

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		
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 was of your thoughts *While Performing The Task*.

Not at all = 1	A little bit = 2	Somewhat = 3	Very much = 4	Extremely = 5		
11. I was committed to attaining my performance goals	1	2	3	4	5	
12. I wanted to succeed on the task	1	2	3	4	5	
13. I was motivated to do the task	1	2	3	4	5	
14. I tried to figure myself out.	1	2	3	4	5	
15. I reflected about myself.	1	2	3	4	5	
16. I daydreamed about myself.	1	2	3	4	5	
17. I felt confident about my abilities.	1	2	3	4	5	
18. I felt self-conscious.	1	2	3	4	5	
19. I was worried about what other people think of me.	1	2	3	4	5	
20. I felt concerned about the impression I was making.	1	2	3	4	5	
21. I performed proficiently on this task.	1	2	3	4	5	
22. Generally, I felt 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	

