**VR Cycling Ramp Test Post-Scenario Questionnaire**

**Participant ID:** \_\_\_\_\_\_\_\_\_\_\_

**Participant Age:** \_\_\_\_\_\_\_\_\_\_\_

**Participant Gender:** \_\_\_\_\_\_\_\_\_\_\_

**Scenario Completed (circle one):**

* Baseline (Solo)
* Cooperative (Team)
* Competitive (Race)

**Section 1: Motivation and Effort**

1. **I felt motivated to push myself harder because of the VR scenario I was in.**  
   (1 = Strongly Disagree — 7 = Strongly Agree)

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1. **The way the scenario was designed (e.g., working as a team or racing competitors) encouraged me to give more effort than I would normally give on a standard exercise bike workout.**  
   (1 = Strongly Disagree — 7 = Strongly Agree)

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1. **I pushed myself harder than I usually would when cycling on my own.**  
   (1 = Strongly Disagree — 7 = Strongly Agree)

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1. **The VR environment helped distract me from the discomfort of the workout and encouraged me to keep going.**  
   (1 = Strongly Disagree — 7 = Strongly Agree)

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**Section 2: Perception of the Scenario Dynamics**

1. **If you were in the Team scenario (Cooperative): The presence of AI teammates made me want to contribute more and work harder for the team effort.**  
   (1 = Strongly Disagree — 7 = Strongly Agree)

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1. **If you were in the Competitive scenario: Racing against AI opponents made me push harder to avoid "losing" to them.**

(1 = Strongly Disagree — 7 = Strongly Agree)

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1. **If you were in the Solo (Baseline) scenario: I felt less motivated to push myself because I was cycling alone.**  
   (1 = Strongly Disagree — 7 = Strongly Agree)

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**Section 3: Comparison to Traditional Exercise**

1. **Compared to a standard gym workout (e.g., using an exercise bike without VR), this VR scenario made me work harder.**  
   (1 = Strongly Disagree — 7 = Strongly Agree)

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1. **The VR experience made the workout feel more purposeful (e.g., racing to win, supporting a team, etc.) than traditional workouts.**  
   (1 = Strongly Disagree — 7 = Strongly Agree)

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**Section 4: Open-Ended Feedback**

1. **What aspects of this VR scenario made you push harder (if any)?**
2. **What could be improved in this VR scenario to make you feel even more motivated to give your maximum effort?**
3. **Any other comments about your experience?**

**Section 5: VR Software Experience and Usability**

1. **The VR system was easy to understand and use (e.g., I understood what I was supposed to do, and the visuals made sense).**  
   (1 = Strongly Disagree — 7 = Strongly Agree)

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1. **The VR system felt intuitive and did not require much effort to figure out.**  
   (1 = Strongly Disagree — 7 = Strongly Agree)

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1. **I felt fully immersed in the VR environment during the ramp test.**  
   (1 = Strongly Disagree — 7 = Strongly Agree)

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1. **The graphics and visual elements were clear and helped me understand my progress or position in the scenario.**  
   (1 = Strongly Disagree — 7 = Strongly Agree)

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| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
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1. **I experienced feelings of dizziness, nausea, or motion sickness while using the VR system.**  
   (1 = Strongly Disagree — 7 = Strongly Agree)

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1. **If you experienced any discomfort (e.g., motion sickness, dizziness), please describe what you felt and when it occurred (optional):**