**The Physical Effort Scale (PES)**

Participant ID:

This questionnaire relates to physical effort, which is usually associated with increased breathing. Please read each of the following statements and indicate the extent to which you agree or disagree with that statement. There are no right or wrong answers. Choose your answer using the following scale:

1 = I totally disagree

2 = I disagree

3 = I neither agree nor disagree

4 = I agree

5 = I totally agree

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1. | I tend to engage in tasks that require physical effort. | 1 | 2 | 3 | 4 | 5 |
| 2. | I generally avoid situations that involve physical effort. | 1 | 2 | 3 | 4 | 5 |
| 3. | I usually like activities that require physical effort. | 1 | 2 | 3 | 4 | 5 |
| 4. | I tend to avoid situations in which I have to exert physical effort. | 1 | 2 | 3 | 4 | 5 |
| 5. | I usually find satisfaction in exerting physical effort. | 1 | 2 | 3 | 4 | 5 |
| 6. | I tend to stay away from tasks that require physical effort. | 1 | 2 | 3 | 4 | 5 |
| 7. | The idea of exerting physical effort is appealing to me. | 1 | 2 | 3 | 4 | 5 |
| 8. | I tend to avoid tasks that require physical effort. | 1 | 2 | 3 | 4 | 5 |
| 9. | I usually exert physical effort even if I do not have to. | 1 | 2 | 3 | 4 | 5 |
| 10. | I usually do not find any satisfaction in exerting physical effort. | 1 | 2 | 3 | 4 | 5 |
| 11. | I tend to search for opportunities to exert physical effort. | 1 | 2 | 3 | 4 | 5 |
| 12. | Exerting physical effort is not appealing to me. | 1 | 2 | 3 | 4 | 5 |
| 13. | I tend to engage in situations in which I have to exert physical effort. | 1 | 2 | 3 | 4 | 5 |
| 14. | When I have to exert physical effort, I usually feel a strong desire to avoid it. | 1 | 2 | 3 | 4 | 5 |
| 15. | I generally enjoy tasks that involve physical effort. | 1 | 2 | 3 | 4 | 5 |
| 16. | I usually exert physical effort only when there is no other alternative. | 1 | 2 | 3 | 4 | 5 |
| 17. | I usually dislike tasks that involve physical effort. | 1 | 2 | 3 | 4 | 5 |
| 18. | I am usually willing to engage in activities that involve physical effort. | 1 | 2 | 3 | 4 | 5 |

**Rating of each item of the Physical Effort Scale (PES)**

Participant ID:

|  |  |
| --- | --- |
| **1.** | **I tend to engage in tasks that require physical effort.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |
| **2.** | **I generally avoid situations that involve physical effort.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |
| **3.** | **I usually like activities that require physical effort.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |

|  |  |
| --- | --- |
| **4.** | **I tend to avoid situations in which I have to exert physical effort.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |
| **5.** | **I usually find satisfaction in exerting physical effort.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |
| **6.** | **I tend to stay away from tasks that require physical effort.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |

|  |  |
| --- | --- |
| **7.** | **The idea of exerting physical effort is appealing to me.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |
| **8.** | **I tend to avoid tasks that require physical effort.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |
| **9.** | **I usually exert physical effort even if I do not have to.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |

|  |  |
| --- | --- |
| **10.** | **I usually do not find any satisfaction in exerting physical effort.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |
| **11.** | **I tend to search for opportunities to exert physical effort.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |
| **12.** | **Exerting physical effort is not appealing to me.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |

|  |  |
| --- | --- |
| **13.** | **I tend to engage in situations in which I have to exert physical effort.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |
| **14.** | **When I have to exert physical effort, I usually feel a strong desire to avoid it.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |
| **15.** | **I generally enjoy tasks that involve physical effort.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |

|  |  |
| --- | --- |
| **16.** | **I usually exert physical effort only when there is no other alternative.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |
| **17.** | **I usually dislike tasks that involve physical effort.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |
| **18.** | **I am usually willing to engage in activities that involve physical effort.** |
|  | Clarity (i.e., is the item clear?):  Ease of response (i.e., is the item easy to answer?): |