**Instability of the situation**
How changeable is the situation? Is the situation highly unstable and likely to change suddenly (high) or is it stable and straightforward (low)?

![Instability of the situation scale]

**Complexity of the situation**
How complicated is the situation? Is it complex with many interrelated components (high) or is it simple and straightforward (low)?

![Complexity of the situation scale]

**Variability of the situation**
How many variables are changing within the situation? Are there a large number of factors varying (high) or are there very few variables changing (low)?

![Variability of the situation scale]

**Arousal**
How aroused are you in the situation? Are you alert and ready for activity (high) or do you have a low degree of alertness (low)?

![Arousal scale]

**Concentration of attention**
How much are you concentrating on the situation? Are you concentrating on many aspects of the situation (high) or focused on only one (low)?

![Concentration of attention scale]

**Division of attention**
How much is your attention divided in the situation? Are you concentrating on many aspects of the situation (high) or focused on only one (low)?

![Division of attention scale]

**Spare mental capacity**
How much mental capacity do you have to spare in the situation? Do you have sufficient to attend to many variables (high) or nothing to spare at all (low)?

![Spare mental capacity scale]

**Information quantity**
How much information have you gained about the situation? Have you received and understood a great deal of knowledge (high) or very little (low)?

![Information quantity scale]

**Familiarity with the situation**
How familiar are you with the situation? Do you have a great deal of relevant experience (high) or is it a new situation (low)?

![Familiarity with the situation scale]

**FIGURE 6.5** SART rating scale.

\[ S = A - (D - E) \]
\[ = 9 - (18 - 22) \]
\[ = 9 - (-7) \]
\[ = 18 \]