

Attachment C

Virtual Reality Sickness Questionnaire

Instructions: Circle how much each symptom below is affecting you right now.

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|------------------------------------|-------------|---------------|-----------------|---------------|
| 1. General discomfort | <u>None</u> | <u>Slight</u> | <u>Moderate</u> | <u>Severe</u> |
| 2. Fatigue | <u>None</u> | <u>Slight</u> | <u>Moderate</u> | <u>Severe</u> |
| 3. Headache | <u>None</u> | <u>Slight</u> | <u>Moderate</u> | <u>Severe</u> |
| 4. Eye strain | <u>None</u> | <u>Slight</u> | <u>Moderate</u> | <u>Severe</u> |
| 5. Difficulty focusing | <u>None</u> | <u>Slight</u> | <u>Moderate</u> | <u>Severe</u> |
| 6. Fullness of the Head | <u>None</u> | <u>Slight</u> | <u>Moderate</u> | <u>Severe</u> |
| 7. Blurred vision | <u>None</u> | <u>Slight</u> | <u>Moderate</u> | <u>Severe</u> |
| 8. Dizziness with eyes closed | <u>None</u> | <u>Slight</u> | <u>Moderate</u> | <u>Severe</u> |
| 9. Vertigo, or feeling off balance | <u>None</u> | <u>Slight</u> | <u>Moderate</u> | <u>Severe</u> |

A = Sum of questions 1-4: _____ C = A/12 x 100: _____

B = Sum of questions 5-9: _____ D = B/15 x 100: _____

VRSQ Score = (C + D)/ 2: _____

Virtual Reality Sickness Questionnaire (VRSQ) is modified from the Simulator Sickness Questionnaire (SSQ).

Kim, H. K., Park, J., Choi, Y., & Choe, M. (2018). Virtual reality sickness questionnaire (VRSQ): Motion sickness measurement index in a virtual reality environment. *Applied Ergonomics*, 69, 66-73.