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Hi, my name is Malik and i'm studying the Master in Game Design at the ZHdK. The informations you provide for this survey is a part of my Master thesis and it will help me to create a toolkit for Game Developers, who want to design a relaxing game experience for the players. You don't need to be a game developer to fill out this survey. You can write here your name or username if you want:

Alex

2

How many hours do you spend, on playing video games per week?

6

3

Do you play video games to relax?

Yes

4

Please name at least 3 video games, which offer in your opinion a relaxing experience, with an explanation as to why you feel relaxed (more answers are also welcome):

Abzu (the atmosphere, the choice of music, the environment, peaceful animals, absent use of weapons, there is even a meditation mechanic in the game, lol)

5

Please name at least 3 video games, which offer in your opinion a stressfull experience, with an explanation as to why you feel stressed (more answers are also welcome):

I accidentally pressed ENTER! Two more relaxing games: The Room (solving puzzles at my own pace, single-player, no competition) & EVERYTHING (calming, no real goal, discovering as many objects, creatures and environments as I want, in the order I want). STRESSFUL GAMES: Green Hell (Survival game in the jungle. One wrong move can cause illness, injury or even death. Time pressure, because of game mechanic elements such as thirst and hunger. Possibility of an attack at any time, even when in shelter) Subnautica (scary underwater noises, scared of drowning.. and massive monsters lurking in the waters) Payday 2 (adrenaline is pumping, pressured to not fail missions, waves of enemies coming from everywhere, the sound of shooting weapons and explosions, fast paced music)

6

Am i allowed to quote your statements?

Yes

7

Thank you very much for participating, you can type here other comments, in regards to relaxing game experiences. Please share this survey with other people, to get as many valuable information as possible!

No response