

S1. Questionnaire items

Short Stress State Questionnaire (Helton & Nöswall, 2010)

I was committed to attaining my performance goals

1 (not at all) – 2 (a little bit) – 3 (somewhat) – 4 (very much) – 5 (extremely)

I wanted to succeed on the task

1 (not at all) – 2 (a little bit) – 3 (somewhat) – 4 (very much) – 5 (extremely)

I was motivated to do the task

1 (not at all) – 2 (a little bit) – 3 (somewhat) – 4 (very much) – 5 (extremely)

Light evaluation questionnaire at the end of the condition

Overall, how pleasant did you regard the lighting in this workspace (in the past 90 minutes)?

1 (very unpleasant) – 2 (unpleasant) – 3 (slightly unpleasant) – 4 (neutral) – 5 (slightly pleasant) – 6 (pleasant) – 7 (very pleasant)

Overall, how satisfied were you with the lighting in this workspace?

1 (very unsatisfied) – 2 (unsatisfied) – 3 (slightly unsatisfied) – 4 (neutral) – 5 (slightly satisfied) – 6 (satisfied) – 7 (very satisfied)