

Intrinsic, Extraneous und Germane Load Scale

Leppink, J., Paas, F., Van der Vleuten, C. P., Van Gog, T., & Van Merriënboer, J. J. (2013). Development of an instrument for measuring different types of cognitive load. *Behavior research methods*, 45(4), 1058-1072.

10 Item

3 Dimension

Intrinsic load

The topic/topics covered in the activity was/were very complex.

The activity covered formulas that I perceived as very complex.

The activity covered concepts and definitions that I perceived as very complex.

Extraneous load

The instructions and/or explanations during the activity were very unclear.

The instructions and/or explanations were, in terms of learning, very ineffective.

The instructions and/or explanations were full of unclear language.

Germane Load

The activity really enhanced my understanding of the topic(s) covered.

The activity really enhanced my knowledge and understanding of statistics.

The activity really enhanced my understanding of the formulas covered.

The activity really enhanced my understanding of concepts and definitions.

11-point likert Scale (0 meaning not at all the case and 10 meaning completely the case).

Cronbachs α :

Intrinsic load= .81

Extraneous load = .75

Germane Load= .82