Music Performance and Flow Questionnaire

Start of Block: Block 1

Description Flow is a sense of "losing yourself" while performing (i.e., when you became so absorbed in the music that you stopped being consciously aware of your performance). Think of a time when you experienced that state while performing.

Instructions Please upload a video of a performance where you experienced flow to YouTube (a pre-existing video is recommended). Make sure that the YouTube video is set to Public or Unlisted (not Private). If you need help changing the video privacy settings, see this [link](https://support.google.com/youtube/answer/157177?hl=en&amp;co=GENIE.Platform%3DDesktop) for a step-by-step guide.

YouTubeLink Then, submit the YouTube link to your performance video here:

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Privacy If you submitted an Unlisted YouTube link, do you wish for it to remain private?

* Yes (1)
* No (2)

Comp Name of composition and composer:

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End of Block: Block 1

Start of Block: Block 2

Instructions In this section, you will answer questions about the performance video you submitted. Please read the questions first and then rewatch your video in order to answer them.

TimestampsEnter Please list the time(s) when you entered flow, that is, when you lost conscious awareness of what you were playing (in minutes and seconds):

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TimestampsDisrupt Please list the time(s) when your flow was disrupted (in minutes and seconds):

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Observations Please list any comments or observations you have about those moments:

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Comments Do you have any additional comments about your performance?

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End of Block: Block 2

Start of Block: Block 3

Demographics This section will ask you demographic questions. Please answer them to the best of your knowledge.

YearsPlayed How long had you been playing this instrument at the time of the recording (in years)?

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PerformanceFrequency How regularly did you perform in public at the time of the recording?

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ReadMusic Did you read music? If so, did you learn your music by heart?

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End of Block: Block 3

End of Survey

Thank you for filling out this survey!