

Table A.3: Flow State Scale [42].

Flow Dimensions	#	Items
Clear goals	1	I knew clearly what I wanted to do. 我清楚地知道自己想做什麼
	2	I had a strong sense of what I wanted to do. 我清楚地意識到自己想做什么
	3	I knew what I wanted to achieve. 我知道自己想要達成什麼目標
	4	My goals were clearly defined. 我的目標明確界定
Unambiguous feedback	1	It was really clear to me that I was doing well. 我很清楚自己表現得如何
	2	I was aware of how well I was performing. 我知道自己的表現如何
	3	I had a good idea while I was performing about how well I was doing. 在活動期間，我很清楚自己的表現如何
	4	I could tell by the way I was performing how well I was doing. 我能夠根據自己的行動判斷表現的好壞
Challenge-skill balance	1	I was challenged, but I believed my skills would allow me to meet the challenge. 我遭遇了挑戰，但我相信自己的能力足以應付它

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Table A.3 (continued)

Flow Dimensions	#	Items
	2	My abilities matched the high challenge of the situation. 我的能力與活動中的艱難挑戰相匹配
	3	I felt I was competent enough to meet the high demands of the situation. 我覺得自己的能力足夠達成活動中的嚴格要求
	4	The challenge and my skills were at an equally high level. 挑戰難度和我的能力處於同樣高的水平
Action-awareness merging	1	I made the correct movements without thinking about trying to do so. 我無須思考就做出了正確的行動
	2	Things just seemed to be happening automatically. 我的行動似乎是自然而然發生的
	3	I performed automatically. 我出於本能地行動
	4	I did things spontaneously and automatically without having to think. 我出於本能、自然地行動，不需要思考

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Table A.3 (continued)

Flow Dimensions	#	Items
Concentration on task at hand	1	My attention was focused entirely on what I was doing. 我的注意力完全集中於正在做的事情上
	2	It was no effort to keep my mind on what was happening. 我可以毫不費力地將自己的注意力集中於正在發生的事情上
	3	I had total concentration. 我當時全神貫注
	4	I was completely focused on the task at hand. 我完全專注在手邊的任務
Sense of control	1	I felt in total control of what I was doing. 我感覺自己完全掌控了正在做的事情
	2	I felt like I could control what I was doing. 我覺得自己能夠掌控正在做的事情
	3	I had a feeling of total control. 我有一種完全掌控的感覺
	4	I felt in total control of my body. 我感覺完全掌控了自己的行動

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Table A.3 (continued)

Flow Dimensions	#	Items
Loss of self-consciousness	1	I was not concerned with what others may have been thinking of me.
		我不在意別人對我的看法
	2	I was not worried about my performance during the event.
		我不擔心自己在活動中的表現
	3	I was not concerned with how I was presenting myself.
		我不在意自己給別人的印象
	4	I was not worried about what others may have been thinking of me.
		我不擔心別人對我的看法
Transformation of time	1	Time seemed to alter (either slowed down or speeded up).
		時間感似乎改變了（變慢或變快）
	2	The way time passed seemed to be different from normal.
		時間流逝的方式似乎與平常不同
	3	It felt like time stopped while I was performing.
		在活動期間，時間似乎停止了

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Table A.3 (continued)

Flow Dimensions	#	Items
	4	At times, it almost seemed like things were happening in slow motion. 有時，事情似乎以慢動作發生
Autotelic experience	1	I really enjoyed the experience. 我真的很享受這次體驗
	2	I loved the feeling of that performance and want to capture it again. 我喜歡這次活動的感受，並希望再次體驗
	3	The experience left me feeling great. 這次體驗讓我感覺很棒
	4	I found the experience extremely rewarding. 我覺得這次體驗非常有意義

Notes: The order of scale items was randomized in the experiment.