

1

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:

Stefan

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):

- >Everything - Meditation in video game form. Relieves anxiety.
- >Donut County - No pressure (not even the pressure to relax). Chill music.
- >The Witness - Everything happens at the player's pace. It rewards going slow. A more focused type of relaxation.
- >Death Stranding - Watch your step, be in the moment, take your time. Live for those moments when the camera zooms out and music starts playing.
- >THUMPER - Afterwards, everything feels relaxing in comparison.

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):

- >THUMPER - It's so fast and flashy and visceral. I constantly feel like I should be able to do it, even if I fail. I can only play for like 20min at a time before needing a break.
- >Furi - Same as above. One little mistake and it's over.
- >FEZ - I can't navigate the world at all and it stresses me out.
- >SOMA - Screw this. The permanent sense of unease is too much for me.

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