

1. What are the research questions?

The research question of this study was to investigate flow and mind wandering. Flow is defined as the mental state in which you are fully concentrated on an activity/task. Mind wandering occurs when your attention is focused off-task. Studies have shown that games like Tetris are conducive to the state of flow.

2. How does this study extend previous research on this topic?

This research study extends previous research on the topic by incorporating question probes while playing Tetris. Usually, questions are asked at the end of the experiment. Question probes allow researchers to ask questions while participants are performing the task.

3. What are some potential real-world implications of this research?

Some real-world implications of this research are to better understand how attentional states vary across time during everyday activities and tasks.

4. Briefly describe a potential issue (e.g., ethical, practical) or limitation of the study (e.g., design, validity).

A potential limitation of this study is whether playing a game of Tetris can be generalised to other activities such as sport or music. While previous experiments suggest this is the case, the elements of flow might not be exactly the same.

5. Briefly describe the study methodology (e.g., design, dependent/ independent variables, materials).

This experiment followed a within-subjects design. The independent variable was time and interprobe interval (the time interval between question probes), and the dependent variables were flow and mind wandering ratings.

6. If you are interested, you can read more here:

Moller, A. C., Meier, B. P., & Wall, R. D. (2010). Developing an experimental induction of flow: Effortless action in the lab. *Effortless attention: A new perspective in the cognitive science of attention and action*, 191-204.