

## **Deep Structured Experience Scale**

### **Formal Definition of Deep Structured Experience**

*A state of effortless concentration during which individuals lose (a) their sense of time, (b) their thoughts about themselves, and (c) awareness of their problems. Participants have a genuine interest in the activity in which they are involved and a strong desire to continue doing that activity.*

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

*This scale is appropriate for use in any structured experience, including engagement, immersion, and absorption experiences. Users might note that the theory of structured experience distinguishes between three fundamental types of structured experiences. **Engagement experiences** focus attention on an unfolding story or narrative and do not require behavioral action and reaction (e.g., reading, spectator events). **Immersion experiences** require performance of skills or tasks. Examples are participating in sports, performing in a play, singing, and creating art. **Absorption experiences** focus participants' attention on sensory features. Examples are massage, wine tasting, enjoying food or drink, admiring a beautiful sunset.*

### **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**

*Depictions of paper and electronic versions of our engagement questionnaire follow.*

### **Scoring**

*Three scores may be obtained from responses: prevalence, frequency, and pattern.*

***Prevalence** is the percent of time during the structured experience that deep structured experience was present. Prevalence scores are obtained by counting the total number of boxes through which lines are drawn.*

***Frequency** is the number of times the respondent cycled in and out of deep structured experience during the structured experience. Frequency scores are obtained by counting the number of non-contiguous lines drawn in the diagram.*

***Pattern:** It is also possible to derive a classification of experience type using the concept of "pattern." Pattern is a change in prevalence and/or frequency over time. Limited research has been conducted on pattern. The existing approach is to calculate prevalence and frequency scores per consecutive quartile, and then use cluster analysis procedures to identify salient patterns.*

## Charting Your Experience in this Activity (Paper Version)

How did you feel ***during*** this experience? This section of the questionnaire is designed to help you share how you felt with us. We are interested in learning the ***occasions during your, if any,*** that you believe you were in a state of “***deep experience.***” Deep experience is defined as:

***Deep Experience: A state of effortless concentration so deep that you lost: a) your sense of time, b) your thoughts about yourself, and c) your thoughts about your problems. You wanted very much to keep doing this activity.***

To answer the questions, reflect on how you felt as the experience progressed from beginning to end. Then, draw a ***straight line*** (--) through the boxes that represent the times at which, to the best you remember, you felt that you were in a state of deep experience ***during the experience.*** Lines you draw do not have to end at a dashed line, they can be any length.

Examples

For example, if you experienced **no deep experience** the activity, simply leave your chart blank, like this:

	<i>First 25%</i>				<i>50%</i>				<i>75%</i>								
<b><i>Beginning of the activity</i></b>																	<b><i>End of the activity</i></b>

Another example would be where you **cycled in and out of deep experience** throughout most of the activity:

	<i>First 25%</i>				<i>50%</i>				<i>75%</i>								
<b><i>Beginning of the activity</i></b>	—				—				—				—				<b><i>End of the activity</i></b>

This is how your chart would look if you were in a **deep experience** state for the **entire activity**:

	<i>First 25%</i>				<i>50%</i>				<i>75%</i>								
<b><i>Beginning of the activity</i></b>	—																<b><i>End of the activity</i></b>

Now,  
Please use the table below to show  
**YOUR** experience during the activity:

	<i>First 25%</i>				<i>50%</i>				<i>75%</i>								
<b><i>Beginning of the activity</i></b>																	<b><i>End of the activity</i></b>

Electronic Questionnaire (prevalence is measured by the first question and frequency by the second question):

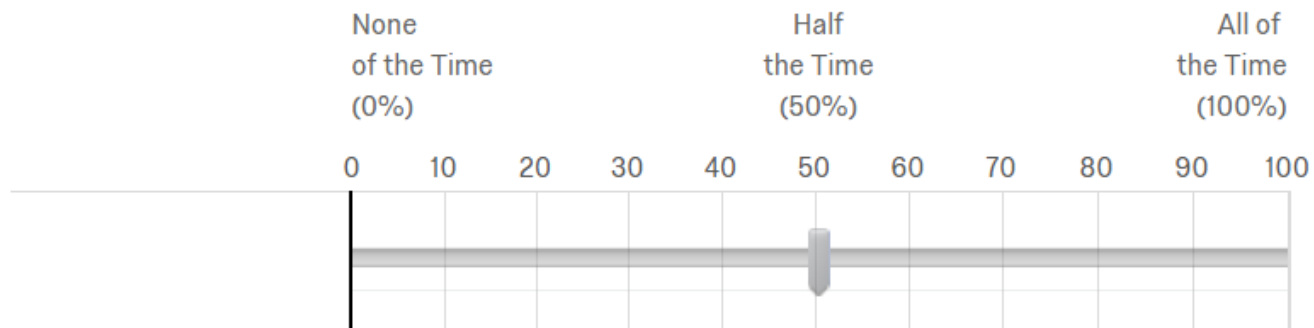
Q4 Sometimes, people report they feel the following during an activity:



***I was in a state of effortless concentration so deep that I lost a) my sense of time, b) my thoughts about myself, and c) my thoughts about my problems. I wanted very much to keep doing this activity.***



Please indicate what percent of the time you felt like this while watching the Youtube video.



Q13 To the best of your ability, please try to estimate approximately how many times, if at all, did you cycle ***in and out of*** that feeling while watching the Youtube video?



Please estimate the number of times, if any.

