



# **Fly on the wall**

## **Startup**

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# Introductie

## Deelvraag

Wat zijn andere aspecten van het spel waar ADHD'ers tegen aan lopen of moeite mee hebben?

## Doel

Door een sessie van het spel bij te wonen waarbij een of meerdere ADHD'ers deelnemen, kunnen we zien of er zaken zijn waar zij tegen aan lopen of moeite mee hebben gedurende een sessie. Niet iedereen weet frustrerende momenten binnen een spel even goed te benoemen.

## De sessie - Realms apart

### Environment

online, 2 players with ADHD and a considerate dm. This is a group that consistently gets more players and expects a bigger audience.

### Observations

<https://youtu.be/yfv4UA5FeFw>

Started with a moment of meditation to get into character.

Throughout the session no one mentioned they missed a scene or missed their cue.

"I tried to make the opposite decision of what I'd normally do because I try to keep her a little reckless you know? And every decision she made tonight made me wanna like vomit because I was so nervous. Like I'm going to die I can feel it. "

sometimes sit on phone to have enough engagement overall so they can also focus on session, can come off as odd to others.

# De sessie - D&D ADHD edition

## Environment

A disabled VTuber, a session with ADHD'ers, she has an ADHD cam. This is a group that get less viewers.



## Observations

<https://www.twitch.tv/videos/1296163691?filter=archives&sort=time>

<https://www.twitch.tv/videos/1296351228>

"(As we talked about before) sometimes you fiddle so you CAN focus."

> corceying, beads, knitting, needle filting, paper clips ect.

> seem to be activities that use your hands but not your head too much

Dm in character: demonic oh excuse me I was corrected about this in school devilish

Players interrupts dm

Player:

Difficulty remembering how much stuff they have in the bag and where they left the stuff. (in their bag of holding they left some stuff in town so the bag is not full)

I still need to figure out what my last language is.. Why dont they have a language section?

It has gone to proficiency

So we have ... ? I'm looking for where in the book where they are

At the races section

That's stupid that they don't have it stated

In the back probably

Do you realise how small the text is on this shit?

> dm sends a link

I had elvish at some point..



Had difficulty remembering darkvision (whole group) > not only if they had it but where the info was\

Forgot to plug in ethernet for streaming (wifi is slower) > streamer daily/as a job

"I know what you said or I can interpret what you said but my brain is still saying you said 1d6" (for a stealth roll)

"If that's your stealth then I wouldn't advice you using it"

"I sort beads because I have pretty bad ADHD"

//interrupted/got interrupted by the game multiple times before this

"I have a fun moment to share, my gf asked if the game was on and then she put it on just to go sleep in the other room, she put it on the keep me occupied like a toddler"

After the break started snacking on strawberries with whipped cream instead of sorting the beads.

///Music not working

"Oh well it's just music that I regularly forget to update"

Has moved on to a spinning object kinda like a fidget spinner to occupy attention. (instead of strawberries)

Also during session send a link and mentioned it to show her friends something she liked (exlaimed in joy as soon as she saw it).

## Conclusies

De spelers met ADHD zoeken genoeg prikkels op om op de sessie te kunnen focus-sen dingen zoals breien en eten helpen hierbij. Sommige DM's helpen de spelers om te concentreren op de sessie door een moment van meditatie te houden voordat het spel begint. Zoals in het literatuuronderzoek beschreven is helpt D&D de spelers met sociale interacties uitproberen. Het opzoeken van informatie is een groter obstakel dan we initieel dachten, zelfs als een boek dichtbij een speler is kan het een grote drempel zijn om toch de regel op te zoeken.