**PRE-BASELINE QUESTIONNAIRE**

Name (First Last) Name

Age Age

Grade Grade

How would you describe your gender? Gender

* Male - 1
* Female - 2
* Non-binary - 3
* Other - 4
* Decline to answer - 5

How would you best describe your ethnicity? (Check all that applies) Ethnicity

* American Indian or Alaska Native - 1
* Asian – 2
* Black or African American - 3
* Native Hawaiian or Other Pacific Islander - 4
* White – 5
* Other – 6
* Decline to answer - 7

On average, how many hours per week do you play video games? Game\_hours\_base

**BASELINE QUESTIONNAIRE**

**Emotion Regulation for Children and Adolescents (ERQ\_CA)**

When I want to feel happier, I think about something different ERQ\_CA\_Q1

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

I keep my feelings to myself ERQ\_CA\_Q2

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

When I want to feel less bad (e.g., sad, angry, or worried), I think about something different ERQ\_CA\_Q3

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

When I am feeling happy, I am careful not to show it ERQ\_CA\_Q4

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

When I’m worried about something, I make myself think about it in a way that helps me feel better ERQ\_CA\_Q5

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

I control my feelings by not showing them ERQ\_CA\_Q6

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

When I want to feel happier about something, I change the way I’m thinking about it ERQ\_CA\_Q7

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

I control my feelings about things by changing the way I think about them ERQ\_CA\_Q8

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

When I’m feeling bad (e.g., sad, angry, or worried), I’m careful not to show it ERQ\_CA\_Q9

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

When I want to feel less bad (e.g., sad, angry, or worried) about something, I change the way I’m thinking about it ERQ\_CA\_Q10

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

**Stress Mindset General (SMM\_G)**

The effects of stress are negative and should be avoided SMM\_G\_Q1

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

Experiencing stress facilitates my learning and growth SMM\_G\_Q2

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

Experiencing stress depletes my health and vitality SMM\_G\_Q3

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

Experiencing stress enhances my performance and productivity SMM\_G\_Q4

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

Experiencing stress inhibits my learning and growth SMM\_G\_Q5

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

Experiencing stress improves my health and vitality SMM\_G\_Q6

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

Experiencing stress debilitates my performance and productivity SMM\_G\_Q7

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

The effects of stress are positive and should be utilized SMM\_G\_Q8

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Strongly Disagree Disagree Half and Half Agree Strongly Agree

**Mindful Attention Awareness Scale-Adolescents (MAAS\_A)**

I could be experiencing some emotion and not be conscious of it until some time later MAAS\_A\_Q1

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

I break or spill things because of carelessness, not paying attention, or thinking of something else MAAS\_A\_Q2

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

I find it difficult to stay focused on what’s happening in the present MAAS\_A\_Q3

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

I tend to walk quickly where I’m going without paying attention along the way MAAS\_A\_Q4

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

I tend not to notice feelings of physical tension or discomfort until they really grab my attention MAAS\_A\_Q5

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

I forget a person’s name almost as soon as I’ve been told it for the first time MAAS\_A\_Q6

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

It seems I’m “running on automatic” without much awareness of what I’m doing MAAS\_A\_Q7

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

I rush through activities without being really attentive to them MAAS\_A\_Q8

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

I get so focused on the goal I want to achieve that I lost touch with what I’m doing right now to get there MAAS\_A\_Q9

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

I do jobs or tasks automatically, without being aware of what I’m doing MAAS\_A\_Q10

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

I find myself listening to someone with one ear, doing something else at the same time MAAS\_A\_Q11

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

I find myself preoccupied with the future or the past MAAS\_A\_Q12

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

I find myself doing things without paying attention MAAS\_A\_Q13

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

I snack without being aware that I’m eating MAAS\_A\_14

1---------------------------2---------------------------3---------------------------4-----------------------------5------------------------6

Almost Always Almost Never

**Math Anxiety (MA)**

On a scale from 1 to 5, how math anxious are you? Math\_Anxiety

1-------------------------------2--------------------------------3--------------------------------4-------------------------------5

Not At All Anxious A Little Anxious Moderate Very Anxious Extremely Anxious

**PRE-TEST**

Subject ID SID

**VAS** VAS\_Stress\_Pre

0-------10-------20-------30---------40--------50-------60-------70-------80-------90-------100

Not stressed Very Stressed

at all

**State-Trait Anxiety Inventory (STAI)**

How **calm** do you feel right now? STAI\_Q1\_Pre\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Not at all Slightly Moderately Very Much Extremely

How **tense** do you feel right now? STAI\_Q2\_Pre\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Not at all Slightly Moderately Very Much Extremely

How **upset** do you feel right now? STAI\_Q3\_Pre\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Not at all Slightly Moderately Very Much Extremely

How **relaxed** do you feel right now? STAI\_Q4\_Pre\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Not at all Slightly Moderately Very Much Extremely

How **content** do you feel right now? STAI\_Q5\_Pre\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Not at all Slightly Moderately Very Much Extremely

How **worried** do you feel right now? STAI\_Q6\_Pre\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Not at all Slightly Moderately Very Much Extremely

**Perceived Stress (PSS-4)**

In the last month, how often have you felt that you were unable to control the important things in your life? PSS\_Q1\_Pre\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Never Almost Never Sometimes Fairly Often Very Often

In the last month, how often have you felt confident to handle your personal problems?? PSS\_Q2\_Pre\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Never Almost Never Sometimes Fairly Often Very Often

In the last month, how often have you felt that things were going your way? PSS\_Q3\_Pre\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Never Almost Never Sometimes Fairly Often Very Often

In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? PSS\_Q4\_Pre\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Never Almost Never Sometimes Fairly Often Very Often

**POST-TEST**

Subject ID SID

**VAS** VAS\_Stress\_Post

0-------10-------20-------30---------40--------50-------60-------70-------80-------90-------100

Not stressed Very Stressed

at all

**State-Trait Anxiety Inventory (STAI)**

How **calm** do you feel right now? STAI\_Q1\_Post\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Not at all Slightly Moderately Very Extremely

How **tense** do you feel right now? STAI\_Q2\_Post\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Not at all Slightly Moderately Very Extremely

How **upset** do you feel right now? STAI\_Q3\_Post\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Not at all Slightly Moderately Very Extremely

How **relaxed** do you feel right now? STAI\_Q4\_Post\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Not at all Slightly Moderately Very Extremely

How **content** do you feel right now? STAI\_Q5\_Post\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Not at all Slightly Moderately Very Extremely

How **worried** do you feel right now? STAI\_Q6\_Post\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Not at all Slightly Moderately Very Extremely

**Perceived Stress (PSS-4)**

In the last month, how often have you felt that you were unable to control the important things in your life? PSS\_Q1\_Post\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Never Almost Never Sometimes Fairly Often Very Often

In the last month, how often have you felt confident to handle your personal problems? PSS\_Q2\_Post\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Never Almost Never Sometimes Fairly Often Very Often

In the last month, how often have you felt that things were going your way? PSS\_Q3\_Post\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Never Almost Never Sometimes Fairly Often Very Often

In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? PSS\_Q4\_Post\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Never Almost Never Sometimes Fairly Often Very Often

**Our Own Questions**

How threatening did you find the game to be? Threatening\_ Post\_Hot/Cold

1 --------------------------- 2 ---------------------------- 3 ---------------------- 4 ------------------------ 5

Not threatening Very threatening

at all

How able were you at playing the game? Perceived\_Ability\_Post\_ Hot/Cold

1 --------------------------- 2 ---------------------------- 3 ---------------------- 4 ------------------------ 5

Not able at all Very able

Overall, how confident are you that you can handle the stress you experienced while playing the game? Threat\_Appraisal\_\_Hot/Cold

1-------2-------3-------4---------5--------6-------7-------8-------9-------10

I can handle I can’t handle

Stress well stress at all

On average, how engaged were you while playing the game? Engagement\_\_Hot/Cold

1-----------------2-----------------3-----------------4-----------------5

Not at all Slightly Moderately Very Much Extremely

On average, how much effort did you put into doing the task? Effort\_Q1\_Post

1-------------------2-------------------3-----------------4-----------------5

None at all A little Moderate A lot Extreme

I tried very hard on this activity Effort\_Q2\_Post

1-----------------2-----------------3-----------------4-----------------5

Not at all Somewhat Moderately Very Much Extremely

On average, how did you feel while playing this game? Excited\_Anxious \_ Hot/Cold

1 --------------------------- 2 ---------------------------- 3 ---------------------- 4 ------------------------ 5

Excited A little Excited. Bored A little Nervous Anxious

On average, how difficult was the game? Difficulty\_ Hot/Cold

1 --------------------------- 2 ---------------------------- 3 ---------------------- 4 ------------------------ 5

Super easy A little easy Neutral A little hard Super hard

Do you have a clinical diagnosis of the following? (Check all that applies) Neuropsych\_Disorders

* Autism Spectrum Disorder - 1
* ADHD – 2
* Depression - 3
* Anxiety - 4
* Schizophrenia - 5
* Other – 6
* None of the above - 7
* Prefer not answer - 8