

Appendix 1: VR Usability Questionnaire (HK-version)

Acceptance of the Virtual Reality (VR) Experience among the Older Adult

❖ Perceived usefulness (PU):

PUI VR is useful to me for entertainment.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

PU2 VR improves engagement and motivates my daily activities.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

PU3 VR is an efficient tool to raise my mood.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

❖ Perceived ease of use (PEOU):

PEOU1 It is easy for me to become skilful at using VR.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

PEOU2 Learning to operate VR was easy for me.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

PEOU3 Overall I find it easy to use VR.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

❖ **Perceived enjoyment (PE):**

PE1 I find VR very attractive to use.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

PE2 I enjoy using VR.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

PE3 I have fun when I use VR.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

❖ **Subjective norms (SNs):**

SN1 My family members think I should use VR.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

SN2 People who are friends and acquaintances have influence on my intention to use VR.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

SN3 People who take care of me encourage me to use VR.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

❖ **User experience (UE):**

UE1 VR will give me new experiences.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

UE2 VR was comfortable to use.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

UE3 Overall, I had a positive experience when using VR.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

❖ **Intentions to use (IU):**

IU1 In the future, I intend to use the device for mental relaxation.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

IU2 In the future, VR will help keep my mind sharp and alert.

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree