**Activity: Perceptions Questionnaire (From Castle & Buckler, 2018: 36, adapted from Egbert, 2003: 517)**

This questionnaire has been developed to assess flow states.

Consider a task you have recently been engaged with.

Respond to each of the following questions on the scale from 1 (strongly disagree) to 7 (strongly agree).

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Strongly Disagree |  |  |  |  |  | Strongly Agree |
| 1 | This task excited my curiosity. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2 | This task was interesting in itself. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3 | I felt that I had no control over what was happening during this task. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4 | When doing this task I was aware of distractions. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5 | This take made me curious. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 | This task was fun for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7 | I would do this task again. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | This task allowed me to control what I was doing. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9 | When doing this task, I was totally absorbed in what I was doing. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10 | This task bored me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11 | During this task, I could make decisions about what to study, how to study it, and/or with whom to study. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12 | When doing this task I thought about other things. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13 | This task aroused my imagination. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14 | I would do this task even if it were not required. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Questions 3, 4, 10 and 12 are reverse-scored. By this, if a participant selected 1 on Question 3, it would be scored as a 7. If they selected 6 on Question 3, it would be scored as a 2. The higher the overall score, the more one could be said to experience the flow state.