

Multimedia File S3. Reasons for studies exclusion.

| Excluded | Reason for exclusion |
|------------------------------|---|
| Abdullah et al. [36] | No undergraduate students (30 twelve-year-old students). |
| Aguinaga-Ontoso et al. [37] | It is a Congress paper. |
| Allcoat et al. [38] | No mental health undergraduate students (25 undergraduate students, training related to solar-power panel efficiency). |
| Antoniou et al. [39] | No mental health undergraduate students (2 resident cardiologists, training related to emergency cases in cardiology). |
| Baños et al. [40] | No undergraduate students. |
| Bellamy et al. [41] | Outcomes not provided about undergraduate students training using AR in health simulation. |
| Bi et al. [42] | No undergraduate students (Irish postgraduate business school students). |
| Birt et al. [43] | No mental health education students (1st year physiology and anatomy students). |
| Chen et al. [44] | No mental health education students (3rd year nursing students, training related to health assessment). |
| Cochrane et al. [45] | No mental health undergraduate students (paramedic students a 360° overview of a critical care scenario). |
| Cochrane et al. [46] | No mental health undergraduate students (paramedic students). |
| Collins & Ditzel. [47] | No mental health education students (3rd year nursing students, training related to clinical reasoning skills). |
| Denholm et al. [48] | No mental health undergraduate students (741 students of master's degree in project management). |
| Frost et al. [49] | No mental health education students (undergraduates nursing students, training related to enhance clinical judgement). |
| Habak et al. [50] | No mental health undergraduate students (patients identified as reporting a mental health diagnosis) |
| Kang et al. [51] | No mental health undergraduate students (training related to earthquake topic). |
| Lertbumroongchai et al. [52] | No mental health undergraduate students (In-depth interview was conducted with 21 experts). |
| Martinez-Cerda et al. [53] | No mental health undergraduate students (computer-supported collaborative learning). |
| Rushton et al. [54] | No mental health undergraduate students (36 nursing students trained related to basic life support-BLS- skills). |
| Sonntag & Bodensiek. [55] | No mental health undergraduate students (45 science, technology, engineering, and mathematics students, trained in electrical circuit). |
| Stretton et al. [56] | Systematic review not including mental health undergraduate students. |
| Tang et al. [57] | No mental health undergraduate students, trained related to learning design subjects). |
| Taylor & Soneji. [58] | No results provided (narrative review). No mental health undergraduate students. |
| Usmani et al. [59] | Narrative review addressing Metaverse for treatment of mental health disorders. |