**Pre-Task Questionnaire**

**Dundee Stress State Questionnaire (DSSQ)**

**Instructions:** This questionnaire is concerned with your feelings and thoughts at the moment. Please answer **every** question, even if you find it difficult. Answer, as honestly as you can, what is true of **you**. Please do not choose a reply just because it seems like the 'right thing to say'. Your answers will be kept entirely confidential.

**Also, be sure to answer according to how you feel AT THE MOMENT. Don't just put down how you usually feel.**

You should try and work quite quickly: there is no need to think very hard about the answers. The first answer you think of is usually the best.  
For each statement, choose an answer from 0 to 4, so as to indicate how accurately it describes your feelings **AT THE MOMENT.**

Definitely false Somewhat false Neither true nor false Somewhat true Definitely true

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 |
| 1. I feel concerned about the impression I am making. |  |  |  |  |  |
| 2. I feel relaxed. |  |  |  |  |  |
| 3. The content of the task will be dull. |  |  |  |  |  |
| 4. I am thinking about how other people might judge my performance. |  |  |  |  |  |
| 5. I am determined to succeed on the task. |  |  |  |  |  |
| 6. I feel tense. |  |  |  |  |  |
| 7. I am worried about what other people think of me. |  |  |  |  |  |
| 8. I am thinking about how I would feel if I were told how I performed |  |  |  |  |  |
| 9. Generally, I feel in control of things. |  |  |  |  |  |
| 10. I am reflecting about myself. |  |  |  |  |  |
| 11. My attention will be directed towards the task. |  |  |  |  |  |
| 12. I am thinking deeply about myself. |  |  |  |  |  |
| 13. I feel energetic. |  |  |  |  |  |
| 14. I am thinking about things that happened to me in the past |  |  |  |  |  |
| 15. I am thinking about how other people might perform on this task |  |  |  |  |  |
| 16. I am thinking about something that happened earlier today. |  |  |  |  |  |
| 17. I expect that the task will be too difficult for me. |  |  |  |  |  |
| 18. I will find it hard to keep my concentration on the task. |  |  |  |  |  |
| 19. I am thinking about personal concerns and interests. |  |  |  |  |  |
| 20. I feel confident about my performance. |  |  |  |  |  |
| 21. I am examining my motives. |  |  |  |  |  |
| 22. I can handle any difficulties I may encounter |  |  |  |  |  |
| 23. I am thinking about how I have dealt with similar tasks in the past |  |  |  |  |  |
| 24. I am reflecting on my reasons for doing the task |  |  |  |  |  |
| 25. I am motivated to try hard at the task. |  |  |  |  |  |
| 26. I am thinking about things important to me. |  |  |  |  |  |
| 27. I feel uneasy. |  |  |  |  |  |
| 28. I feel tired. |  |  |  |  |  |
| 29. I feel that I cannot deal with the situation effectively. |  |  |  |  |  |
| 30. I feel bored. |  |  |  |  |  |