

A brief explanation of the Simulator Sickness Questionnaire (SSQ)

Each item is rated with the scale from none, slight, moderate to severe. Through some calculations, four representative scores can be found. Nausea-related subscore (N), Oculomotor-related subscore (O), Disorientation-related subscore (D) are the scores for the symptoms for the specific aspects. Total Score (TS) is the score representing the overall severity of cybersickness experienced by the users of virtual reality systems.

The calculations in the Simulator Sickness Questionnaire

None = 0
Slight = 1
Moderate = 2
Severe = 3

Symptoms	Weights for Symptoms		
	Nausea	Oculomotor	Disorientation
General discomfort	1	1	
Fatigue		1	
Headache		1	
Eye strain		1	
Difficulty focusing		1	1
Increased salivation	1		
Sweating	1		
Nausea	1		1
Difficulty concentrating	1	1	
Fullness of head			1
Blurred vision		1	1
Dizzy (eyes open)			1
Dizzy (eyes closed)			1
Vertigo			1
Stomach awareness	1		
Burping	1		
Total*	[1]	[2]	[3]

Score

Nausea = [1] × 9.54

Oculomotor = [2] × 7.58

Disorientation = [3] × 13.92

Total Score = ([1] + [2] + [3]) *3.74

* Total is the sum obtained by adding the symptoms scores. Omitted scores are zero

Walter, Hannah; Li, Ruixuan; Munafo, Justin; Curry, Christopher; Peterson, Nicolette; Stoffregen, Thomas. (2019). APAL Coupling Study 2019. Retrieved from the Data Repository for the University of Minnesota, <https://doi.org/10.13020/XAMG-CS69>.