

SHORT Flow State Scale (S FSS)

Please answer the following questions in relation to your experience in the event or activity you have just completed. These questions relate to the thoughts and feelings you may have experienced while taking part. There are no right or wrong answers. Think about how you felt during the event/activity, then answer the questions using the rating scale below. For each question, circle the number that best matches your experience.

During the event of (name event): _____

| | | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |
|---|--|----------------------|----------|----------------------------------|-------|-------------------|
| 1 | I felt I was competent enough to meet the demands of the situation | 1 | 2 | 3 | 4 | 5 |
| 2 | I did things spontaneously and automatically without having to think | 1 | 2 | 3 | 4 | 5 |
| 3 | I had a strong sense of what I wanted to do | 1 | 2 | 3 | 4 | 5 |
| 4 | I had a good idea about how well I was doing while I was involved in the task/activity | 1 | 2 | 3 | 4 | 5 |
| 5 | I was completely focused on the task at hand | 1 | 2 | 3 | 4 | 5 |
| 6 | I had a feeling of total control over what I was doing | 1 | 2 | 3 | 4 | 5 |
| 7 | I was not worried about what others may have been thinking of me | 1 | 2 | 3 | 4 | 5 |
| 8 | The way time passed seemed to be different from normal | 1 | 2 | 3 | 4 | 5 |
| 9 | I found the experience extremely rewarding | 1 | 2 | 3 | 4 | 5 |

Appendix L: Scoring SHORT Flow (State)

SHORT Flow State Scale (S FSS)

© S.A. Jackson, 2002, 2009

The **SHORT Flow State Scale (S FSS)** is designed to be used as a post-event flow assessment. Therefore, responses should be given as soon as possible after performance in the activity being assessed.

The title on the questionnaire is "**SHORT Flow State Scale (S FSS)**". Respondents should be directed to answer the scale in relation to their experience in the activity they have just completed. Instructions for respondents are provided on the first page of the questionnaire.

Scoring of SHORT FSS Scale

There is one item for each of nine flow dimensions represented in this scale. The item number for each dimension is given below. The item scores can be used to represent each flow dimension—although the LONG Flow Scales are much better suited to providing dimension profiles than the SHORT scales. The generally recommended procedure for scoring the short FSS is to sum the 9 items together, and then divide by 9 to obtain a SHORT Flow score. If an item score is missing, take the average of the items with responses.

| S FSS DIMENSIONS | ITEMS | SCORE |
|--|----------------|-------|
| 1. Challenge-Skill Balance | Q1 | |
| 2. Merging of Action and Awareness | Q2 | |
| 3. Clear Goals | Q3 | |
| 4. Unambiguous Feedback | Q4 | |
| 5. Concentration on the Task at Hand | Q5 | |
| 6. Sense of Control | Q6 | |
| 7. Loss of Self-Consciousness | Q7 | |
| 8. Transformation of Time | Q8 | |
| 9. Autotelic Experience | Q9 | |
| | <i>Total :</i> | |
| Divide Total by 9 to obtain SHORT FLOW SCORE: | SCORE: | |