Measures/Scales

Please respond to the following statements. Afterwards, you will take a short break prior to resuming work on the puzzle.

(5 point - very low to very high)

1. What is your current level of energy?
2. What is your current level of motivation?
3. What is your current level of concentration?

(7 point - Strongly Disagree to Strongly Agree)

1. The current puzzle is difficult.
2. I feel stuck on this puzzle.

Please select the option that best represents your experiences during the break period.

(7 point - Strongly Disagree to Strongly Agree)

1. I was absorbed in what I was doing.
2. I got distracted very easily.
3. I enjoyed the break activity.
4. I was bored.
5. I thought about the Sokoban puzzle.
6. During the break, my mind wandered.
7. During the break, I found myself distracted by other things in mind.

Demographics

1. What is your age in years?
2. What sex were you assigned at birth? (Female, Male, Other)
3. Which hand do you normally write with? (left, right, both equally)

On a typical day, how often do you...?

(Less than 1 hr, 1-2, 2-3, 3-4, 5+)

1. Use digital devices (smartphone, tablet, computer) for any purpose:
2. Go on your smartphone for any purpose:
3. Play video games:
4. Watch short form videos (TikTok, YouTube Shorts, Instagram Reels):

(not familiar, somewhat familiar, very familiar)

1. How familiar are you with Sokoban or Sokoban-like games?
2. Do you have any comments or feedback for the study? Please describe any technical issues, annoyances, or unique experiences, if any.