

# Short Stress State Questionnaire (SSSQ) Post-task assessment

Read the following questions carefully, and respond with the choice(s) that most accurately represents you. Please answer all the questions.

**Please indicate how true each statement is of your thoughts while performing the task.**

**Not at all = 1   A little bit = 2   Somewhat = 3   Very much = 4   Extremely = 5**

	1	2	3	4	5
1) I tried to figure myself out.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) I reflected about myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) I daydreamed about myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) I felt self-conscious.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) I was worried about what other people would think of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) I was concerned about the impression I was making.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) I thought about how others have done on this task.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) I thought about how I would feel if I were told how I performed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>