

## Reward-effort decision-making studies

### Task 1

Instructions:

Welcome to the game!

You are travelling through a strange land, covered in rivers and streams.

At regular points along your journey, you will have to use your **magic umbrella** to help you fly across the water!

At each crossing point, you will have to make a choice between different routes across the water.

[next page](#)

Welcome to the game!

Different routes give you the chance to collect different numbers of **coins**, which will be converted into a real bonus payment at the end of the game!

However, different routes also require different levels of **POWER** in order to cross.

For each route, you will have to 'power-up' your umbrella by **clicking or pressing** the POWER button as fast as you can, until you reach the required level (indicated by a full power bar).

[next page](#)

## Welcome to the game!

It is completely up to you to decide, at each crossing, which route you want to take.

You will earn a bonus, the amount of which will depend on how many coins you collect - but you will need to reach the required level of power each time in order to collect them!

Before you start the real game, you will have a chance to practice powering up your umbrella.

When you are ready,  
press **start practice** to begin.

**start practice**

Practice (effort calibration):

## Practice 1 of 5!

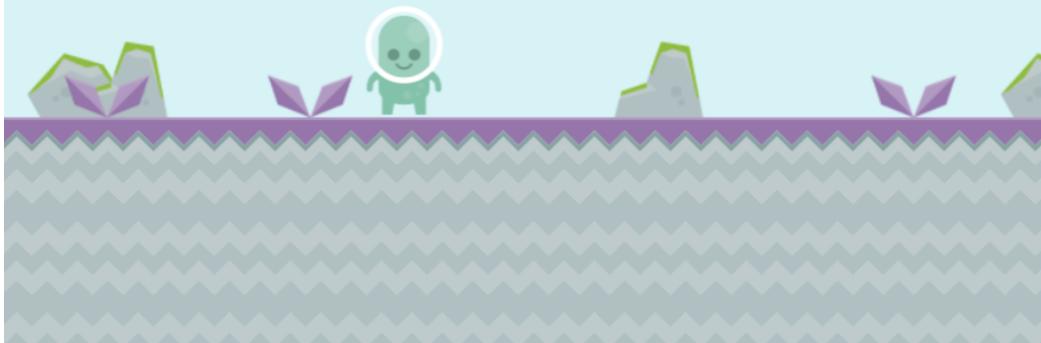
gems: 0

Press the **POWER** button as fast as you can,  
until the power bar shows you are fully charged.

More power will allow you to collect more gems!

When you are ready, press the button below.

**ready**





Main task:

**Great job!**

You are now ready to start the main part of the game.

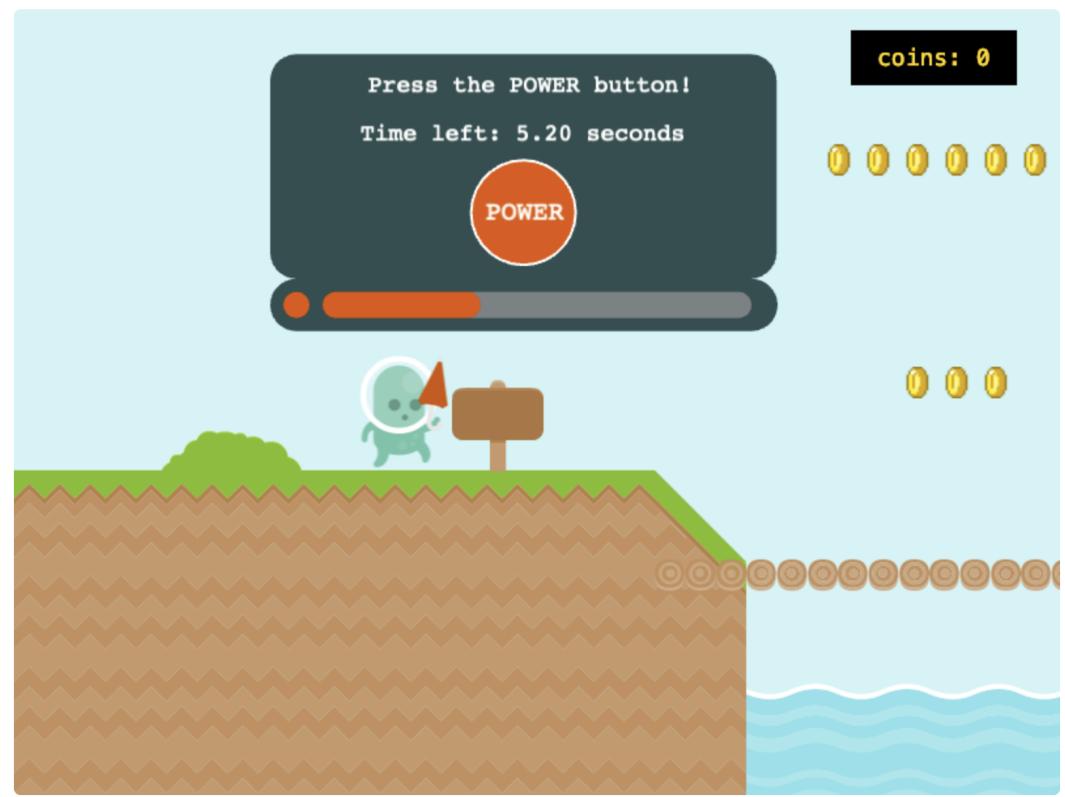
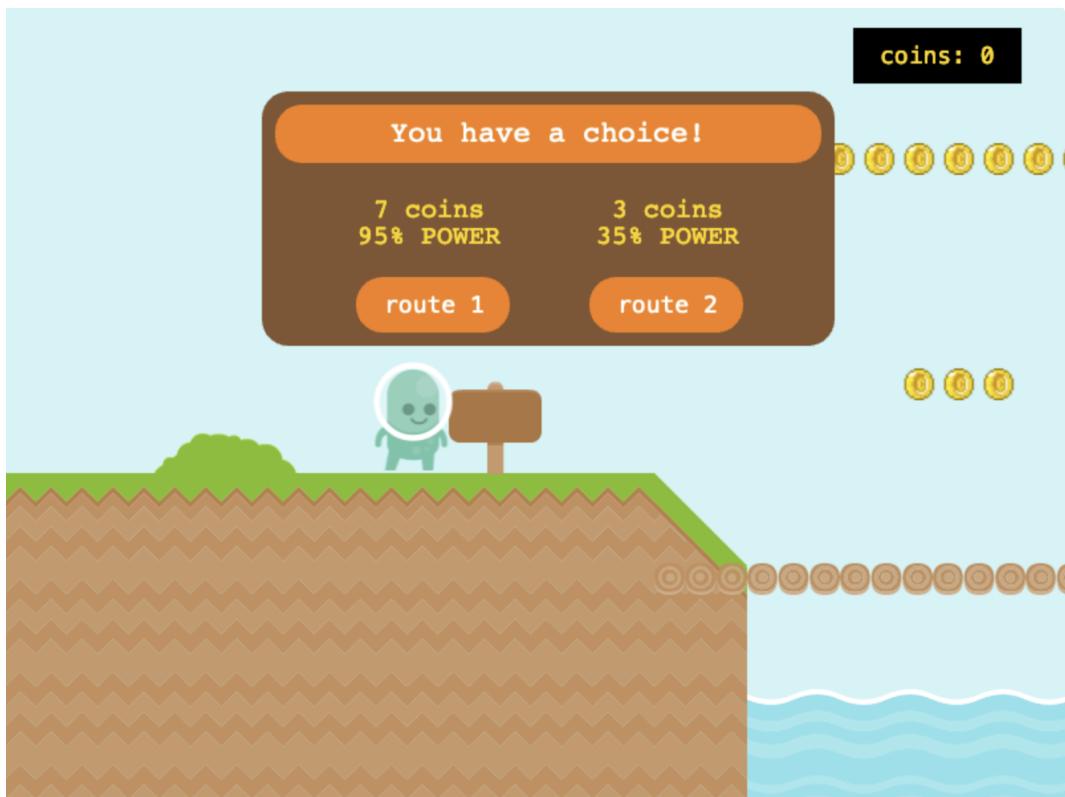
From now on, **every coin you collect will count towards a bonus payment!** However, in order to successfully collect the coins, you will have to 'power-up' your umbrella by pressing the **POWER** button as fast as possible, until you reach the required power level for that route. Routes with more coins will usually take more power to cross.

It is therefore completely up to you to decide which routes you want to take!

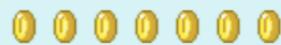
The main part of the game will take about 12 minutes, not including breaks. It is divided up into 4 'blocks' of choices. You can choose to take breaks between each block if you like.

When you are ready, press the **button** below to start!

**start game**



coins: 7



coins: 15

End of block!

You have finished this block of the game.

In this block, you collected 15 coins.

If you like, take a break now.

Press the **continue** button below  
when you're ready to get back to the game.

continue



coins: 15

### Question 1

During the last block, how much did you  
FEEL PLEASED  
when you collected the coins?



Please rate from 0 to 100 on the scale  
below, where

0 = and 100 =  
"not at all" "most possible"

enter answer

50

coins: 15

### Question 3

During the last block, how much did you  
FEEL BORED?

Please rate from 0 to 100 on the scale  
below, where

0 = and 100 =  
"not at all" "most possible"

enter answer

50

coins: 15

## Question 2

During the last block, how much did you  
FEEL A SENSE OF ACHIEVEMENT when you  
successfully hit the required power level?



Please rate from 0 to 100 on the scale  
below, where

0 = and 100 =  
"not at all" "most possible"

enter answer

50



Game Over!

Thank you for playing.

Press the button below to continue.

continue

## Intervention + Task 2 (goal-setting condition)

Introductory text:

### A note about goals

Setting realistic goals can help us make progress towards our overall aims.

Trying to do too much too quickly can lead to feelings of frustration and discouragement if over-ambitious goals are not achieved. On the other hand, not setting goals at all can mean we feel a sense of failure because we don't make progress towards achieving our aims.

Setting goals that are a little bit ambitious, but which we are sure we can achieve, means we are more likely to feel a sense of achievement or accomplishment upon hitting our targets. These feelings can help motivate us to work further towards our overall aims, so that in the long run we are able to make more progress than if we had set ourselves too high a target, or none at all.

[continue to quiz!](#)

### Quick quiz!

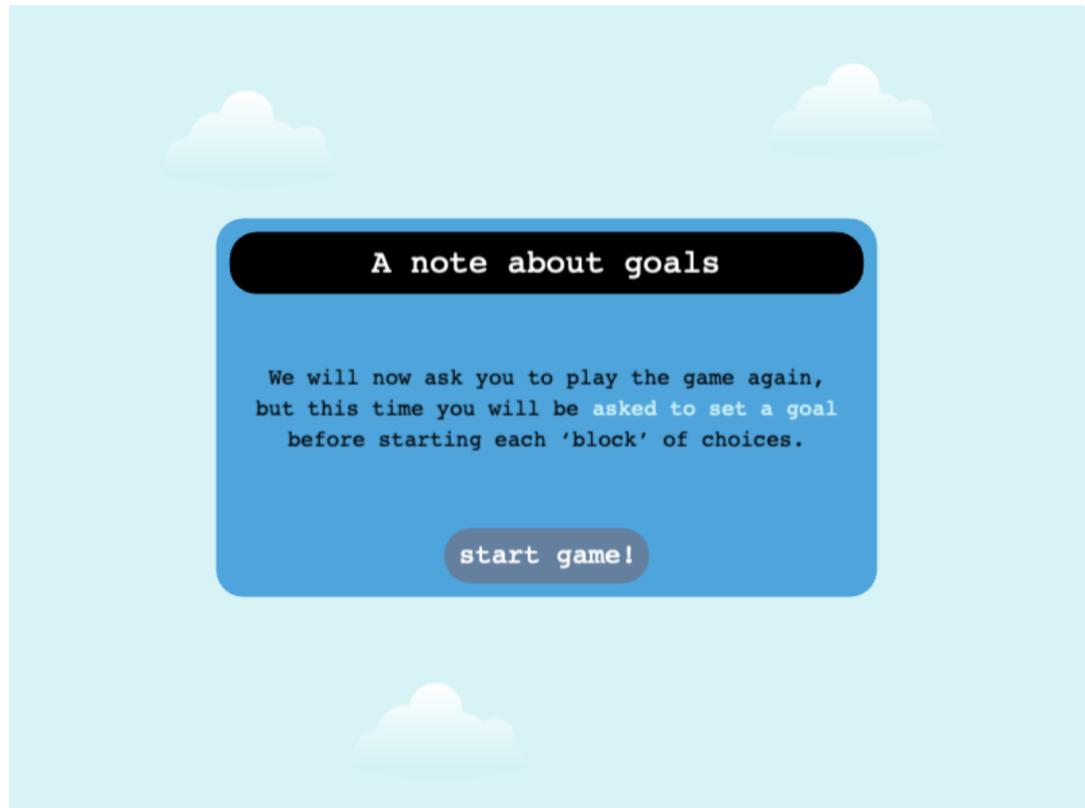
Which statement below do you think best summarises what you just read?

- A. Not setting a goal at all makes us likely to succeed.
- B. Setting an over-ambitious goal is the best way to achieve the most.
- C. Setting goals which are somewhat ambitious but which are likely to be achievable helps keep us motivated.
- D. Trying to do too much too quickly is a good way to achieve our goals.

[A](#) [B](#) [C](#) [D](#)

[go back](#)

Task 2 goal-setting version:



progress [██████] coins: 0

Set your goal!

Please set a goal for the number of coins you want to try and collect during this "block" of choices.

For this block, if you choose the highest power option every single time you could collect 65 coins (this is the maximum possible).

Please set your personal goal for this block using the slider below. Press enter answer when you are ready to continue.

enter answer

0

The goal-setting screen has a dark brown rectangular background. At the top left, the word "progress" is followed by a horizontal bar divided into five segments: four black and one yellow. To the right of the bar is the text "coins: 0". Below this is an orange rounded rectangle containing the text "Set your goal!". Underneath, there are two paragraphs of white text. The first paragraph instructs the user to set a goal for the number of coins. The second paragraph provides information about the maximum possible coins (65) if the highest power option is chosen every time. At the bottom of the screen is a grey horizontal slider with two orange circular markers. To its right is a small digital dial with the number "0" next to it. On the far left edge of the screen, there is a small green circular icon containing a white cartoon character. On the far right edge, there is a row of six gold coins floating above a wavy blue sea at the bottom.

progress  
to goal:

coins: 0

You have a choice!

7 coins  
95% POWER

3 coins  
35% POWER

route 1

route 2



progress  
to goal:

coins: 7

You have a choice!

7 coins  
95% POWER

4 coins  
75% POWER

route 1

route 2



progress  
to goal:



coins: 14

### End of block!

You have finished this block of the game.

In this block, you collected 14 coins.

Your goal for this block was 40 coins.

If you like, take a break now.

Press the **continue** button below  
when you're ready to get back to the game.

**continue**



### Intervention + Task 2 (control condition)

Introductory text:

### A note about games

Research has shown that people have different feelings about different kinds of online games.

Whilst some people enjoy playing games that require you to have quick reaction times, others can find these frustrating.

Similarly, some people find that they gain the biggest sense of achievement or accomplishment from working on puzzle-style games, whilst others can find the slower progress on these types of games discouraging.

However we feel about different kinds of games, it is likely that these kinds of feelings can help motivate us if/when we play them.

**continue to quiz!**

### Quick quiz!

Which statement below do you think **best** summarises what you just read?

- A. Everyone enjoys every kind of online game.
- B. People never enjoy games which require you to have fast reactions.
- C. Different people may find different features of different games enjoyable and motivating.
- D. People never enjoy puzzle-style games as these are slow and boring.

A    B    C    D

go back

Task 2 control version:

### A note about games

We will now ask you to play the game again, but this time you will be asked to rate how much you enjoy playing different kinds of games before starting each 'block' of choices.

start game!

coins: 0

### Question time!

This time you play the game, we will ask you rate how much you like different kinds of games before each "block" of choices.

For this block, we will ask you to rate how much you like ACTION games.

Please input your answer using the slider below, where 0 = not at all and 100 = a great deal.

Press the enter answer button when you are ready to continue.

enter answer

0

coins: 0

### You have a choice!

7 coins  
95% POWER

route 1

3 coins  
35% POWER

route 2

0 0 0 0 0 0

0 0 0

0 0 0 0 0 0 0 0



coins: 3

You have a choice!

7 coins  
95% POWER

4 coins  
75% POWER

route 1

route 2

