

## Post condition questions.

Asked after each experimental condition.

Embodiment: pESQ. 5-point Likert scale. (Eubanks et al., 2021)

The following are 5 rating scales that are meant to evaluate your experience during the task. Please consider the task you just completed and evaluate the task by marking "X" on each of the scales at the point that best fits your experience.

The scale ranges from "I do not agree at all" on the left to "I fully agree" on the right. Please read the descriptions carefully.

**pSEQ-1)** Overall, I felt as if my body was located where I saw the virtual body to be.

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I do not agree at all I fully agree

**pSEQ -2)** The movements of the virtual body were caused by my movements.

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I do not agree at all I fully agree

**pSEQ -3)** I felt like my body was actually there in the environment.

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I do not agree at all I fully agree

**pSEQ -4)** I felt like my bodily movements occurred within the environment.

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I do not agree at all I fully agree

**pSEQ -5)** I felt like the environment affected my body.

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I do not agree at all I fully agree

**Post condition questions.** Asked after each experimental condition.

Workload: SIM-TLX Part 1. 21-point Likert scale. (Harris et al. 2020)

The following are 9 rating scales which are meant for evaluating your experience during the task. Please evaluate the procedure by marking “X” on each of the scales at the point which best fits your experience. The scale ranges from “very low” on the left to “very high” on the right. Please read the descriptions carefully.

SIM-TLX-1) Mental Demands

How mentally fatiguing was the task?

Very Low

Very High

SIM-TLX-2) Physical Demands

How physically fatiguing was the task?

Very Low

Very High

SIM-TLX-3) Temporal Demands

How hurried or rushed did you feel during the task?

Very Low

Very High

SIM-TLX-4) Frustration

How insecure, discouraged, irritated, stressed or annoyed were you?

Very Low

Very High

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SIM-TLX-5) Task Complexity

How complex was the task?

Very Low

Very High

SIM-TLX-6) Situational Stress

How stressed did you feel while performing the task?

Very Low

Very High

SIM-TLX-7) Distractions

How distracting was the task environment?

Very Low

Very High

SIM-TLX-8) Perceptual strain

How uncomfortable/irritating were the visual and auditory aspects of the task?

Very Low

Very High

SIM-TLX-9) Task control

How difficult was the task to control/navigate?

Very Low

Very High

ID:

COND:

## Post condition questions.

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Workload: SIM-TLX Part 2. Pairwise comparisons. (Harris et al. 2020)

Following are a set of titles listed into boxes within a grid. From these boxes, you will choose which title you deem more applicable to your experience of workload in the procedure.

### SELECT THE MEMBER OF EACH PAIR THAT PROVIDED THE MOST SIGNIFICANT SOURCE OF WORKLOAD VARIATION IN THESE TASKS

Please consider your choices carefully and make them consistent with how you used the rating scales.

We are not looking for a right or wrong answer. We are only interested in your opinion.

Mental Demands OR Physical Demands	Mental Demands OR Situational Stress	Mental Demands OR Perceptual strain	Task Complexity OR Situational Stress	Mental Demands OR Ease of control	Physical Demands OR Ease of control	Situational Stress OR Ease of control	Physical Demands OR Distractions	Situational Stress OR Distractions
Frustration OR Situational Stress	Mental Demands OR Temporal Demands	Physical Demands OR Temporal Demands	Distractions OR Ease of control	Frustration OR Distractions	Task Complexity OR Distractions	Mental Demands OR Distractions	Physical Demands OR Frustration	Task Complexity OR Ease of control
Frustration OR Ease of control	Mental Demands OR Task Complexity	Frustration OR Perceptual strain	Frustration OR Task Complexity	Temporal Demands OR Ease of control	Temporal Demands OR Frustration	Physical Demands OR Task Complexity	Physical Demands OR Situational Stress	Situational Stress OR Perceptual strain
Distractions OR Perceptual strain	Task Complexity OR Perceptual strain	Temporal Demands OR Perceptual strain	Temporal Demands OR Distractions	Temporal Demands OR Situational Stress	Temporal Demands OR Task Complexity	Physical Demands OR Perceptual strain	Perceptual strain OR Ease of control	Mental Demands OR Frustration

**Post-experiment questions.** Asked at end of experiment.

## VR experience

<p><b>VE-1)</b> How would you describe your <u>frequency</u> of prior exposure to VR? (circle one)</p>	<p>a. Never</p> <p>b. Daily</p> <p>c. Weekly</p> <p>d. Monthly</p>														
<p><b>VE-2)</b> <u>How long</u> have you been using VR for? (circle one)</p>	<p>a. Never,</p> <p>b. Less than 1 year,</p> <p>c. 1-2 years,</p> <p>d. More than 2 years.</p>														
<p><b>VE-3)</b> What types of VR hardware (equipment) have you used before?</p>															
<p><b>VE-4)</b> What types of VR software (apps, games) have you used before? Please list any titles</p>															
<p><b>VE-5)</b> On a scale of 1-7 (low to high) please rate your <u>feeling of competence</u> when using VR? (circle one)</p>	<table border="0"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> </tr> <tr> <td>Low</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>High</td> </tr> </table>	1	2	3	4	5	6	7	Low						High
1	2	3	4	5	6	7									
Low						High									

## Demographics

PE-1) Age (years)	
PE-2) Body weight (kgs)	
PE-3) Height (m)	
PE-4) By what gender do you identify? (circle one)	<ul style="list-style-type: none"> <li>a. Woman</li> <li>b. Man</li> <li>c. Non-binary</li> <li>d. Prefer not to say</li> </ul>

## Post-experiment questions. Asked at end of experiment.

### General Observations

GO-1) Please rate the realism of the virtual environment on a scale of 1 to 7 (low to high)

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1 (Low) 7 (High)

GO-2) What felt realistic?

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GO-3) What felt unrealistic?

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GO-4) What would you change to make the virtual environment more realistic?

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GO-5) Can you describe your experience of moving around in the virtual environment? Were there any particular moments or aspects of the experience that stood out to you?

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