

Dear study participant,

Thank you for supporting our research with your participation!

Confidentiality: The data collected within the framework of the project will be used exclusively for non-commercial, scientific research within the project or any follow-up projects and teaching and treated in strict confidence and only used in stored in an anonymous form. The data will not be passed on to third parties.

Voluntariness and revocability: Your consent is voluntary. Non-participation will not result in any disadvantages. You can revoke your consent at any time, without any adverse consequences for you. The study can be stopped at any time without giving reasons. All collected data will then be deleted. You must be at least 18 years old to participate in the study.

I hereby declare that I have read and understood the information about the study and agree to the data collection described above and its use for scientific purposes. I have been given the opportunity to ask questions and I feel sufficiently informed. Furthermore, I agree that the collected data may be used for research, lecture and publication purposes and for university teaching.

The following questionnaire contains a number of statements. Please read through each statement and tick the extent to which the tasks apply to you in general, i.e. how your usual thoughts and actions are described by this task:

7-point Likert scale:

Do not agree at all, Do not agree, Disagree rather, Neither agree nor disagree, More likely to agree, Agree to, Fully agree

Items:

- If I have plans, I follow them.
- Usually, I just get things done.
- It's important for me to stay interested in a lot of things
- I like me
- I can handle several things at once.
- I'm determined.
- I often find something to laugh about.
- Usually I can look at a situation from several perspectives.
- I can also overcome myself to do things that I don't really want to do.
- There is enough energy in me to do everything I have to do.
- I can rely more on myself than on others.
- If I have to, I can be alone.
- I am proud of what I have already achieved.
- I am not going to let myself be thrown off track so easily.
- I can manage several things at once.
- I rarely ask myself questions of meaning.
- I take things as they come.
- I can get through difficult times, because I know that I have done so before.
- I have self-discipline.
- My faith in myself helps me even in hard times.
- I can be relied on in emergencies
- My life has meaning.
- I do not insist on things I cannot change.
- When I'm in a difficult situation, I usually find a way out.
- I can accept it when people don't like me.

Dear test person,

Thank you very much for participating in our study. In this part of the study it is your task to plan a research project. One way to help you with the planning comes from project management and is called 'network engineering'. This involves dividing the project into sub-steps and displaying them in activity nodes with specific values. These activity nodes are linked to each other in a certain order and contain different properties, which are displayed in certain values. This enables you to display and visualize dependencies, processes, time limits and resources. It can therefore help you to plan your project efficiently. The basis for the whole thing are task nodes, which look like the following:

No. = process step/designation

D = duration

FAZ = Earliest start time

FEZ = Earliest end time

SAZ = Latest start time

SEZ = Latest end time

GP = total buffer

FP = Free buffer

Nr.		D
FAZ	GP	FEZ
SAZ	FP	SEZ

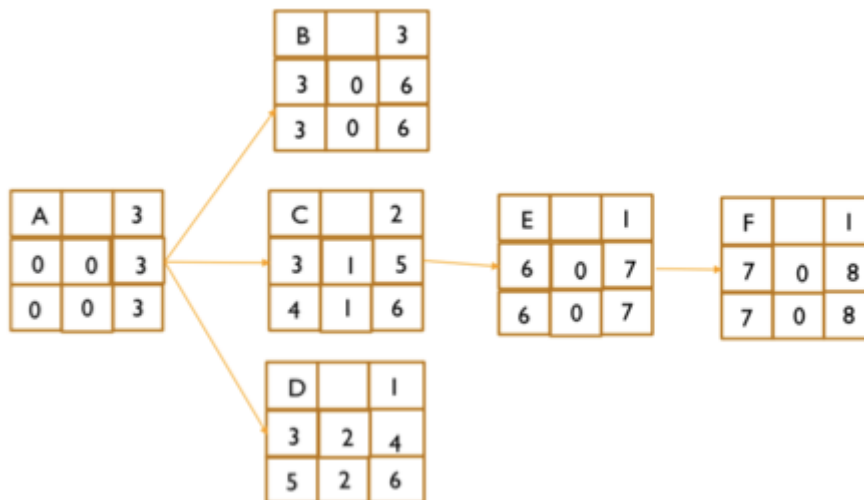
Each of these values can be calculated in different ways and defines the process step in the overall process.

To make it easier for you to create your own network in the following task, we will give you an example:

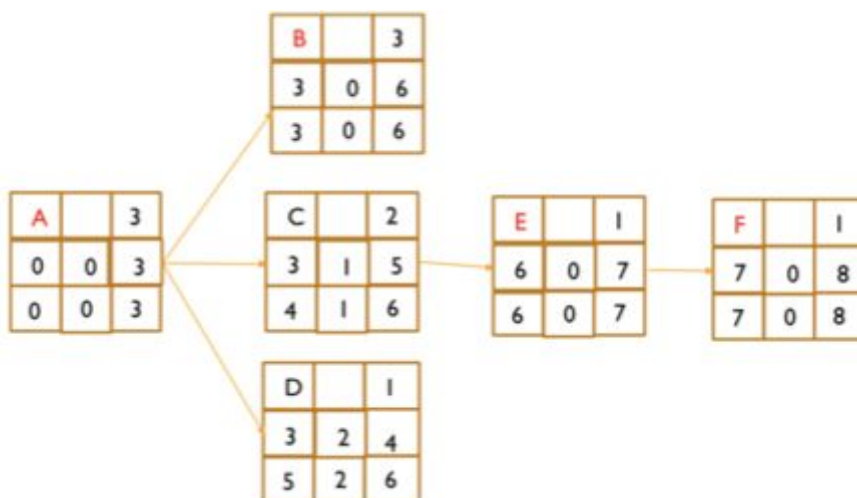
Scenario: Johannes wants to invite his girlfriend to a home-cooked dinner. So that everything runs smoothly, he plans his procedure in a network. To do this, he first creates an activity list with the duration and dependencies.

Code	Step	Duration	Dependency
A	buy ingredients	3h	prior to B
B	cook pasta	3h	
C	cook the sauce	2h	
D	grate parmesan	1h	
E	set the table	1h	after B, C & D
F	serve dinner	1h	after E

Now he creates a network plan:



He also marks the critical path in order to find out at which process steps he should make the most effort so that they do not destroy the schedule.



P.S.: This introduction is also available in printed form (E1).

Now it's your turn: You are now supposed to create your own project plan and have 10 minutes to do so. Please contact your experiment leader, he/she will explain your task and the supporting materials.

Answer here:

For each of the dimensions below, now enter how high the stress was. To do this, please mark on the following scales the extent to which you felt that you were stressed or required by the task in the six dimensions mentioned.

Only numbers may be entered in these fields.

Each answer must be between 1 and 20

Please enter your answer(s) here:

Items:

Mental Demand

How much mental and perceptual activity was required? Was the task easy or demanding, simple or complex?

Physical Demand

How much physical activity was required (e.g.. pushing, pulling, turning. controlling, activating, etc.)? Was the task easy or demanding, slow or brisk, slack or strenuous restful or labor

Temporal Demand

us?

How much time pressure did you feel due to the rate or pace at which the tasks or task elements occurred? Was the pace slow and leisurely or rapid and frantic?

Performance

How successful do you think you were in accomplishing the goals of the task set by the experimenter (or yourself)? How satisfied were you with your performance in accomplishing these goals?

Effort

How hard did you have to work (mentally and physically) to accomplish your level of performance?

Frustration Level

How insecure, discouraged, irritated. stressed and annoyed versus secure, gratified, content, relaxed and complacent did you feel during the task?

Were you familiar with the procedure for creating networks before the study?

Please select only one of the following answers:

- yes/no

I have found the virtual assistant helpful in processing the task.

Please select only one of the following answers:

- yes/no

Please indicate which gender you feel you belong to.

Please select only one of the following answers:

- female
- male
- neither of them

How old are you? (Free text input)

Please indicate your highest educational level.

Please select only one of the following answers:

- No school-leaving certificate
- Secondary school leaving certificate
- A-levels
- Diploma
- Bachelor
- Master
- Promotion
- Completed training Other

Dear participant,

Thank you very much for participating in our study. With this you helped us a lot. The aim of this study was to find out what influence the use of a Virtual Assistant in task solving on cognitive processing. After you completed various questionnaires on your mood, resilience, perceived workload and personality variables, you have solved various tasks with or without Virtual Assistant. Goal of this study was to find out whether the support of a Virtual Assistants has an influence on the cognitive load of an individual. If you have any further questions or comments regarding the study, feel free to contact XXX.