

Task 6 - Experiences with games, application and study

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Task 6 - Experiences with games, application and study

Questionnaire for MSc thesis study. Last part of task 6.

Project Title:

Understanding the effects and usability of specific gamification elements in a VR exergame platform.

If you have any questions, you can contact me at nikolaaa@stud.ntnu.no.

My supervisor is Mariusz Nowostawski, and his contact information can be reached here: <https://www.ntnu.edu/employees/mariusz.nowostawski>

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Participant ID *

Please state your anonymous participant ID here. 3 digits, can be seen in-game in the VR application.


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Today's task

Did you visit the VR app today? *

- ☐ Yes
- ☐ No

 This element is only shown when the option "Yes" is selected in the question "Did you visit the VR app today?"

Rate statements below from 1 (not at all) to 6 (very)

	1 (not at all)	2	3	4	5	6 (very)
How fun was today's task? *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How motivated were you to engage in the task today? *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How hard was it to solve today's task? *

☐

☐

☐

☐

☐

☐

If you had a **NEGATIVE** experience with the application/task today, please explain.

i

This element is only shown when the option "Yes" is selected in the question "Did you visit the VR app today?"

If you had a **POSITIVE** experience with the application/task today, please explain.

i

This element is only shown when the option "Yes" is selected in the question "Did you visit the VR app today?"

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Game experiences

Which of the games do you like the best so far? *

If you have a game you like better than the others so far, please indicate so below.

- ☐ Reaction Time Trainer
- ☐ Drone Shooter
- ☐ Platform Game
- ☐ Unable to answer.

Why do you prefer this game over the others you have played?

i

This element is only shown when the option "Reaction Time Trainer", "Platform Game" or "Drone Shooter" is selected in the question "Which of the games do you like the best so far?"

Rate the minigames

Can you rate how well you like the different minigames from 1 (worst) to 6 (best)?

	1	2	3	4	5	6
Reaction Time Trainer *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drone Shooter *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Platform Minigame *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Rate features of the VR application from 1 (very bad) to 6 (very good)

	1 (very bad)	2	3	4	5	6 (very good)
The main hub area (the island environment) *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The difficulty levels of the minigames *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Navigation in the application *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
General user interface (Menus, GUI, Portals) *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Short-term entertainment value (your initial experience with the app) *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Long-term entertainment value (your current experience of the app, after 11 days since it was introduced) *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Achievements *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Things to explore *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Consider the features listed above, or other features you can think of, what is the main part you are missing in the application and why? *

Have you used the application outside of what has been required by the tasks so far? *

Using it more could mean playing more rounds, roaming around in the application, or testing out other games than described in the task.

- ☐ Yes
- ☐ No

What made you use the application outside of what was required by tasks so far?

- i

This element is only shown when the option "Yes" is selected in the question "Have you used the application outside of what has been required by the tasks so far?"

Tick off each box you agree with.

- ☐ I was engaged in the game, so I wanted to play more
- ☐ I was bored
- ☐ I was curious to test out other minigames
- ☐ I was curious to explore the VR island
- ☐ I wanted to beat my previous performance

Is there any other reason to why you used the application outside of the tasks given?

- i

This element is only shown when the option "Yes" is selected in the question "Have you used the application outside of what has been required by the tasks so far?"

If so, please specify.

Is there a reason to why you have not used the application outside of the tasks given?


- i

This element is only shown when the option "No" is selected in the question "Have you used the application outside of what has been required by the tasks so far?"

Tick off each box you agree with.

- ☐ The games were not that fun
- ☐ I have been too busy
- ☐ I got VR sickness
- ☐ I did not want to spoil the rest of the application for future tasks
- ☐ I have been afraid of doing something wrong in the app
- ☐ I think I could become tired of the VR app

Is there any other reason to why you have not used the application outside of the tasks given?

 This element is only shown when the option "No" is selected in the question "Have you used the application outside of what has been required by the tasks so far?"

If so, please specify.

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Thoughts on online dashboard

Rate statements below from 1 (not true) to 6 (very true)

Statements are regarding the personal dashboard located at <https://exerisland.com/>.

	1 (not true)	2	3	4	5	6 (very true)
I felt uncomfortable when I found out that this dashboard with my data existed *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I struggled with navigating the dashboard *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
After the dashboard was introduced, I felt more motivated to play the VR games *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I saw no reason to use the online dashboard *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It felt good to have a place where I could see my personal statistics from game sessions *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Rate how useful you found different features in the online dashboard

Rate how useful you found them personally, ranging from 1 (not useful) to 6 (very useful)

	1 (not useful)	2	3	4	5	6 (very useful)
Metric graphs *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Statistic cards *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Session list *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calories burned statistics *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Highscore statistics *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In-game time usage *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Arm movement in meters *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Average reaction time *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Would you find the online dashboard less or more useful if..

	1 (much less useful)	2	3	4	5	6 (much more useful)
you could link it with other exercise-tracking tools/apps? (e.g. smart-watch, mobile app, or other games) *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
it was available as a mobile app? *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
you could compare your statistics with others? *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
you could set personal goals/achievements to track? *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
the app itself recommended things you should do? *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
it had less options(/buttons to click)? *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you have a FAVOURITE part of the online dashboard, explain what and why?

If you have previously answered this question in this survey or other questionnaires, you do not need to repeat the answer here. If you however have new thoughts or things to add, I encourage you to do so.

Is there something you feel MISSING or DISLIKE about the online dashboard, explain what and why?

If you have previously answered this question in this survey or other questionnaires, you do not need to repeat the answer here. If you however have new thoughts or things to add, I encourage you to do so.

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Experiences and thoughts on study

Rate statements below from 1 (not true) to 6 (very true)

	1 (not true)	2	3	4	5	6 (very true)
I feel like there is too little to do in the VR application *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Completing the tasks in the study has been hard *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am concerned about how my data in this study is being used *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I still feel very engaged in the tasks of this study *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could see myself use this platform in my daily life *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The games are not challenging enough for me *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The games make me feel physically exerted *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The games feels like an exercise *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The games are boring to play *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Is there anything you are MISSING in the application?

If so, please explain or list the things you are missing. Could be quality of life features, gameplay-specific things, or other game elements.

If you have previously answered this question in this survey or other questionnaires, you do not need to repeat the answer here. If you however have new thoughts or things to add, I encourage you to do so.

Do you have a FAVOURITE part of the application?

If so, please explain what and why here.

If you have previously answered this question in this survey or other questionnaires, you do not need to repeat the answer here. If you however have new thoughts or things to add, I encourage you to do so.

Personal comments

If you have any other personal comments outside the questions so far, I encourage you to come with them here. It could be regarding the application, the study, specific games, or so on.

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Verify study completion:

I kindly ask you to verify that you have completed all parts of the study by ***sending me a message*** (on the platform I have been sending you tasks) when you are done with today's task.

This is so that I can be able to give you some post-study information you should have, and also make you eligible for a chance at winning a gift card.

The reason for this is due to the nature of anonymous participation, I can not know which participants are done with all tasks or not yet.

Survey Submission

You can submit your survey by pressing the **send** button below.

Note: You will not be able to see or change your previous answers after they are submitted.

Thank you for your efforts today, all feedback is very useful!

