

**ADDITIONAL FILE 1: Effects of Heart Rate Variability Biofeedback during Exposure to Fear-Provoking**

Stimuli within Spider Fearful Individuals: Study Protocol for a Randomized-Controlled Trial

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**Questions on self-efficacy in handling a spider** (all rate one a scale from 0 “totally unconfident” to 10 “totally confident”):

1. How confident do you feel at the moment in/about dealing with a spider?
2. How confident do you feel at the moment about being in a room, in which you know is a spider?
3. How confident do you feel at the moment of/about catching a spider with a glass in your apartment?