Measuring Simulator Sickness: Tool and Method Requirements

USER RESEARCH TEAM
SONY COMPUTER ENTERTAINMENT WORLD WIDE STUDIOS
Virtual Reality!
Simulator Sickness
**Current Evaluation Methods**

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**SIMULATOR SICKNESS QUESTIONNAIRE**

*Kennedy, L., Bemben, & Lilienfeld (1993)***

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

1. General discomfort
   - None
   - Slight
   - Moderate
   - Severe

2. Fatigue
   - None
   - Slight
   - Moderate
   - Severe

3. Headache
   - None
   - Slight
   - Moderate
   - Severe

4. Eye strain
   - None
   - Slight
   - Moderate
   - Severe

5. Difficulty focusing
   - None
   - Slight
   - Moderate
   - Severe

6. Salivation increasing
   - None
   - Slight
   - Moderate
   - Severe

7. Sweating
   - None
   - Slight
   - Moderate
   - Severe

8. Nausea
   - None
   - Slight
   - Moderate
   - Severe

9. Difficulty concentrating
   - None
   - Slight
   - Moderate
   - Severe

10. « Fullness of the Head »
    - None
    - Slight
    - Moderate
    - Severe

11. Blurred vision
    - None
    - Slight
    - Moderate
    - Severe

12. Dizziness with eyes open
    - None
    - Slight
    - Moderate
    - Severe

13. Dizziness with eyes closed
    - None
    - Slight
    - Moderate
    - Severe

14. *Vertigo
    - None
    - Slight
    - Moderate
    - Severe

15. **Stomach awareness
    - None
    - Slight
    - Moderate
    - Severe

16. *Hunger
    - None
    - Slight
    - Moderate
    - Severe

* Vertigo is experienced as loss of orientation with respect to vertical upright.

** Stomach awareness is usually used to indicate a feeling of discomfort which is just short of nausea.
Problems with SSQ
Requirements for a tool

KEEP CALM AND USE MIXED METHODS