

## *Absorption Scale* *Electronic Questionnaire Version*

### **Formal Definition of Absorption:**

*A transitory condition of heightened attention, motivation, and emotion characterized by (a) high levels of relaxation and pleasure, (b) absence of demand for behavioral or mental action in response to stimuli, and (c) absence of active thinking.*

### **Examples of activity types for which this scale is appropriate**

*Any participatory activity focused on sensory stimulation is appropriate to this scale. Examples are viewing a landscape, strolling along a beach, noncompetitive cycling and paddling, relaxing in a hot tub, wine tasting, enjoying fine food, listening to instrumental music, and enjoying aromas in a flower garden.*

### **Select Reference Citations**

*Gary D. Ellis, Patti A. Freeman, Tazim Jamal & Jingxian Jiang (2017) A theory of structured experience, Annals of Leisure Research, DOI: 10.1080/11745398.2017.1312468*

### **Scale**

*A depiction of the electronic version of our absorption questionnaire follows.*

### **Scoring**

*This is a summative scale. Obtain scores by summing the responses to all of the items. Divide that sum by five to obtain an estimate of the prevalence of absorption during the structured experience.*

*Please use the slider scale to respond to the following questions.*

**Approximately what percent of the time during [enter the name of the structured experience here] did you feel...**

	Never (0%)	Half the Time								Entire Time (100%)	
	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
...intense pleasure	I	-----				□	-----				I
...relaxed	I	-----				□	-----				I
...mindful (your attention was focused on present moments)	I	-----				□	-----				I
...free of stress	I	-----				□	-----				I
...absorbed in the activity	I	-----				□	-----				I