Post-Exposure Questionnaire

# Document Instructions

• This questionnaire is meant to be delivered digitally, where participants fill this questionnaire using a laptop/PC and touchpad/mouse.

• Please note that any instructions addressing the experimenter are underlined.

• Please note that any written instructions addressing the participant are in **bold**.

• Please read this in conjunction with the "Verbal Instructions Protocol" document, as some instructions may need to be verbally communicated to the participant.

• Please note that the titles in this questionnaire are only indicative for the experimenter's use. On the questionnaire itself, please have each section set on an individual page with no headline.

* At the beginning of the questionnaire per participant, the experimenter may need to insert relevant information such as participant ID.
* This questionnaire is meant to be filled after watching each video.

# Section Zero – Video Information

This section is only meant to be filled by the experimenter. Insert relevant information about the video that is about to be viewed. For example, insert video code and video viewing order.

Press next to proceed to the participant's section.

# Section One – Self Assessment Manikin (SAM) [1]

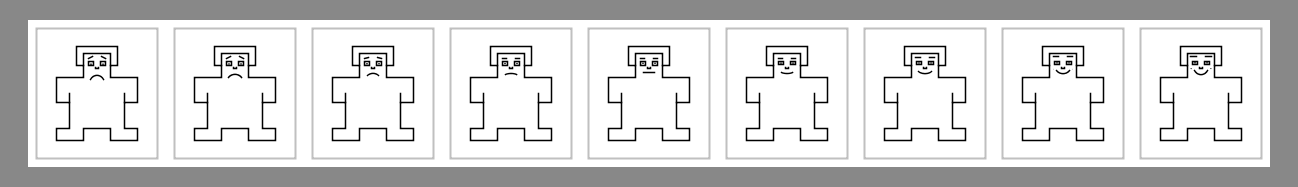
Please refer to the "Verbal Instructions Protocol" document, where you will find instructions related to this section that needs to be verbally communicated to the participant filling this questionnaire.

**Happy vs Unhappy:**

**This SAM scale is the happy-unhappy scale, which ranges from a smile to a frown. Notice that on one side, SAM is frowning. On the other side, SAM is smiling, and in the middle, SAM is not smiling or frowning.**

* **At one extreme of the happy vs unhappy scale, you feel happy, glad, cheerful, pleased, good, pleased, satisfied, contented, or hopeful. You can indicate feeling completely happy by choosing this figure on the far right of the scale here.**
* **The other end of the scale is when you feel completely unhappy, annoyed, unsatisfied, melancholic, despaired, bored, scared, angry, bad, or anxious. You can indicate feeling completely unhappy by choosing this figure on the far left of the scale.**
* **If you felt completely neutral, neither happy nor unhappy, choose this figure in the middle that is not smiling nor frowning.**
* **The figures also allow you to describe intermediate feelings of pleasure, by choosing any of the other pictures in between.**

**Your rating of each video should reflect your immediate personal experience and no more. Using the happy vs unhappy SAM, please rate your emotions based on how you ACTUALLY FELT WHILE YOU WATCHED THE VIDEO.**

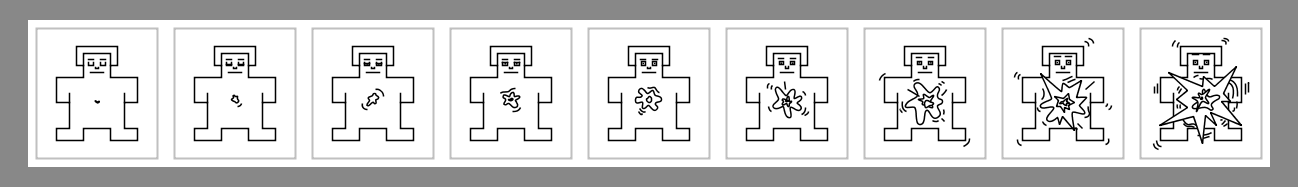


**Excited vs Calm:**

**This SAM scale is excited vs calm scale. Notice that on one side, SAM is very still, and his eyes are closed. On the other side, SAM is jumping up, and his stomach is excited. Note that excitement or calmness doesn't necessarily mean excitement or calmness positively nor negatively, as we have the happy vs unhappy SAM above to express that.**

* **At one extreme of the scale, you feel stimulated, excited, frenzied, jittery, and wide-awake, or aroused. You can indicate feeling completely excited by choosing this figure on the far-right side of the scale. Notice how it looks like SAM is jumping up and down, and his stomach is excited. This is like when you get excited and can't sit still or like you have butterflies in your stomach when you are very nervous.**
* **On the other hand, at the other end of the scale, you feel completely relaxed, calm, sluggish, dull, sleepy, unaroused. If you feel completely calm, you can choose this figure on the far-left side of the scale.**
* **If you are not at all excited nor at all calm, choose this figure, the figure in the middle of the row.**
* **The figures also allow you to describe intermediate feelings of pleasure, by choosing any of the other pictures in between.**

**Your rating of each video should reflect your immediate personal experience and no more. Using the excited vs calm SAM, please rate your emotions based on how you ACTUALLY FELT WHILE YOU WATCHED THE VIDEO.**



# Section Two – Visual Analog Scale (VAS) of Emotions [2]

Please refer to the "Verbal Instructions Protocol" document, where you will find instructions related to this section that needs to be verbally communicated to the individual filling this questionnaire.

**Please drag the sliders on the line below to indicate the best describes the greatest amount of each emotion you ACTUALLY FELT WHILE YOU WATCHED THE VIDEO. On this scale, the far left means you do not feel even the slightest bit of the emotion and the far right is the most you have ever felt in your life. All you have to do is make sure you rate the correct emotion the way you ACTUALLY FELT WHILE YOU WATCHED THE VIDEO as accurate as you can. There are no right or wrong answers, just honest answers. Note that if you need to place a zero at any point, you can't leave the slider as it is; you need to press and drag it towards the left end of the slider.**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **To what extent did you feel *joyful* while you watched the video?** | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| Not joyful at all |  |  |  |  |  |  |  |  | As joyful as I can be |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **To what extent did you feel *angry* while you watched the video?** | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| Not angry at all |  |  |  |  |  |  |  |  | As angry as I can be |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **To what extent did you feel *calm* while you watched the video?** | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| Not calm at all |  |  |  |  |  |  |  |  | As calm as I can be |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **To what extent did you feel sad while you watched the video?** | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| Not sad at all |  |  |  |  |  |  |  |  | As sad as I can be |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **To what extent did you feel *disgusted* while you watched the video?** | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| Not disgusted at all |  |  |  |  |  |  |  |  | As disgusted as I can be |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **To what extent did you feel *relaxed* while you watched the video?** | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| Not relaxed at all |  |  |  |  |  |  |  |  | As relaxed as I can be |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **To what extent did you feel *happy* while you watched the video?** | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| Not happy at all |  |  |  |  |  |  |  |  | As happy as I can be |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **To what extent did you feel *fearful* while you watched the video?** | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| Not fearful at all |  |  |  |  |  |  |  |  | As fearful as I can be |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **To what extent did you feel *anxious* while you watched the video?** | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| Not anxious at all |  |  |  |  |  |  |  |  | As anxious as I can be |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **To what extent did you feel *dizzy* while you watched the video?** | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| Not dizzy at all |  |  |  |  |  |  |  |  | As dizzy as I can be |

# Section Three – Presence [3]

**Indicate your preferred answer by clicking on the appropriate circle of the seven-point scale. Please consider the entire scale when making your responses, as the intermediate levels may apply. There are no right or wrong answers, just honest answers.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **In the video, I had the sense of "being there"…** | | | | | | |
|  |  |  |  |  |  |  |
| Not at all |  |  |  |  |  | Very much |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **During the video, how often did you think of the room you are in and your surroundings?** | | | | | | |
|  |  |  |  |  |  |  |
| Not at all |  |  |  |  |  | All the time |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **How flat and missing in depth did the video appear?** | | | | | | |
|  |  |  |  |  |  |  |
| Not at all |  |  |  |  |  | Very much |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Do you think of the video as…?** | | | | | | |
|  |  |  |  |  |  |  |
| Something I saw | |  |  |  | Somewhere I visited | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **How disturbing was the lag or delay between the navigation and the response of the video?** | | | | | | |
|  |  |  |  |  |  |  |
| Didn't notice it | |  |  |  | Completely putting off | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Whilst you watched the video, music played in the background. How much attending did you pay to it?** | | | | | | |
|  |  |  |  |  |  |  |
| None at all |  |  |  |  |  | A great deal |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **The video became more real or present to me compared to the 'real world'** | | | | | | |
|  |  |  |  |  |  |  |
| At no time |  |  |  |  |  | All the time |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **How natural did your interactions with the environment seem?** | | | | | | |
|  |  |  |  |  |  |  |
| Not at all |  |  |  |  |  | Very high degree |

**This is the end of this questionnaire for this video; please notify the experimenter that you're ready to proceed. Thank you.**

# References

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| [1] | . M. M. Bradley and P. J. Lang, "Measuring emotion: the self-assessment manikin and the semantic differential," *Journal of behavior therapy and experimental psychiatry,* vol. 25, no. 1, pp. 49-59, 1994. |
| [2] | N. Crichton, “Visual analogue scale (VAS),” *J Clin Nurs,* vol. 10, no. 5, pp. 706-6. |
| [3] | B. G. Witmer and M. J. Singer, "Measuring presence in virtual environments: A presence questionnaire," *Presence,* vol. 7, no. 3, pp. 225-240, 1998. |