

Immersion Scale Electronic Questionnaire Version

Formal Definition of Immersion

A transitory condition of action, attention, and motivation that varies by degree and is characterized by (a) high focus of attention on a limited stimulus field, (b) environmental demand for immediate action, and (c) automatic responses (i.e., action without conscious, calculated decisions), (d) immediate feedback on the efficacy of those actions, and (e) perception of control.

Examples of activity types for which this scale is appropriate

*Any participatory activity involving performance of a skill or task. Examples are playing sports, creating a craft, producing an artistic creation, singing, acting in a play. Note that spectator events are not included. Spectator experiences are more appropriately measured with our **engagement** scale.*

Seminal Reference Citation

*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 immersion 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%
My actions were automatic; it was like watching myself perform.	I-----□-----I										
I felt an intuitive sense of actions I needed to take.	I-----□-----I										
My actions and reactions were flowing together.	I-----□-----I										
I felt a strong sense of control with respect to what I was doing.	I-----□-----I										
I felt that my actions were very effective.	I-----□-----I										
I felt fully in control of what was happening.	I-----□-----I										
My actions seemed to merge with my awareness.	I-----□-----I										
I felt fully immersed in this experience.	I-----□-----I										
I noticed small details about what was happening.	I-----□-----I										