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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:

No response

2

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

8

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):

- Journey, The Elder Scrolls, Kingdom Come (relaxation through music)
- Witcher, Diablo, Warcraft (relaxation through distraction and/or immersion)

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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):

Important here is here to distinguish between eustress and distress.

Basically all competetive multiplayer games. E.g. Dota, can be eustress or distress depending on the situation.

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Am i allowed to quote your statements?

Yes

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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!

good luck with the thesis!