

Simulation Self-Report Cognitive Load Measurement Tool 2.0

Here is the reference for the scale adapted by Josephsen

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Cognitive Load Self-Report Questions	Please Respond to Each of the Questions on the Following Scale (0 Meaning Not at All The Case and 10 Meaning Completely the Case).
1. The topic/topics covered in the simulation was/were very complex. (Intrinsic load)	0 1 2 3 4 5 6 7 8 9 10
2. The simulation covered pathophysiology that I perceived as very complex. (Intrinsic load)	0 1 2 3 4 5 6 7 8 9 10
3. The simulation covered nursing concepts and definitions that I perceived as very complex. (Intrinsic load)	0 1 2 3 4 5 6 7 8 9 10
4. The simulation was appropriate for my level of training and experience. (Intrinsic load)	0 1 2 3 4 5 6 7 8 9 10
5. The instructions and/or explanations during the simulation were very unclear and/or ineffective for my learning (Extraneous load)	0 1 2 3 4 5 6 7 8 9 10
6. The simulation reflected a believable representation of the clinical situation (Extraneous load)	0 1 2 3 4 5 6 7 8 9 10
7. I knew what to expect and was comfortable during the simulation experience (Extraneous load)	0 1 2 3 4 5 6 7 8 9 10
8. The components of the simulation were necessary to meet the learning objectives (Extraneous load)	0 1 2 3 4 5 6 7 8 9 10
9. The simulation enhanced my understanding of the topic(s) covered. (Germane load)	0 1 2 3 4 5 6 7 8 9 10
10. The simulation enhanced my knowledge and understanding of application of the nursing process. (Germane load)	0 1 2 3 4 5 6 7 8 9 10
11. The simulation enhanced my understanding of the disease process and/or nursing skills covered. (Germane load)	0 1 2 3 4 5 6 7 8 9 10
12. The simulation enhanced my understanding of the concepts and definitions. (Germane load)	0 1 2 3 4 5 6 7 8 9 10
	Please choose the category (1, 2, 3, 4, 5, 6, 7, 8, or 9) that applies to you. Please check only one.
13. In the simulation that just finished I invested . (Overall Cognitive load)	1. Very, very low mental effort 2. Very low mental effort 3. Low mental effort 4. Rather low mental effort 5. Neither low nor high mental effort 6. Rather high mental effort 7. High mental effort 8. Very high mental effort 9. Very, very high mental effort
14. The simulation that just finished was . (Intrinsic load)	1. Very, very easy 2. Very easy 3. Easy 4. Rather easy 5. Neither easy nor difficult 6. Rather difficult 7. Difficult

	8. Very difficult 9. Very, very difficult
15. To learn from the simulation was . (Extraneous load)	1. Very, very easy 2. Very easy 3. Easy 4. Rather easy 5. Neither easy nor difficult 6. Rather difficult 7. Difficult 8. Very difficult 9. Very, very difficult
16. How much did you concentrate during the simulation? (Germane load)	1. Very, very little 2. Very little 3. Little 4. Rather little 5. Neither little nor much 6. Rather much 7. Much 8. Very much 9. Very, very much

Reference:

Josephsen, J. (2018). Cognitive load measurement, worked-out modeling, and simulation. *Clinical Simulation in Nursing*, 23, 10-15.