**量表三**

*声明：本调研自愿参加，因分析需要，在收集数据时要求提供学号。我们不会公开原始数据并尽力保证数据安全。对数据进行发表（技术报告/论文等）前，我们会进行匿名处理。感谢您对教学科研的支持！谢谢！*

**学号： 班级： 填表日期：**

请仔细阅读下面的问题，并根据这一阶段实验过程中的体验如实填写问卷（在对应的格子中打\*标记）。

1. 实验对心智和知觉活动（如：思考、决策、计算、记忆、注视与搜索等）的要求高吗？实验任务感觉简单或是困难？

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

很低 中间 很高

1. 实验对体力的要求高吗？是否令人感觉疲惫或力不从心？

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

很低 中间 很高

1. 完成实验的时间紧张吗？是否感觉时间不够，经常需要加班加点？

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

很轻松 中间 很紧张

1. 对自己在实验过程中的表现满意吗？感觉自己这阶段实验完成的好不好？

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

很不满意 中间 很满意

1. 你在心智和体力上付出了多少努力才换来目前在实验中的表现？

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

很少的努力 中间 很多的努力

1. 实验的过程中体验到不安全感、焦虑、沮丧、压力大、情绪激动等负面情绪的程度如何？

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

很低 中间 很强烈