

1. Rating of Perceived Effort (RPE)

This section of questions is intended to provide us with information on how much effort you believe you exerted in performing pointing gestures in the previous task.

The format of the questions will involve using the Borg RPE scale. The RPE is a scale of numbers, 6-20, which represent how much effort you believe you exerted. 6 represents minimal effort, should not cause any discomfort or raise your heart-rate. 9 would indicate the activity required effort, comparable to walking slowly for a few minutes.

13 indicates that the work performed was starting to become difficult, but you would still be comfortable to continue.

17 is feasible for a healthy person to perform, but would require pushing themselves beyond comfort to continue.

19 is extremely strenuous exercise that would likely be the hardest the average person would have experienced.

An example of the scale is shown below, with the number 8 selected:

6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Very, Very Light		Very Light		Fairly Light		Somewhat Hard		Hard		Very Hard		Very, Very Hard		

Borg G. Borg's Perceived Exertion and Pan Scales. Champaign, IL: Human Kinetics, 1998.

If you have any questions regarding the scale, or would like some examples, please ask the researcher present.

If you have any questions regarding the set of targets proposed in the question, please ask the researcher present to clarify.

1.1. Pointing in General

Please rate the effort you required to point at the set of targets.

6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Very, Very Light		Very Light			Fairly Light		Somewhat Hard		Hard		Very Hard		Very, Very Hard	

Borg G. Borg's Perceived Exertion and Pan Scales. Champaign, IL: Human Kinetics, 1998.

1.2. Highest Targets

Please rate the effort you required to point at the set of targets above eye-level.

6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Very, Very Light		Very Light			Fairly Light		Somewhat Hard		Hard		Very Hard		Very, Very Hard	

Borg G. Borg's Perceived Exertion and Pan Scales. Champaign, IL: Human Kinetics, 1998.

1.3. Eye-Level Targets

Please rate the effort you required to point at the set of targets at eye-level.

6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Very, Very Light		Very Light		Fairly Light		Somewhat Hard		Hard		Very Hard		Very, Very Hard		

Borg G. Borg's Perceived Exertion and Pan Scales. Champaign, IL: Human Kinetics, 1998.

1.4. Lowest Targets

Please rate the effort you required to point at the set of targets below eye-level.

6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Very, Very Light		Very Light		Fairly Light		Somewhat Hard		Hard		Very Hard		Very, Very Hard		

Borg G. Borg's Perceived Exertion and Pan Scales. Champaign, IL: Human Kinetics, 1998.

1.5. Targets in the Centre

Please rate the effort you required to point at the set of targets in the centre.

6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Very, Very Light		Very Light		Fairly Light		Somewhat Hard		Hard		Very Hard		Very, Very Hard		

Borg G. Borg's Perceived Exertion and Pan Scales. Champaign, IL: Human Kinetics, 1998.

1.6. Targets on the Left

Please rate the effort you required to point at the set of targets on the left-hand side.

6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Very, Very Light		Very Light		Fairly Light		Somewhat Hard		Hard		Very Hard		Very, Very Hard		

Borg G. Borg's Perceived Exertion and Pan Scales. Champaign, IL: Human Kinetics, 1998.

1.7. Targets on the Right

Please rate the effort you required to point at the set of targets on the right-hand side.

6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Very, Very Light		Very Light		Fairly Light		Somewhat Hard		Hard		Very Hard		Very, Very Hard		

Borg G. Borg's Perceived Exertion and Pan Scales. Champaign, IL: Human Kinetics, 1998.

2. NASA Task Load Index (TLX)

This section of questions is intended to provide us with information on the work load you experienced across the entire task.

The format of the question will involve using the NASA TLX. It is composed of 6 scales, each evaluating a different aspect of work.

If you have any questions regarding a specific scale, or the question in general, please ask the researcher present to clarify.

Mental Demand

How mentally demanding was the task?

Very Low Very High

Physical Demand

How physically demanding was the task?

Very Low Very High

Temporal Demand

How hurried or rushed was the pace of the task?

Very Low Very High

Performance

How successful were you in accomplishing what you were asked to do?

Very Low Very High

Effort

How hard did you have to work to accomplish your level of performance?

Very Low Very High

Frustration

How insecure, discouraged, irritated, stressed, and annoyed were you?



Very Low

Very High

Hart, S.G., 1986. NASA task load index (TLX).

3. Perceived Accuracy and Precision

This section of questions is intended to provide us with information regarding how accurate and precise you felt you were.

Accuracy: By pointing accurately you felt that you could repeatedly perform the pointing gesture, for a given target, with little deviation. For example you may or may not have been point exactly at the target, but each attempt you pointed at the same location.

Precision: By pointing precisely you felt that you were frequently pointing exactly at the target, such that there could be no mistake which one you were pointing to.

Each of these questions will be a statement, for which you will answer with how strongly you agree or disagree with the statement.

3.1. I selected the targets accurately.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree

3.2. I selected the targets precisely.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree