

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.

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

	1	2	3	4	5
1) I am trying to figure myself out.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) I am reflecting about myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) I am daydreaming about myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) I feel self-conscious.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) I am worried about what other people think of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) I am 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 the 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 would perform.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>