

Questionnaires – Stress

Stress 1:

- Q1: How easily are you stressed?

Not at all = 0 1 2 3 4 5 = Very easily

- Q2: How do I experience stress?
 - Elevated heart rate
 - Having a hard time concentrating
 - Sweat
 - Feeling dizzy
 - Increased breathing rate
 - Other

- Q3: Currently, I am ____ stressed?

Not at all = 0 1 2 3 4 5 6 7 8 9 10 = Very

Stress 2:

- Q1: In the VR Tutorial I experienced stress through?

- I didn't experience stress
- Elevated heart rate
- Having a hard time concentrating
- Sweat
- Feeling dizzy
- Increased breathing rate
- Other

- Q2: During the VR Tutorial, I was ____ stressed?

Not at all = 0 1 2 3 4 5 6 7 8 9 10 = Very

Stress 3:

- Q1: In the VR Main Task I experienced stress through?

- I didn't experience stress
- Elevated heart rate
- Having a hard time concentrating
- Sweat
- Feeling dizzy
- Increased breathing rate
- Other

- Q2: During the VR Main Task, I was ____ stressed?

Not at all = 0 1 2 3 4 5 6 7 8 9 10 = Very

- Q3: Which things/experiences stressed me the most?
 - Fire
 - Extinguishing the fire
 - Rising water level
 - Alarms (sirens and sound)
 - Finding the right button to drain the water
 - Background noise
 - Collecting things