SIMULATOR SICKNESS QUESTIONNAIRE
Kennedy, Lane, Berbaum, & Lilienthal (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. Burping
    - 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.

Last version: March 2013

Validation of the French-Canadian version of the SSQ developed by the UQO Cyberpsychology Lab:

- Total: items 1 to 16 (scale of 0 to 3).
  - « Nausea »: items 1 + 6 + 7 + 8 + 12 + 13 + 14 + 15 + 16.
  - « Oculo-motor »: items 2 + 3 + 4 + 5 + 9 + 10 + 11.

Please refer to the following articles for more information about the French-Canadian validated version:


Based on results from Bouchard, St-Jacques, Renaud, & Wiederhold (2009), below are the mean scores reported: