We are not only interested in assessing your performance but also the experiences you had during the experiment. In the most general sense, we are examining the “workload” you experienced.  Since workload is something that is experienced individually by each person, there are no set “rulers” that can be used to estimate the workload associated with different activities.  One way to find out about workload is to ask people to describe the feelings they experienced while performing a task. Please read the descriptions of the following 6 scales carefully.

For each of the six scales, you will evaluate the task by typing in a multiple of 10 that can range from 0 to 100 to reflect the point that matches your experience. Pay close attention to each scale’s endpoint descriptions when making your assessments. Please note that when the rating scale for PERFORMANCE appears, a low score means you think you did well, while a high score means that you think you did poorly.

Read the description for each scale again before making your rating.

Mental Demand:

How much mental and perceptual activity was required (e.g., thinking, deciding, calculating, remembering, looking, searching, etc.)? Was the task easy or demanding, simple or complex, exacting or forgiving?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | LOW |  |  |  |  |  |  |  |  |  | HIGH |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| Please indicate your response: | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

Physical Demand:

How much physical activity was required (e.g., pushing, pulling, turning, controlling, activating, etc.)? Was the task easy or demanding, slow or brisk, slack or strenuous, restful or laborious?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | LOW |  |  |  |  |  |  |  |  |  | HIGH |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| Please indicate your response: | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

Temporal Demand:

How much time pressure did you feel due to the rate or pace at which the task or task elements occurred? Was the pace slow and leisurely or rapid and frantic?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | LOW |  |  |  |  |  |  |  |  |  | HIGH |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| Please indicate your response: | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

Performance:

How successful do you think you were in accomplishing the goals of the task set by the experimenter (or yourself)? How satisfied were you with your performance in accomplishing these goals?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | GOOD |  |  |  |  |  |  |  |  |  | POOR |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| Please indicate your response: | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

Effort:

How hard did you have to work (mentally and physically) to accomplish your level of performance?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | LOW |  |  |  |  |  |  |  |  |  | HIGH |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| Please indicate your response: | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

Frustration:

How insecure, discouraged, irritated, stressed, and annoyed vs. secure, gratified, content, relaxed, and complacent did you feel during the task?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | LOW |  |  |  |  |  |  |  |  |  | HIGH |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| Please indicate your response: | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |