

Short Stress State Questionnaire (SSSQ) **Pre-task** assessment

State Pre-Questionnaire

Please indicate how well each word describes how you feel *At The Moment*.

| Not at all = 1 | A little bit = 2 | Somewhat = 3 | Very much = 4 | Extremely = 5 | |
|-----------------|------------------|--------------|---------------|---------------|---|
| 1. Dissatisfied | 1 | 2 | 3 | 4 | 5 |
| 2. Alert | 1 | 2 | 3 | 4 | 5 |
| 3. 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 | 5 |
| 7. Annoyed | 1 | 2 | 3 | 4 | 5 |
| 8. Angry | 1 | 2 | 3 | 4 | 5 |
| 9. Irritated | 1 | 2 | 3 | 4 | 5 |
| 10. Grouchy | 1 | 2 | 3 | 4 | 5 |

Please indicate how true each statement is of your thoughts *During The Past Ten Minutes*.

| Not at all = 1 | A little bit = 2 | Somewhat = 3 | Very much = 4 | Extremely = 5 | |
|--|------------------|--------------|---------------|---------------|---|
| 11. I am committed to attaining my performance goals | 1 | 2 | 3 | 4 | 5 |
| 12. I want to succeed on the task | 1 | 2 | 3 | 4 | 5 |
| 13. I am motivated to do the task | 1 | 2 | 3 | 4 | 5 |
| 14. I'm trying to figure myself out | 1 | 2 | 3 | 4 | 5 |
| 15. I'm reflecting about myself. | 1 | 2 | 3 | 4 | 5 |
| 16. I'm daydreaming about myself. | 1 | 2 | 3 | 4 | 5 |
| 17. I feel confident about my abilities. | 1 | 2 | 3 | 4 | 5 |
| 18. I feel self-conscious. | 1 | 2 | 3 | 4 | 5 |
| 19. I am worried about what other people think of me. | 1 | 2 | 3 | 4 | 5 |
| 20. I feel concerned about the impression I am making. | 1 | 2 | 3 | 4 | 5 |
| 21. I expect to perform proficiently on this task. | 1 | 2 | 3 | 4 | 5 |
| 22. Generally, I feel in control of things. | 1 | 2 | 3 | 4 | 5 |
| 23. I thought about how others have done on this task. | 1 | 2 | 3 | 4 | 5 |
| 24. I thought about how I would feel if I were told how I performed. | 1 | 2 | 3 | 4 | 5 |