

LONG Flow State Scale (FSS-2)–Physical

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: _____ (Name Event/Activity)		Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	I was challenged, but I believed my skills would allow me to meet the challenge	1	2	3	4	5
2	I made the correct movements without thinking about trying to do so	1	2	3	4	5
3	I knew clearly what I wanted to do	1	2	3	4	5
4	It was really clear to me how my performance was going	1	2	3	4	5
5	My attention was focused entirely on what I was doing	1	2	3	4	5
6	I had a sense of control over what I was doing	1	2	3	4	5
7	I was not concerned with what others may have been thinking of me	1	2	3	4	5
8	Time seemed to alter (either slowed down or speeded up)	1	2	3	4	5
9	I really enjoyed the experience	1	2	3	4	5
10	My abilities matched the high challenge of the situation	1	2	3	4	5
11	Things just seemed to be happening automatically	1	2	3	4	5
12	I had a strong sense of what I wanted to do	1	2	3	4	5
13	I was aware of how well I was performing	1	2	3	4	5
14	It was no effort to keep my mind on what was happening	1	2	3	4	5
15	I felt like I could control what I was doing	1	2	3	4	5
16	I was not concerned with how others may have been evaluating me	1	2	3	4	5

cont...		Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
17	The way time passed seemed to be different from normal	1	2	3	4	5
18	I loved the feeling of the performance and want to capture it again	1	2	3	4	5
19	I felt I was competent enough to meet the high demands of the situation	1	2	3	4	5
20	I performed automatically, without thinking too much	1	2	3	4	5
21	I knew what I wanted to achieve	1	2	3	4	5
22	I had a good idea while I was performing about how well I was doing	1	2	3	4	5
23	I had total concentration	1	2	3	4	5
24	I had a feeling of total control	1	2	3	4	5
25	I was not concerned with how I was presenting myself	1	2	3	4	5
26	It felt like time went by quickly	1	2	3	4	5
27	The experience left me feeling great	1	2	3	4	5
28	The challenge and my skills were at an equally high level	1	2	3	4	5
29	I did things spontaneously and automatically without having to think	1	2	3	4	5
30	My goals were clearly defined	1	2	3	4	5
31	I could tell by the way I was performing how well I was doing	1	2	3	4	5
32	I was completely focused on the task at hand	1	2	3	4	5
33	I felt in total control of my body	1	2	3	4	5
34	I was not worried about what others may have been thinking of me	1	2	3	4	5
35	I lost my normal awareness of time	1	2	3	4	5
36	I found the experience extremely rewarding	1	2	3	4	5

Appendix J: Scoring LONG Flow (State)

LONG Flow State Scale-2 (FSS-2) - Physical

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LONG Flow State Scale-2 (FSS-2) - General

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The **LONG Flow State Scales (FSS-2)** are 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 "LONG State Flow Scale (FSS-2) (Physical or General)". 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 FSS-2 Dimensions

The table below can be used to score the FSS-2. As shown in the Table, there are four items for each of nine flow dimensions (A) represented in this scale. The item numbers for each dimension are given below (B). Total the item scores for each dimension (C), and then divide by four, to obtain flow dimension item-average scores (D). If there are non-responses, average for the number of responses available. A total scale score can also be obtained by summing the item-average dimension scores. It is recommended that dimension scores be used where possible, as more detailed information about flow is available via the dimension profile.

A FSS-2 Dimensions	B Items	C Dimension Total	D Item- Average Scores
1. Challenge-Skill Balance	Q1+Q10+Q19+Q28		
2. Merging of Action and Awareness	Q2+Q11+Q20+Q29		
3. Clear Goals	Q3+Q12+Q21+Q30		
4. Unambiguous Feedback	Q4+Q13+Q22+Q31		
5. Concentration on the Task at Hand	Q5+Q14+Q23+Q32		
6. Sense of Control	Q6+Q15+Q24+Q33		
7. Loss of Self-Consciousness	Q7+Q16+Q25+Q34		
8. Transformation of Time	Q8+Q17+Q26+Q35		
9. Autotelic Experience	Q9+Q18+Q27+Q36		
Total Scale Score (sum column D)			