Short Stress State Questionnaire (SSSQ) Pre-task assessment

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

If you are accessing this questionnaire right now, please do it in the same sitting as the behavioral tasks, which will appear after completing both of the pretask questionnaires.

Please indicate how well each word describes how you feel at the moment.

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

		1	2	3	4	5
1)	Dissatisfied	○	○	○	○	○
2)	Alert	○	○	○	○	○
3)	Depressed	○	○	○	○	○
4)	Sad	○	○	○	○	○
5)	Active	○	○	○	○	○
6)	Impatient	○	○	○	○	○
7)	Annoyed	○	○	○	○	○
8)	Angry	○	○	○	○	○
9)	Irritated	○	○	○	○	○
10)	Grouchy	○	○	○	○	○

Please indicate how true each statement is of your thoughts during the past ten minutes.

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

		1	2	3	4	5
11)	I am committed to attaining my performance goals.	○	○	○	○	○
12)	I want to succeed on the task.	○	○	○	○	○
13)	I am motivated to do the task.	○	○	○	○	○
14)	I am trying to figure myself out.	○	○	○	○	○
15)	I am reflecting about myself.	○	○	○	○	○
16)	I am daydreaming about myself.	○	○	○	○	○
17) 18)	I feel confident about my abilities.	○	○	○	○	○

		○	○	○	○	○
	I feel self-conscious.					
19)	I am worried about what other people think of me.	○	○	○	○	○
20)	I am concerned about the impression I was making.	○	○	○	○	○
21)	I will perform proficiently on the task.	○	○	○	○	○
22)	Generally, I feel in control of things.	○	○	○	○	○
23)	I thought about how others have done on the task.	○	○	○	○	○
24)	I thought about how I would feel if I were told how I would perform.	○	○	○	○	○