body were influencing my own movements”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q9. I felt as if the virtual body was moving by itself”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q10. It seemed as if I felt the touch of the ____ in the location where I saw the virtual body touched”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q11. It seemed as if the touch I felt was located somewhere between my physical body and the virtual body”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q12. It seemed as if the touch I felt was caused by the ____ touching the virtual body”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q13. It seemed as if my body was touching the ____”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q14. I felt as if my body was located where I saw the virtual body”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q15. I felt out of my body”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q16. I felt as if my (real) body were drifting towards the virtual body or as if the virtual body were drifting towards my (real) body”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q17. It felt as if my (real) body were turning into an ‘avatar’ body”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q18. At some point it felt as if my real body was starting to take on the posture or shape of the virtual body that I saw”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q19. At some point it felt that the virtual body resembled my own (real) body, in terms of shape, skin tone or other visual features”.

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q20. I felt like I was wearing different clothes from when I came to the laboratory”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q21. “I felt that my own body could be affected by _____”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q22. I felt a _____sensation in my body when I saw _____”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q23. When _____ happened, I felt the instinct to _____”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q24. I felt as if my body had _____”

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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Q25. I had the feeling that I might be harmed by the _____ “

<i>strongly disagree</i> (-3)	<i>disagree</i> (-2)	<i>somewhat disagree</i> (-1)	<i>neither agree nor disagree</i> (0)	<i>somewhat agree</i> (1)	<i>agree</i> (2)	<i>strongly agree</i> (3)
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