**RATING SHEET**

Subject ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Task ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Put an “X” on each of the six scales at the point which matches your experience.**

PERFORMANCE

Good Poor

MENTAL DEMAND

Low High

PHYSICAL DEMAND

Low High

TEMPORAL DEMAND

Low High

EFFORT

Low High

FRUSTRATION

Low High

**SOURCES-OF-WORKLOAD COMPARISON BOXES**

In order to assess the relative importance of the factors in the rating scale, we ask you to choose the most important factor in a pair of rating scale titles.

**In each box circle the scale title that represents the more important contributor to workload for the specific task(s) you performed in this experiment.**

|  |  |  |
| --- | --- | --- |
| Effort  or  Performance | Temporal Demand  or  Frustration | Temporal Demand  or  Effort |
| Physical Demand  or  Frustration | Performance  or  Frustration | Physical Demand  or  Temporal Demand |
| Physical Demand  or  Performance | Temporal Demand  or  Mental Demand | Frustration  or  Effort |
| Performance  or  Mental Demand | Performance  or  Temporal Demand | Mental Demand  or  Effort |
| Mental Demand  or  Physical Demand | Effort  or  Physical Demand | Frustration  or  Mental Demand |

**RATING SCALE INSTRUCTIONS**

In order to assess the experience you had during the tasks you carried out, we are asking you to fill out a sheet of rating scales. In the most general sense, we are examining the “workload” you experienced. Each line on the rating scale has two end point descriptors that describe the scale. Please put an “X” on each of the six scales at the point which matches your experience. The scales we used are described below. Note that “Performance” scale goes from “good” on the left to “bad” on the right while the other scales go from “low” in the left to “high” on the right. Please consider your responses carefully distinguishing among the different task conditions. Consider each scale individually. Your ratings will play an important role in evaluating our study. Your participation is essential to the success of this experiment and is greatly appreciated by us.

**Rating Scale Definitions**

|  |  |  |
| --- | --- | --- |
| **Title** | **Endpoints** | **Descriptions** |
|  |  |  |
| PERFORMANCE | *Good/Poor* | How successful do you think you were in accomplishing the goals of the task set by the experimenter (or yourself)? How satisfies were you with your performance in accomplishing these goals? |
| MENTAL DEMAND | *Low/High* | How much mental and perceptual activity was required (e.g., thinking, deciding, calculating, remembering, looking, searching, etc.)? Was the task easy or demanding, simple or complex, exacting or forgiving? |
| PHYSICAL DEMAND | *Low/High* | How much physical activity was required (e.g., pushing, pulling, controlling, activating, holding a position etc.)? Was the task easy or demanding, slow or brisk, slack or strenuous, restful or laborious? |
| TEMPORAL DEMAND | *Low/High* | How much time pressure did you feel due to the rate or pace at which the task or tasks elements occurred? Was the pace slow and leisurely or rapid and frantic? |
| EFFORT | *Low/High* | How hard did you have to work (mentally and physically) to accomplish your level of performance? |
| FRUSTRATION LEVEL | *Low/High* | How insecure, discouraged, irritated, stressed, and annoyed versus secure, gratified, content, relaxed, and complacent did you feel during the task? |