A Overview of the Qualitative Interviews

A.1 Interview after each VR Exposure

Appearance of the Virtual Human

1. How did you feel about the interaction with the virtual human?
   (a) What was the reason for it?
   (b) Were these feelings more pleasant or unpleasant?

Recognition of Appearance and Body Shape

1. What similarities did you notice between you and the virtual human?
   (a) What was the reason for it?
   (b) Were these feelings more pleasant or unpleasant?

Uncanniness of the Virtual Human and VR Setting

1. To what extent did you find the virtual human uncanny? If yes, why?

Self-Attribution towards the Virtual Human

1. To what extent did you identify yourself with the virtual human?
   (a) What was the reason for it?
   (b) Was the identification more positive or negative?
   (c) *Only ask in the embodiment condition*: To what extent did it influence that the virtual human mirrored your movements?
   (d) *Only ask in the non-embodiment condition*: To what extent did it influence that the virtual human moved independently of you?
2. Did you have the feeling that you were facing yourself during your interaction with the virtual human?
   (a) What was the reason for it?
   (b) Were your feelings more pleasant or unpleasant?
   (c) *Only ask in the embodiment condition*: To what extent did it influence that the virtual human mirrored your movements?
   (d) *Only ask in the non-embodiment condition*: To what extent did it influence that the virtual human moved independently of you?

Body weight estimation of the virtual human

1. Did you find it rather easy or rather difficult to estimate the weight of the virtual human when it changed without your intervention?
   (a) What was the reason?
   (b) *Only ask in the embodiment condition*: To what extent did it influence that the virtual human mirrored your movements?
   (c) *Only ask in the non-embodiment condition*: To what extent did it influence that the virtual human moved independently of you?
2. Did you find it rather easy or rather difficult to modify the virtual human to the given weight?
   (a) What was the reason?
   (b) *Only ask in the embodiment condition*: To what extent did it influence that the virtual human mirrored your movements?
   (c) *Only ask in the non-embodiment condition*: To what extent did it influence that the virtual human moved independently of you?

Questions about the (physical) experience and the VR experience

1. Were there any body parts of your physical body that you paid special attention to while assessing the weight of the virtual human?
2. Were there any body parts of your physical body that you paid special attention to while you were actively changing the weight of the virtual human?

A.2 Final Interview after both VR Exposures

1. Do you draw any direct consequences of this experience?
2. Did you leave either VR exposure with negative feelings?

B Comprehensive Results of the Statistical Analysis

Table 5: Calculated tests for each experimental condition as well as p-values of the main and interaction effects (ME and IE) of the MANOVA models. E and NE label the embodiment factor, P and NP the personalization factor. Statistical significance indicators: $^{*}p < 0.05$; $^{\dagger}p < 0.01$; $^{\ddagger}p < 0.001$.

	MANOVA Test Statistics ME E	MANOVA Test Statistics ME P	MANOVA Test Statistics IE
Sense of Embodiment			
pESQ VBO VEQ VBO	$MATS = 27.854, p < .001^{\ddagger}$	$MATS = 15.470, p < .001^{\ddagger}$	$MATS = 0.491, p = .568$
pESQ AG VEQ AG	$MATS = 355.425, p < .001^{\ddagger}$	$MATS = 4.657, p < .001^{\ddagger}$	$MATS = 1.454, p = .237$
pESQ SL VEQ+ SL	$MATS = 53.690, p < .001^{\ddagger}$	$MATS = 13.699, p < .001^{\ddagger}$	$MATS = 0.400, p = .712$

Table 6: Calculated tests for each experimental condition as well as p-values of the main and interaction effects (ME and IE) of the ANOVA models. E and NE label the embodiment factor, P and NP the personalization factor. Statistical significance indicators: $^{*}p < 0.05$; $^{\dagger}p < 0.01$; $^{\ddagger}p < 0.001$.

	ANOVA Test Statistics ME E	ANOVA Test Statistics ME P	ANOVA Test Statistics IE
Sense of Embodiment			
pESQ VBO	$F(1,58) = 2.140, p = .149$	$F(1,58) = 4.581, p = .037^{*}$	-
VEQ VBO	$F(1,58) = 15.589, p < .001^{\ddagger}$	$F(1,58) = 30.232, p < .001^{\ddagger}$	-
pESQ AG	$F(1,58) = 50.484, p < .001^{\ddagger}$	$F(1,58) = 1.496, p = .226$	-
VEQ AG	$F(1,58) = 155.204, p < .001^{\ddagger}$	$F(1,58) = 12.659, p < .001^{\ddagger}$	-
pESQ SL	$F(1,58) = 13.646, p < .001^{\ddagger}$	$F(1,58) = 21.087, p < .001^{\ddagger}$	-
VEQ+ SL	$F(1,58) = 20.175, p < .001^{\ddagger}$	$F(1,58) = 11.197, p = .001^{\ddagger}$	-
Self-Identification			
VEQ+ SA	$F(1,58) = 20.316, p < .001^{\ddagger}$	$F(1,58) = 69.614, p < .001^{\ddagger}$	$F(1,58) = 0.313, p = .578$
VEQ+ SS	$F(1,58) = 1.478, p = .229$	$F(1,58) = 75.342, p < .001^{\ddagger}$	$F(1,58) = 0.096, p = .758$
Body Weight Perception in PET			
Misestimation $\overline{M}$ in %	$F(1,58) = 0.097, p = .757$	$F(1,58) = 0.660, p = .420$	$F(1,58) = 0.710, p = .403$
Misestimation $\overline{A}$ in %	$F(1,58) = 0.055, p = .815$	$F(1,58) = 5.993, p = .017^{*}$	$F(1,58) = 3.378, p = .071$
Body Weight Perception in AMT			
Current Body Weight in %	$F(1,58) = 10.561, p = .002^{\dagger}$	$F(1,58) = 0.865, p = .356$	$F(1,58) = 0.933, p = .323$
Ideal Body Weight in %	$F(1,58) = 0.073, p = .788$	$F(1,58) = 3.369, p = .072$	$F(1,58) = 0.102, p = .750$

Table 7: Calculated moderation for each detected correlation with the participant's BMI as the independent variable (predictor), the body weight estimation variable as the dependent variable (criterion), and the factors personalization and embodiment as moderator variables. E and NE label the embodiment factor, P and NP the personalization factor.

Criterion	Moderation Test Statistics (Moderator: Embodiment)	Moderation Test Statistics (Moderator: Personalization)
PET $\overline{M}$	$b = -0.19, SE = 0.35, t = -0.55, p = .582$	$b = 0.18, SE = 0.35, t = 0.52, p = .607$
AMT current	$b = -0.34, SE = 0.45, t = -0.76, p = .449$	$b = 0.35, SE = 0.44, t = 0.79, p = .569$
AMT ideal	$b = -0.22, SE = 0.57, t = -0.39, p = .694$	$b = 0.13, SE = 0.56, t = 0.23, p = .822$