

Mental-effort rating scale by Paas

Paas, F. (1992). Training strategies for attaining transfer of problemsolving skills in statistics: A cognitive load approach. *Journal of Educational Psychology*, 84, 429–434.

1 Item

1 Dimension

Please choose the category (1, 2, 3, 4, 5, 6, 7, 8, or 9) that applies to you:

9-point likert Scale (1 = very, very low mental effort; 2 = very low mental effort; 3 = low mental effort; 4 = rather low mental effort; 5 = neither low nor high mental effort; 6 = rather high mental effort; 7 = high mental effort/ 8 = very high mental effort; 9 = very, very high mental effort)

Re-test Reliability= .90