

# Questionnaire

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Q1. During the experiment, you played the role of:

- a) a Giver
- b) a Receiver

Q2. Which option would you feel more comfortable to work with?

- a) Stacking 100 bottles by two people with one person working as a giver and the other as receiver
- b) Stacking 50 bottles all by one person with no help from a second person

Q3. When you were working in the:

Normal Mode, which shelf was easier? (Higher Shelf / Lower Shelf)

Competitive Mode, which shelf was easier? (Higher Shelf / Lower Shelf)

Q4. When you were working with the:

Higher Shelf, which mode was comfortable? (Normal Mode/ Competitive Mode)

Lower Shelf, which mode was comfortable? (Normal Mode/ Competitive Mode)

Q5. Do you think you and your partner developed a rhythm among yourselves slowly over the course of the cycle? (Yes/No)

Q6. Did you adapt yourself to match the speed of the opposite partner? (Yes/No)

Q7. If your answer to Q6 is yes, how did you adapt yourself to match the speed of the opposite partner?

- a) You speeded up to match his pace
- b) You slowed down to match with his pace
- c) Sometimes (a), Sometimes (b)

Q8. Did your partner also adapt himself to match your speed of working? (Yes/No)

Q9. Do you think the break time between each mode was enough to recuperate from the tiredness? (Yes/No)

Q10. How would you rate your tiredness after this job?

- a) Not at all
- b) bit tiring
- c) quite tiring
- d) very tiring

Q11. Did you feel any pain/fatigue in any specific area of your body? If yes, where?

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Q12. If you have had the option to choose your role and style of working, what would you choose in each of the following:

- a) Giver OR Receiver
- b) One bottle at a time OR Two bottles at a time
- c) Natural Mode OR Competitive Mode
- d) High Shelf OR Lower Shelf

Q13. When the coordination between you and your partner was going perfect, did you feel the urge/natural tendency:

- a) to Maintain that speed
- b) to Speed Up
- c) to Slow Down

Q14. The distance between you and your partner was:

- a) perfect
- b) should have been a little further apart
- c) should have been a little closer

Q15. Do you think the job of your partner was easier/ difficult/ same as yours?

Q16. Do you think your partner was equally committed during the work? (Yes/No)

Q17. Compared to your speed of working, your partner was

- a) slower
- b) faster
- c) sometimes slower, sometimes faster, it kept varying

Q18. How did you determine the exact point of handover?

- a) I was looking and tracking my partners hand all the time
- b) I was expecting the bottles at more or less the same point where it was delivered in the previous round
- c) I never had to think all these. It was happening automatically.

Q19. What dialogue/communication you have had with your partner during the experiment that helped in increasing the mutual coordination between the two of you?

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**Thank You for participating in this experiment!**