Short Stress State Questionnaire (SSSQ) Post-task assessment

State Post-Questionnaire

Please indicate how well each word describes how you felt During The Task.

Not at all = 1 A little bit = 2	Somewhat $= 3$	Very much $= 4$	Extremely $= 5$				
 Dissatisfied 	1	2	3		4		5
2. Alert	1	2	3		4		5
Depressed	1	2	3		4		5
4. Sad	1	2	3		4		5
5. Active	1	2	3		4		5
6. Impatient	1	2	3	4 4 4 4			5
7. Annoyed	1	2	3				5
8. Angry	1	2	3				5
9. Irritated	1	2	3				5
10. Grouchy	1	2	3		4		5
Not at all = 1 A little bit = 2 Somewhat = 3 Very much = 4 Extre			Extremely = 5	2	2	4	_
Not at all = 1 A little bit = 2	Somewhat $= 3$	Verv much = 4	Extremely $= 5$				
11. I was committed to attaining my performance goals			1	2	3	4	_
		gours	1	2	3	4	3
12. I wanted to succeed on the		gouis	1	2	3	4	5
13. I was motivated to do the ta		o goulo	1 1	2	3 3	4 4 4	5 5 5
13. I was motivated to do the ta 14. I tried to figure myself out.		o gouis	1 1 1	2 2	3 3 3	4 4 4 4	5 5 5
13. I was motivated to do the ta14. I tried to figure myself out.15. I reflected about myself.	sk	o godio	1 1 1 1	2 2 2	3 3 3 3	4 4 4 4	5 5 5 5
13. I was motivated to do the ta14. I tried to figure myself out.15. I reflected about myself.16. I daydreamed about myself.	sk	o gould	1 1 1 1 1	2 2 2 2	3 3 3 3 3	4 4 4 4 4	5 5 5 5 5
13. I was motivated to do the ta14. I tried to figure myself out.15. I reflected about myself.16. I daydreamed about myself.17. I felt confident about my ab	sk	o godin	1 1 1 1 1 1	2 2 2 2 2	3 3 3 3 3 3	4 4 4 4 4 4	5 5 5 5 5 5 5
13. I was motivated to do the ta14. I tried to figure myself out.15. I reflected about myself.16. I daydreamed about myself.17. I felt confident about my ab18. I felt self-conscious.	sik vilities.		1 1 1 1 1 1 1	2 2 2 2 2 2 2	3 3 3 3 3 3 3	4 4 4 4 4 4 4	5 5 5 5 5 5 5 5
13. I was motivated to do the ta14. I tried to figure myself out.15. I reflected about myself.16. I daydreamed about myself.17. I felt confident about my ab	sik vilities.		1 1 1 1 1 1 1 1	2 2 2 2 2	3 3 3 3 3 3 3 3	4 4 4 4 4 4 4 4	5 5 5 5 5 5 5 5 5
13. I was motivated to do the ta14. I tried to figure myself out.15. I reflected about myself.16. I daydreamed about myself.17. I felt confident about my ab18. I felt self-conscious.	isk bilities. ther people think	of me.	1 1 1 1 1 1 1 1 1	2 2 2 2 2 2 2	3 3 3 3 3 3 3 3	4 4 4 4 4 4 4 4	5 5 5 5 5 5 5 5 5 5
13. I was motivated to do the ta14. I tried to figure myself out.15. I reflected about myself.16. I daydreamed about myself.17. I felt confident about my ab18. I felt self-conscious.19. I was worried about what out	oilities. ther people think npression I was r	of me.	1 1 1 1 1 1 1 1 1	2 2 2 2 2 2 2 2	3 3 3 3 3 3 3 3 3	4 4 4 4 4 4 4 4 4	5 5 5 5 5 5 5 5 5 5 5 5
 13. I was motivated to do the ta 14. I tried to figure myself out. 15. I reflected about myself. 16. I daydreamed about myself. 17. I felt confident about my ab 18. I felt self-conscious. 19. I was worried about what of 20. I felt concerned about the in 	bilities. ther people think pression I was rethis task.	of me.	1 1 1 1 1 1 1 1 1 1	2 2 2 2 2 2 2 2 2 2	3 3 3 3 3 3 3 3 3 3	4 4 4 4 4 4 4 4 4 4	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5
13. I was motivated to do the ta 14. I tried to figure myself out. 15. I reflected about myself. 16. I daydreamed about myself. 17. I felt confident about my ab 18. I felt self-conscious. 19. I was worried about what of 20. I felt concerned about the in 21. I performed proficiently on	bilities. ther people think pression I was resistant this task. of things.	of me. naking.	1 1 1 1 1 1 1 1 1 1 1	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 3 3 3 3 3 3 3 3 3 3 3	4 4 4 4 4 4 4 4 4 4 4	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5