

Qualtrics Pre-CDT Survey

Participant ID

Session (Baseline/Fatigue)

Below is a list of words that describe feelings people have. Please read each one carefully and then select the answer that best describes **HOW YOU FEEL RIGHT NOW**. Make sure you respond to every word.

	Not at all	A little	Moderately	Quite a bit	Extremely
1. Annoyed	☐	☐	☐	☐	☐
2. Bitter	☐	☐	☐	☐	☐
3. Angry	☐	☐	☐	☐	☐
4. Bad tempered	☐	☐	☐	☐	☐
5. Depressed	☐	☐	☐	☐	☐
6. Downhearted	☐	☐	☐	☐	☐
7. Unhappy	☐	☐	☐	☐	☐
8. Miserable	☐	☐	☐	☐	☐
9. Panicky	☐	☐	☐	☐	☐
10. Anxious	☐	☐	☐	☐	☐
11. Worried	☐	☐	☐	☐	☐
12. Nervous	☐	☐	☐	☐	☐
13. Lively	☐	☐	☐	☐	☐
14. Energetic	☐	☐	☐	☐	☐
15. Active	☐	☐	☐	☐	☐
16. Alert	☐	☐	☐	☐	☐
17. Worn out	☐	☐	☐	☐	☐
18. Exhausted	☐	☐	☐	☐	☐
19. Sleepy	☐	☐	☐	☐	☐
20. Tired	☐	☐	☐	☐	☐
21. Confused	☐	☐	☐	☐	☐
22. Muddled	☐	☐	☐	☐	☐
23. Mixed-up	☐	☐	☐	☐	☐
24. Uncertain	☐	☐	☐	☐	☐

Sleep quality

Far below
average
0

Somewhat below average
25

Average
50

Somewhat above average
75

Far above
average
100

How was your sleep quality last night?

How many hours of sleep have you had in the last 24 hours?

0 1 2 3 4 5 6 7 8 9 10 11 12

Hours

Did this approximate the normal no. hours?

☐ Yes

☐ No

Have you eaten in the last 3 hours?

☐ Yes

☐ No

Caffeine

None
0

A small amount (1 tea)

A moderate amount (1-2 cups
coffee)
50

A high amount (3-4 cups
coffee)
75

An extremely
high amount
(5+ cups
coffee)
100

How much caffeine have you had in the last 8 hours?

Mental Fatigue

0 = Not at all, 100 = Extremely

0

100

How mentally fatigued are you right now?

How much effort would be required to concentrate on a challenging task?

How would you describe your energy level right now?

How positive is your mood right now?

How irritated do you feel right now?

Motivation

	0 = not at all	1 = a little bit	2 = somewhat	3 = very much	4 = extremely
I expect the content of the task will be interesting	☐	☐	☐	☐	☐
The only reason to do the task is to get an external reward (e.g. payment)	☐	☐	☐	☐	☐
I would rather spend the time doing the task on something else	☐	☐	☐	☐	☐
I am concerned about not doing as well as I can	☐	☐	☐	☐	☐
I want to perform better than most people do	☐	☐	☐	☐	☐
I will become fed up with the task	☐	☐	☐	☐	☐
I am eager to do well	☐	☐	☐	☐	☐
I would be disappointed if I failed to do well on the task	☐	☐	☐	☐	☐
I am committed to attaining my performance goals	☐	☐	☐	☐	☐
Doing the task is worthwhile	☐	☐	☐	☐	☐
I expect to find the task boring	☐	☐	☐	☐	☐
I feel apathetic about my performance	☐	☐	☐	☐	☐
I want to succeed on the task	☐	☐	☐	☐	☐
The task will bring out my competitive drives	☐	☐	☐	☐	☐

Sleep scale

	Extremely Alert	Very Alert	Alert	Rather Alert	Neither Alert nor Sleepy	Some Signs of Sleepiness	Sleepy, but no effort to keep awake	Sleepy, but some effort to keep awake	Very sleepy, great effort to keep awake, fighting sleep	Extremely sleepy, can't keep awake
In the last 10 minutes, how sleepy have you felt?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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Mental Fatigue

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0

100

How mentally fatigued are you right now?



How much effort would be required to concentrate on a challenging task?



How would you describe your energy level right now?



How positive is your mood right now?



How irritated do you feel right now?



Sleep scale

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Qualtrics Post-Sim Survey

Participant ID

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0 = Not at all, 100 = Extremely

0

100

How mentally fatigued are you right now?

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I want to succeed on the task	☐	☐	☐	☐	☐
The task will bring out my competitive drives	☐	☐	☐	☐	☐

Sleep scale

[illegible]

References

Brunel Mood Scale:

Terry PC, Lane AM, Lane HJ, Keohane L (1999) Development and validation of a mood measure for adolescents. J Sports Sci 17 (11):861-872.
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Matthews G, Campbell S, Falconer S (2001) Assessment of motivational states in performance environments. Proceedings of the Human Factors and Ergonomics Society Annual Meeting 45:906-910.
<https://doi.org/10.1177/154193120104501302>

Karolinska Sleepiness Scale:

Åkerstedt T, Gillberg M (1990) Subjective and objective sleepiness in the active individual. Int J Neurosci 52 (1-2):29-37. <https://doi.org/10.3109/00207459008994241>