

Body Storm Session Notes

Round 1:

Participant 1:

- Resting heart rate 72.
- After one minute the heart rate increases to 84.
- Participant says he feels like he is in a game. (Immersed)
- Feels his heart rate increasing
- After the second minute, the heart rate increases to 90.
- After the third minute the heart rate increases slightly to 92.
- The participant took off the head set after just over 3 minutes.

Participant 2:

- Resting heart rate of 81.
- After the first minute, the heart rate increased to 86.
- Started moving around tables to dodge the monster.
- Minute 2 participants' heart rate increased to 98.
- Exponential heart rate increases before taking off the headset.

Participants sat for 5 minutes to settle heart rate again

Round 2:

Participant 1:

- Resting heart rate was higher than the first attempt.
- Increased heart rate slightly to 88 after minute 1.
- Minute 2 the HR increased to 91.
- Minute 3 the HR started to decrease for the first time of the session. 89.
- Stopped at the 3.5 minute mark and heart rate finished at 87.
- Fear of the unknown gone?
- Heart rate started higher this time but did not increase as much.
- Not as scared the second time. Accounting for the movement which increased the players heart rate, the game probably did not affect the player as much after they knew what was happening.

Participant 2:

- Resting heart rate 79. Slightly lower than the first attempt.
- After the first minute it increased to 83.
- Minute 2 the heart rate decreased to 81.

- Minute 3 the heart rate stayed the same.

Assumptions afterward:

We concluded from this that the novelty of this horror game worked at first, but quickly wore off.

To counteract this we need to introduce random elements to keep the players on their toes rather than just moving forward.