

Researcher: We go. All right. So, again, thank you for wanting to participate in this research. You know, of course, I very much appreciate it. What this research is about is basically we'll be looking into how the head-up display affects somebody's mental state of flow inside a game of Counter-Strike 2, Deathmatch. What we'll be doing throughout this interview is I will ask you some questions to know a bit more about you and you as a gamer, in a way. Then afterwards we'll be setting some baseline that being more focused on what the research is actually about. Then we'll have a play session for you. Basically, it will consist of one warm-up session of Deathmatch and an actual session. And then, lastly, we'll just talk a bit about how things went and assess some last values. Is that clear?

Participant: That's clear. That sounds good.

Researcher: Perfect. By the way, before we begin, are there any questions or something that you want to know beforehand?

Participant: No, not immediately.

Researcher: Okay. So, of course, like I said, I do want to know a bit more about you. So, what is your occupation, if I may ask?

Participant: I am a game designer and game developer in an indie company, a startup.

Researcher: Okay. So, you do, of course, need your PC quite often for that?

Participant: Yes.

Researcher: Would you say that this affects the way that you play games and in what ways do you think it affects that?

Participant: Yeah, I definitely think that there's some occupational malpractice or what is it called, like [in Dutch] beroepsmissvorming. I think I view games way more critically. Oftentimes, I play mechanics not to have necessarily fun anymore, but I do play them

to have fun, right? But I usually, when I understand the mechanic or I get it moments from a designer perspective, I usually have enough of the game, if that makes sense.

Unless it's like something like Counter-Strike, where I already knew beforehand. But definitely when I'm playing new stuff and smaller stuff, that's often a problem. So, I think, partially, it took a lot of the fun away in games in a way. There's still something that I can keep playing, but it doesn't happen a lot. So, I've become very picky.

Researcher: You look very analytical at that. Maybe less related to that, but how long have you been playing Counter-Strike 2 for, or just Counter-Strike Global Offensive as well?

Participant: I think I started when CS Source came out.

Researcher: Okay.

Participant: Which is like, yeah, almost 20 years ago. I think that's maybe overkill. I think I probably started in 2007 or 2006, something like that.

Researcher: Okay. So, you've been playing quite a while then.

Participant: Yes.

Researcher: How often do you play the game?

Participant: Well, it's something that is very break-oriented. I will not play for a year or two, and then I play pretty hard for two months to a half year. But I'm somebody that plays one game at the same time. I don't play 16 different games, but when I play Counter-Strike for one day, I play two weeks or something. I just play something, and I try to do it well. So, I think the last time I really played CS-GO was about a year and a half ago, for half a year. And then, like, before the year, I played it very hardcore for a year, for example. So, that's always big times in between big breaks.

Researcher: Yeah. And would you say that you ever kind of lose your touch with the game after those breaks, or are you generally just, is it easy to get back into?

Participant: Well, I think game sense-wise, it always somewhat remains, unless there's new maps and stuff, of course. And aim-wise, I still do my pre-aim, right? I still know how it works, but my reflexes kind of fade away, especially also getting older. I can feel myself become more slow, but I'll probably still, even though I haven't played in like a year or two, I'll probably still play decent.

Researcher: It's interesting that you bring that up of getting older, because that's actually one of the questions.

Participant: Oh, yeah.

Researcher: Would you say that also affects your attention span, would you say that? Did it get higher or lower, and how would you rate your attention span nowadays?

Participant: I think my attention span is actually, I don't think it has gotten worse. I wouldn't necessarily say it has gotten better. With the whole consumer media has done right now, short stuff.

I have two screens, I place stuff on the side, it is just the way the world has evolved. But I think me as a person, I don't think it's really gotten worse. I think it's even gotten a little bit better, maybe, even though there's more negative influences on it from the outside world.

So I think it stayed the same, but me as a person has gotten better from it, but the outside influence has gotten worse, and it balanced out a bit or something, would that make sense?

Researcher: Yeah. So you feel like you have, in general, pretty high attention span then?

Participant: Yes, yes. I can hyper focus on somebody that hyper focusses, while I work as well.

Researcher: So then when you play Counter-Strike 2, how long would you say you play per session?

Participant: It depends. I am somebody that, I don't like to play high stress situations super long, which means I will probably play one or two competitive matches back to back, right? But then I can deathmatch the whole afternoon, maybe that's a bit of an overkill, but I can deathmatch without noticing time, if that makes sense.

Researcher: So that's a bit of a more casual experience for you then, the deathmatch game mode?

Participant: Yeah, it is indeed. Because competitive is high stress, right, and it's fun, but it's exhausting for me.

Researcher: Yeah, makes sense. And because you've been playing Counter-Strike for quite a while, you know, since 2007, so that is about 17 years, what would you say really kept you in the game? What do you really enjoy about it?

Participant: I think it's, I think it mainly comes from the fact that one of the first games I ever played was called Duty 1. Well, the first games I really played seriously and that was rifle only, so it was very aim-oriented and I was talented with aiming.

So I think I really enjoyed it and I kept that with me for a long time. Because when I play CS, it's more about like, like I'm the entry fragger on the team, right? I go fast, I go hard.

I'm not the one that plans everything that is a team lead, that thinks about shit. I just go hard, it's all about aim for me and that makes sense. So that's the fun part for me, yeah.

Researcher: So it's very much the mechanically heavy aiming that is what keeps you playing?

Participant: Yes, yes, yes, because usually when I deathmatch I go on an aim server and I just practice my aim and that's like almost meditation for me, if that makes sense. It's like getting into a flow.

Researcher: Alright. And what do you say you dislike about the game, generally?

Participant: Good question. Here's the thing, I don't actually play for rank, right? So that means that... But I do care if I win or lose and I do care if I have fun while doing it.

Okay, let me say it like this. The only way to have a serious game is in competitive, so I can actually skill test in game almost, right? But I don't like the stress and stuff that is involved. But to have a serious game you need to do that, if that makes sense. So it's all about finding that balance. So I don't like the tryharding shit, but you have to go into a tryhard game to actually measure up almost.

Researcher: Okay.

Participant: I don't like losing ranks and stuff or gaining, it's kind of like... Yeah, I don't know, when I go play tennis I try to play as good as I can, right? But I don't like to play for points and that's a good comparison to make.

Researcher: Yeah. Okay. Since you mentioned that you find it stressful, in what ways is it stressful for you?

Participant: I think there's a pressure to perform towards myself because since I'm somebody that plays one game and only that one game, I think that comes from a perspective where I like to get good at one thing in particular. And especially, I think not as much anymore these days, but when I was young when I was like 16, it was like part of my identity because everybody games and stuff, right? So me being good at the one game I played was part of my identity, so it mattered to me. I think a lot of gamers have these days, right? When they really go into league or CS-GO as well, I think now these days I don't care that much anymore. But I think that's certainly why.

Researcher: So you're a bit more of an achiever player than like a personal achievement?

Participant: You know, in a game like World of Warcraft, I really couldn't care less about achievements. I think I'm still more of a killer because I always like to P/P and stuff, but

I just like to prove myself to myself and maybe to my close friends. I like to be the best in my friend group, not in the world, if that makes sense.

Researcher: So there's a bit of a social aspect?

Participant: Yeah, yeah, yeah, but like in my own circle.

Researcher: Yeah, okay. And so you focus very hard on being the best in the team in a way then. And then while you play, do you often find yourself making use of the head-up display in the game? Or is it something that can even distract you?

Participant: Oh, no, I look at my map a lot. Yeah, yeah, yeah. I think Counter-Strike has improved on feedback from guns, like if you're on the last few bullets, it starts making a clicking sound. So I'm not looking at the bullets as much as I used to, I think, but definitely the map. And also when you take damage where it comes from and stuff, it's really something I use a lot.

Researcher: So it's mainly the positional information that is most useful to you. And the other elements of the head-up display, do you make use of those?

Participant: Since CSGO, you can make your crosshair so that it opens and closes, depending on if you're standing still or not. I tend to use that as well because I like the visual feedback that it gives. It's not that I need it because I can do it on feel, right? But I like it. It makes it more enjoyable. The same with hit markers and shit that I really like head markers, even though they're not the biggest thing.

Researcher: And so when you take, for example, a very intense fight, one v one shooting at each other, do you then find yourself looking at the head-up display?

Participant: It depends. If there's many people alive, probably less. So it's more of a... Yeah, no, a lot less, I would say.

Researcher: So it's more of an in-between action thing?

Participant: Yeah, yeah. When somebody shoots, it's about information and positional awareness, and I think it's a bit more important in deathmatch than in competitive. Yeah. All right.

Researcher: And then besides Counter-Strike, are there any other first-person shooters that you play?

Participant: Yeah, I played a lot of Call of Duty in my life. Call of Duty 1, 2, and Modern Warfare 2, I played a lot as well.

Researcher: Oh, go ahead.

Participant: Yeah, I was thinking about Call of Duty Modern Warfare 2, where I... So a lot of... I don't know if you know the game. It's like with Tactical Nuke and everything, right?

Researcher: Yes.

Participant: And a lot of people took the 5-kill streak Predator missile, then the AC-130 chopper, right, and then the Tactical Nuke. What I took was I took the 3-kill streak UAV, the 4-kill streak Counter UAV, and then the Predator missile, which means the UAV shows you the enemies on your map, right? The Counter UAV disables the map of the enemies, and then the Predator missile is just a kill streak thing, right? So I really understood how essential the positional awareness was, so much that I took those kill streaks because they were really good, and not a lot of people actually noticed that. So I used the fuck out of the mini-map in a modern Warfare 2.

Researcher: So that's something that also transferred into playing Counter-Strike for you then?

Participant: I think so, yeah. I think so, yeah.

Researcher: Okay. And about the Call of Duty games, is there anything you particularly like or dislike about them, in comparison to Counter-Strike 2?

Participant: I think in Call of Duty it's nice that you can aim down your sights, although... and that you can peek around corners, like you can angle your body a bit, I don't know how to call it, but I don't think CSGO needs that, it just works like it is now. But I do like the fantasy in Call of Duty that way, although if I look at the newer Call of Duties, I probably wouldn't play them anymore. I really like the robustness of Call of Duty 1 and 2. I usually played Rifle only as well, which was more skill-oriented and blasting your way.

Researcher: And what exactly do you mean by the robustness of the previous games?

Participant: So, there were less mechanics and less things to do, so you had to do more with less. So it was really more about skill and less about calling in a helicopter. And I think Call of Duty still does that pretty well. Sorry, Counter-Strike still does that pretty well. There's no extra bombastic shit that happens, you either aim or you don't.

Researcher: So for you it really much lays into the first-person shooters because of your aim and everything else is an extra.

Participant: Indeed, I think in hindsight that's probably why it's such a Counter-Strike, and I'm not playing Call of Duty anymore where I did it in my life, basically because the core values of Call of Duty 1 and 2 are much more recognisable in Counter-Strike.

Researcher: Yep, right, makes sense. And then, you know, because you play these games, in what context do you usually play them? So when, where?

Participant: I mean, it's been a while, right? So I have to think back. Mostly when I play competitive, it's with other friends together. But the deathmatches I play solo, and that's more of like a blowing off steam thing.

Researcher: Okay. And at what time did you usually play them? Was it something during the week, during the weekends, in the evenings or throughout the day?



Participant: Yeah, usually in the evenings and the weekends, or during the day and in the weekends. Like I said, when I play it's the only game I play, so it's pretty much at the time where I don't have something going on, or I don't have a work or whatever.

Researcher: Yep, so you, like I said, it's very much about blowing off steam in a way for you.

Participant: Yeah, to a degree, or just relaxing. It's not always a blowing off steam type situation. It can just maybe be important and just relaxing or playing something together.

Researcher: I mean, it's still a hobby, right?

Participant: Yeah, exactly.

Researcher: And so where do you play them? Do you play on the couch, at a desk, somewhere else?

Participant: Always on PC. I cannot play shooter without a fucking mouse. And of course there's people that do.

Researcher: So you play at your desk then?

Participant: Yeah.

Researcher: Okay. And you mentioned that you tend to play with others for one game mode, but then for deathmatch alone. Why do you prefer one over the other?

Participant: I think honestly because my friends, or partially because my friends don't like deathmatch. Like when I play CSGO and I go into competitive, I'm the guy that wants to do a warm-up, right? Because I don't like going, because my fun in

competitive is very tight into me performing at least decently, right? For example, I probably won't have fun if I have three kills and ten deaths in round ten.

So I tend to prioritize warming up because I think the five minutes of warming up creates a lot more value with me having fun in the competitive match. Don't get me wrong. I don't need to be 4KD to have fun, right? But being 0.3KD, I'm probably not going to be enjoying myself. So I want to like put effort to perform. So because I know I will only have fun if I perform decently for myself.

Researcher: From there, the warm-up's then? Luckily you've got a warm-up game today as well.

Participant: Exactly.

Researcher: So when playing with others, do you tend to communicate with your team a lot?

Participant: Yeah, I'm the guy that does call outs. Because, again, it ties into... You have those people that are like, they queue up to competitive, right? And they just, they don't talk to people, they just shoot, they play horrible, and they still have fun. And I really don't get that. Like when I go into it, it's only fun if I give it my all, right? So I communicate a lot, I try to make calls.

Researcher: So it's a very different mindset for you then?

Participant: Yeah.

Researcher: Do you then communicate through text or through voice chat for clarity?

Participant: Mostly voice, yeah.

Researcher: And then when you do communicate with them, or when they communicate with you, are you able to fully concentrate on the way that you're playing?

Participant: I think so, although people should shut up when you're clutching or something, right? Well, you keep it short and simple in high-stress situations as well. I think it's essential that you know the call-outs for maps, like short, long, double doors, to keep the communication very small and concise.

Researcher: Because otherwise it would be distracting?

Participant: Yeah, yeah, indeed.

Researcher: Okay. Alright, interesting. So we got a little bit about you as a player. Are there any questions so far, things that you kind of forgot to mention or want to re-emphasise?

Participant: Well, I think about communication, it's not necessarily distraction, it's just more about getting as much information, as much information out there compared to time basically, so that more information can come through if it's needed.

Researcher: Yeah. Okay.

Participant: More than that, not really.

Researcher: Alright, perfect. So, you know, as I said earlier, now is the time that we'll be setting a bit of a baseline for some of the values that this research is actually focusing on. How would you currently rate your mental effort? So how much could you do besides this while still being able to somewhat concentrate?

Participant: You mean if I could do other tasks while playing Counter-Strike or...

Researcher: So like currently, just at this moment, while we're talking, how much do you feel like you can still do besides it? You know, so how much effort are you currently having with this?

Participant: I think it's a pretty chill conversation, so I could probably still do casual gaming, like a deathmatch or do some quests on WoW or something. I could probably still do some 3D modelling, but I wouldn't be able to do competitive play, I wouldn't be able to write code, I wouldn't be able to write something that is at least somewhat coherent, something like that. I could still eat, that's not a problem, I could still drink, but nothing that's really mentally taking my attention.

Researcher: Okay. And now for the second part. When playing Counter-Strike 2 death match, right? Do you ever feel helpless while playing this gamemode?

Participant: No, not really, unless I'm... Unless if I'm probably going back to the game and I go on the hardest death match server that I know with like elite players, then I'm probably gonna feel helpless. I'm just screwing up a normal death match, there's not gonna be an issue, I think.

Researcher: Okay. And so when you're playing these deathmatches, do you feel like things that are happening to you are depending on yourself or more on the environment, for example?

Participant: It can be both. I think it's mostly on myself, but then there's a couple of deathmatch servers that are like 64 people on this too, and then you get shots more from the back than from the front. I mean, in my opinion, that playing deathmatch is to increase your aim. So it's all about getting those one-on-one aim fights, right? So where you see somebody, they see you, you shoot each other. That's a valuable interaction.

Getting shot in the back by an op from the other side of the map is probably not that much of a valuable interaction. So I do think it's a bit of both.

Researcher: And would you say it's then more dependent on you and your skill?

Participant: I mean, it's definitely also my skill, right? If I lose the one-on-ones constantly, then it's also not going to be great, but choosing a good server is pretty important. And I think CS-GO's default servers do that pretty well.

Researcher: Okay. So in general, you'd say that you have a pretty high sense of control while you're playing that gamemode, or is that correct?

Participant: Yeah, I would say so.

Researcher: Okay. So, and then lastly, for the setting up baseline here, I'd also like to set a baseline for how you perceive time, and particularly time duration, right? So what I'll be doing is I'll be playing a tone. I'll just give you an example of what that tone will be. [Plays example tone] All right.

So I'll be playing that tone, then I'll have some time pass, and then I'll be playing that tone again. And then you basically tell me how much time you believe has passed. Okay. Of course, this is about subjective time. So I will have to ask you to make sure that you don't look at any clocks in any way, shape, or form. And also to avoid counting in your head, if that makes sense, to make it a more intuitive thing. Right?

Participant: That's fair.

Researcher: And of course, if you need to play around with something in your hands, perfectly fine, it's just about having a bit of an idea how you normally perceive time. All right. All right. I'll mute myself here so that you know, you don't get any indication for me, for example, you know, a subtle sound in the background, and you think, oh, you know, something I can follow to assess time. So I'll be muting myself here.

You should normally still be able to hear the tone, and then I'll play it again. And then you tell me how much time you believe has passed.

Participant: All right.

Researcher: Okay. Here we go. [Plays tone] [Plays tone] How much time do you believe that was, according to you?

Participant: About a minute and a half, I think.

Researcher: Okay. Let me note that down. One minute and 30. Here we go.

Participant: It's very hard. Because I'm also thinking about it, I'm trying not to count, and I'm just looking at random shit, and fiddling with things in my hands.

Researcher: I mean, yeah, trust me, I know this is like a bit of the most awkward section of all of this, because, you know, you're really trying to not call, or, you know, but no worries, we'll be doing it again later. But that will be done during the play session. So, you know, you'll actually actively be doing something, right? So, you know, we've set a bit of a baseline for you, you know, about the things that will be specifically looking at for this research.

Do you have any questions so far, or something that you want to just note?

Participant: No, not really. Okay.

Researcher: So if you could open up the game for me and stream it?

Participant: Yes. I'm booting it up, one second.

Researcher: Yeah, not a problem.

Participant: I played like five minutes yesterday, because I couldn't keep myself, before that I haven't played for two years, so.

Researcher: I mean, it's perfectly fine.

Participant: Because it's very loud, I'm going to lower the sound a bit first.

Researcher: Yeah, not a problem. Because we'll also be having, like I said earlier, a quick warm-up so that you're used to playing again as well.

Participant: Yeah, that makes sense. Does this work?

Researcher: Yes. I can see it. Okay, so let me just pick up the procedure here, so that we know what to do. If you could go to settings for me and make sure that full screen mode is on.

Participant: In the game you mean, right? Or?

Researcher: It should be in video. Yeah.

Participant: It's full screen.

Researcher: Okay. That's basically just to make sure that, you know, don't have any, how would you say it, things popping up from your Discord, right? If you could also make sure to turn both Steam and Discord on do not disturb. That's just to make sure that you can fully concentrate on the game.

Participant: Uh-huh. Check. I'm ready to go. I'll just put myself offline on Steam.

Researcher: Yeah, all right.

Participant: Yep. And Discord is on DND (do not disturb).

Researcher: Alright, perfect. Are you familiar with the developer console in Counter-Strike?

Participant: Oh, yes, but it's been a while. It's like the tilda, right? Or not?

Researcher: Could you open that for me? You're right. You can do it here as well. Yeah, it's only in-game.

Researcher: Here we go. I'll be sending you a code if you could just put that in. That will just make sure that everything is muted, except for friends and parties, so that you don't get any in-game communication from other players.

Participant: Yep.

Researcher: So you can close the console here. So I see that you're already in play, so matchmaking. What's selected? Deathmatch is.

If you could just close the party on the left-hand side of the screen.

Participant: Yeah.

Researcher: Dust 2 is selected. Perfect.

And if you now, press go. This will just be the warm-up game, because, you know, we're never sure how long it will take. So I'd say good luck warming up. And once it's done, don't leave. Just stay in there. And then I'll come back to the last few things. Okay? Good luck.

And of course, play like you normally play. You know, if you tend to talk while playing, do that. If you don't, whatever. Right? Here we go.

Participant: I do really talk while I play.

My mouse sense is just way lower than I remember, holy shit.

Fuck.

I got him too. It's something.

God damn it, that was an easy kill.

People are better in this deathmatch I remember, or I'm just worse. That's also possible. That's probably it.

I knew it, I know he was going to come out there.

There's no one here.

Almost hit him though.

I have a lot of issues with getting the second guy after I got one. Like my transfers. I'm very rusty

Did not see that guy.

Oh, I god damn.



Yeah, I usually play on [unintelligible] deathmatches.

Fuck you.

Researcher: All right, so that was the warmup.

Participant: Yep.

Researcher: You feel a bit warmed up after that one?

Participant: Yeah, I do. I do. I got shot in the back a lot and the ops, but I'm pretty happy with this, for the first game to be back to be honest. It could have been a lot worse.

Researcher: I mean, yeah, I saw that there was definitely some moments that you're having several kills in a row. So, you know, I assume that that was pretty successful for you?

Participant: Yeah, yeah, yeah. I think so.

Researcher: All right, perfect. So, you know, this time for real. Again, I'll be playing the thingy later. You know the tone. I'll do it once and then again. So the time in between. And you estimate. And of course, I'll ask you to again avoid looking at any way of telling time. So the clock at the top or, you know, clocks in general. Okay.

Participant: Yeah, that makes sense.

Ah, close. One millisecond.

It is what it is.

2 hp and a dream, boys.

Oh fuck.

I was at the edge of my mouse mat.

The Deagle is still very hard.

Get fucked.

Oh, three fucking headshots, back to back. What a legend.

Get fucked.

Researcher: [Plays tone]

Participant: I heard it just to confirm.

I actually got him.

Wait, what the fuck, where did he come from?

Damn.

Researcher: [Plays tone]

Participant: About a minute and a half, I would say again.

These spawns bro, these spawns.

Hahaha, motherfucker.

I take it back by the way. I think the spawns are pretty miserable here. But it's not that bad, I had worse.

GG.

Researcher: Alright, that was the game. How do you think it went?

Participant: It went better at the start. I got shot in my back a lot. But I did the same to other people.

Researcher: I suppose it is a normal thing in deathmatch, the sometimes spawning you in odd spots.

Participant: Exactly. Exactly.

Researcher: If you can just dequeue here. Then we'll just go to the last section of the interview.

Participant: Yep.

Researcher: Alright so, now that you have played deathmatch. How would you rate your mental effort, while you were playing.

Participant: I was definitely trying, because it was a long time since I have played, and put all my attention into it. I think, back in the day, deathmatch was more free for all, and my muscle memory is gone right? Well, not entirely, I still have my spraying muscle memory to a degree, and my strafing muscle memory. But my flicking muscle memory is completely gone. So I have a hard time transitioning from one kill to another, when there's multiple people on the screen. So mentally, that was an effort.

Researcher: Would you say that, you getting back into the game had the greatest impact on that? Or was there something else that also had a big impact on the change in mental effort?

Participant: I think that was mostly it, I think. Also because it is Counter-Strike 2, it is not completely the same as CS-GO. Because I never played Counter-Strike 2 before. So, I notice a little bit of a difference here and there. But, it's not enough to really completely offset me but it feels foreign sometimes.

Researcher: Is there anything that had very little impact on how your mental effort changed?

Participant: I'm not sure, to be honest.

Researcher: If there is nothing, that makes a lot of sense as well.

So, you played in total about 20 minutes including the warmup. Would you say that you had a general feeling of control while you were playing?

Participant: Mostly. Except for the spawn kills. I felt pretty much in control. I felt like if I was pre aiming I could win most 1v1s. That being said, I did lose a lot of them, because I was pretty rusty. I felt pretty much in control. Especially for a first game back, that felt pretty decent.

Researcher: So when playing did you ever feel helpless?

Participant: Sometimes. When I just spawned I got shot, that was kind of annoying. I'm not the kind of guy that looks around before getting spawned. Which is why the spawn protection is there, so you're supposed to. But that goes against the spirit of how deathmatch works in my eyes. In other games as well, my playstyle I'm an anti-fragger, so I instantly go and react to the situation instead of analyzing where I spawn, and stuff like that.

Researcher: You just like going quick and go in hard, in a way?

Participant: Yeah.

Researcher: Did you feel like the things that were happening to you in the game depended on yourself, or on something else?

Participant: Except for the spawn kills. I did a lot of them too. I think, me dying or killing a person was purely all my skill or lack of skill.

Researcher: So you really, in general, felt like you were in control except for those moments when you got spawned killed?

Participant: It's just my aim being off more than anything.

Researcher: Did you feel like you still had some mastery or was it getting back into it that you felt like you were almost new to the game?

Participant: No, I definitely felt like I was. Especially after a couple of minutes that I was quite, it's hard to put a percentage on that. I think I was 60% there, so I still knew how to do everything. The muscle memory was there but I lacked precision and I lacked speed. I think that's mostly it.

Researcher: So there was a sense of personal mastery?

Participant: Yeah, I could definitely feel my previous hours coming back to me instantly.

Researcher: Because we were also looking into how you perceived time, did you at any moment feel like you were losing track while playing?

Participant: Oh yeah, completely. I know that deathmatch is about 10 minutes right. In between games I have a sense of how long it takes but actually playing the game I lose track of time completely.

I think I still have a strong sense of how much time has passed but I generally don't actually care or pay attention to it. It's different with competitive. I think a competitive time is actually of the essence because you have to plant a bomb in, what is it, two minutes? Or keep them out of the base for two minutes. So there it matters more but in death match it doesn't matter.

Researcher: So when would you say that experience of losing track of time was strongest?

Participant: Instantly to be honest from when we started until we stopped. Like, I just played.

Researcher: So there was no moment that you said that the experience was any weaker?

Participant: Well I think, thinking about it, if I got killed a few times after each other then I think my time awareness was more there than when I killed a lot of people back to back I guess. So the longer I'm alive and the less I die I think the more I lose track of time, if that makes sense.

Researcher: Also a question because you estimated the two time intervals to be about the same. Was that because you expected it to be the same or was it actually, it felt like the same?

Participant: It actually felt like the same. I could have easily said like two minutes I think on both occasions but it just felt like a minute and a half amount of time.

Researcher: Lastly because this research of course is about the head-up display, did you ever find yourself looking at the head-up display while playing?

Participant: I think that's a good question. I looked at my ammo quite a bit here and there because you don't want to reload when you have like 15 bullets still right? Because that's more than enough for two kills if you're playing decently. But I did not look at my map at all and I think that is one of the biggest things that I did not do because I was still focusing so much on all the other stuff that was coming back to me.

Researcher: So when moments of action for example? Did you then?

Participant: No I did not look at the minimap at all. Not once during the whole game but back in the day I used to and I think that's something that is not like muscle memory that will come back after like days or weeks even. Because you have to be completely comfortable in your gameplay to start looking at the minimap in most games I would say.

Researcher: So during moments of action did you feel like you were looking at any other parts of the head-up display then, or was it mainly in between moments of action?

Participant: Yeah it's always in between moments of action except for like the crosshair right that helps me in the action but it was always between kills and between shoot-outs.

Researcher: Okay interesting. Right so that was about it. Of course I want to thank you for your time.

Participant: No problem.

Researcher: If of course you at any moment think well you know I don't want this data being used for the research or you have some questions whatever you can of course send me an email or send me a discord message whatever you prefer.

Yeah again thank you so very much.

Participant: No problem at all. Have a good day and good luck with the rest of it.

Researcher: I'll just stop the recording here.