**Instructions: Using the 1-7 scale below each item, please indicate how frequently or infrequently each statement reflects your recent virtual reality (VR) experience.**

1. I was very cognitively aware of the fact that I was in virtual reality. It was *easier* to deliberately not react, to control my reactions, or to observe passively the course of the virtual experience with this cognitive awareness.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never |  |  |  |  |  | Always |

1. I was very emotionally aware of the fact that I was in virtual reality. It was *easier* to deliberately not react, to control my reactions, or to observe passively the course of the virtual experience with this emotional awareness.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never |  |  |  |  |  | Always |
|  |  |  |  |  |  |  |

1. I was very perceptually aware of the fact that I was in virtual reality. It was *easier* to deliberately not react, to control my reactions, or to observe passively the course of the virtual experience with this perceptual awareness.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never |  |  |  |  |  | Always |
|  |  |  |  |  |  |  |

1. I was somewhat tricked into thinking the virtual experience was real. It was *harder* to deliberately not react, to control my reactions, or to observe passively the course of the virtual experience based on this.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never |  |  |  |  |  | Always |
|  |  |  |  |  |  |  |

1. I was somewhat tricked into feeling the virtual experience was real. It was *harder* to deliberately not react, to control my reactions, or to observe passively the course of the virtual experience based on this.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never |  |  |  |  |  | Always |
|  |  |  |  |  |  |  |

1. I was somewhat tricked into perceiving the virtual experience was real. It was *harder* to deliberately not react, to control my reactions, or to observe passively the course of the virtual experience based on this.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never |  |  |  |  |  | Always |
|  |  |  |  |  |  |  |

**Scoring**

Items 4, 5, and 6 are reverse-coded (i.e., a “1” should be coded as “7”, whereas “7” should be coded as “1”). After reverse coding items 4-6, compute the average (mean) score for all six items. Higher scores reflect higher levels of virtual lucidity during the recent virtual reality (VR) experience.

**Reference**

**Quaglia, J. T.,** & Holecek, A. (2018). Lucid virtual dreaming: Antecedents and consequents of virtual lucidity during virtual threat. Proceedings of IEEE Virtual Reality.

**Contact Information**

Please feel free to email me with any questions: jquaglia@naropa.edu