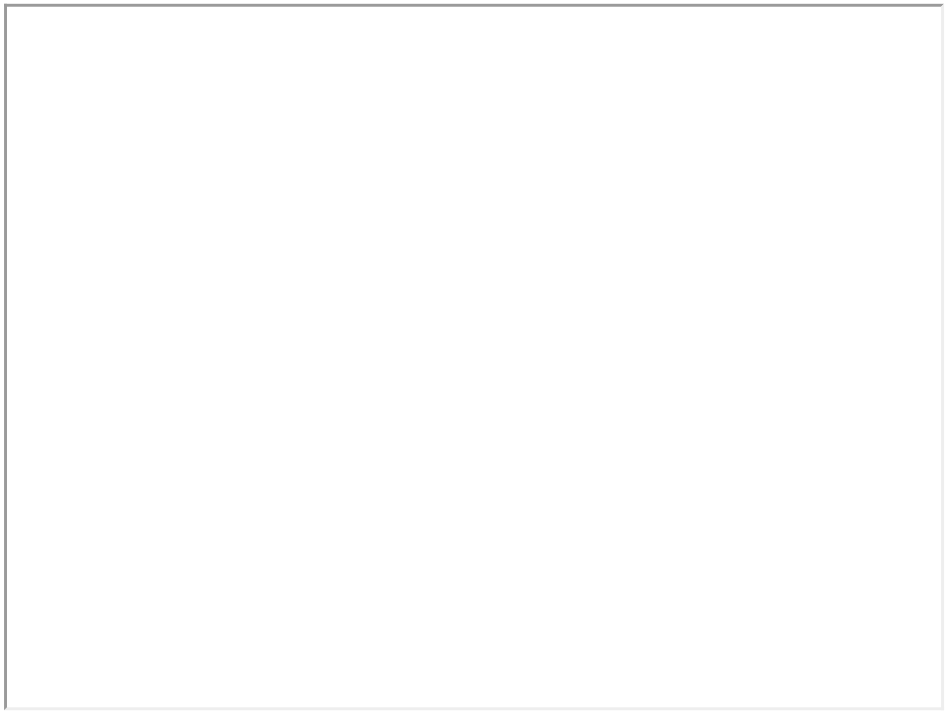
RICE - Scale Evaluation - Part 1 - Group A

Page 1: Information Sheet and Consent Form

Queen Mary University of London

You are being invited to participate in a research study. Before you decide whether or not you wish to participate in this study, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information in the document embedded below and discuss it with others if you wish.



Please do not hesitate to ask us questions if there is anything that is not clear or if you would like more information.

- **Corey Ford:** c.j.ford@qmul.ac.uk
- **Prof Nick Bryan-Kinns:** n.bryan-kinns@qmul.ac.uk

Please ensure that you have read and understood the information above and asked any questions before you proceed.

If you are happy to consent to your (fully anonymised) data being collected, please enter your prolific ID below. By doing so, you are agreeing to the terms listed in the consent form (above).

Also, note that payment depends on completition of a follow up survey, to be completed in 1 weeks time. It will be distributed via prolific on the 17th August 2022 at 12:00pm London Time and closed on the 23rd August 2022 at 12:00pm London Time.

To confirm you consent to the terms above, enter your prolific ID below: ✱ *Required*

Page 2: Demographic Information

What is your gender? ✱ *Required*

What is your age? ✱ *Required*

Please enter a whole number (integer).
The number should be 18 or greater.

What country are you from? ✱ *Required*

Page 3: Capacity for Reflection

Please indicate the extent to which you agree to the following statements, where each point lies on a scale from "Strongly Disagree" (Left) to "Strongly Agree" (Right): ✱ *Required*

Please don't select more than 1 answer(s) per row.

Please select at least 6 answer(s).

	Strongly Disagree	.	.	.	.	Strongly Agree
I don't often think about my thoughts.	☐	☐	☐	☐	☐	☐
I rarely spend time in self-reflection.	☐	☐	☐	☐	☐	☐
I frequently examine my feelings.	☐	☐	☐	☐	☐	☐
I don't really think about why I behave in the way that I do.	☐	☐	☐	☐	☐	☐
I frequently take time to reflect on my thoughts.	☐	☐	☐	☐	☐	☐
I often think about the way I feel about things	☐	☐	☐	☐	☐	☐

Please indicate the extent to which you agree to the following statements, where each point lies on a scale from "Strongly Disagree" (Left) to "Strongly Agree" (Right): ✱ *Required*

Please don't select more than 1 answer(s) per row.

Please select at least 6 answer(s).

	Strongly Disagree	.	.	.	.	Strongly Agree
I am not really interested in analyzing my behaviour.	☐	☐	☐	☐	☐	☐
It is important for me to evaluate the things that I do.	☐	☐	☐	☐	☐	☐
I am very interested in examining what I think about.	☐	☐	☐	☐	☐	☐
It is important to me to try to understand what my feelings mean.	☐	☐	☐	☐	☐	☐
I have a definite need to understand the way that my mind works.	☐	☐	☐	☐	☐	☐
It is important to me to be able to understand how my thoughts arise.	☐	☐	☐	☐	☐	☐

Please indicate the extent to which you agree to the following statements, where each point lies on a scale from "Strongly Disagree" (Left) to "Strongly Agree" (Right): ✱ *Required*

Please don't select more than 1 answer(s) per row.

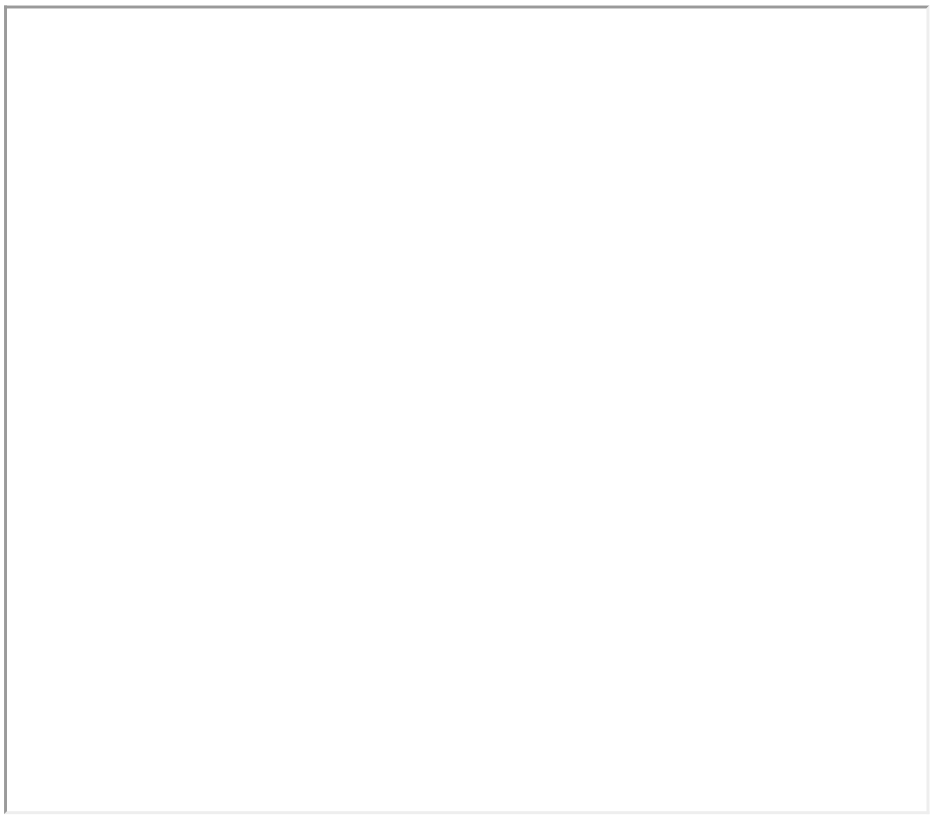
Please select at least 8 answer(s).

	Strongly Disagree	.	.	.	.	Strongly Agree
I am usually aware of my thoughts.	☐	☐	☐	☐	☐	☐
I'm often confused about the way that I really feel about things.	☐	☐	☐	☐	☐	☐

I usually have a very clear idea about why I've behaved in a certain way.	☐	☐	☐	☐	☐	☐
I'm often aware that I'm having a feeling, but I often don't quite know what it is.	☐	☐	☐	☐	☐	☐
My behavior often puzzles me.	☐	☐	☐	☐	☐	☐
Thinking about my thoughts makes me more confused.	☐	☐	☐	☐	☐	☐
Often I find it difficult to make sense of the way I feel about things.	☐	☐	☐	☐	☐	☐
I usually know why I feel the way I do.	☐	☐	☐	☐	☐	☐

Page 4: Interface 1

Using the interface shown below, spend 2 mins writing a short positive story. You can write text into the textbox within the interface. After 2 mins, the interface will show a keyword. Enter this into the question below - an incorrect keyword will result in an invalid survey which will not be paid.



Enter the codeword shown by the interface here:

Page 5: Interface 1: Evaluation

Considering the interface you just used, please answer the following questions.

Considering your recent experience of the interface, please indicate the extent to which you agree with the following statements: *Each point lies on a scale from "Highly Disagree" (Left) to "Highly Agree" (Right).* ✱ *Required*

Please don't select more than 1 answer(s) per row.

Please select at least 8 answer(s).

	Highly Disagree	.	.	.	.	.	.	.	.	.	Highly Agree
I explored my past experiences as a way of understanding new ideas.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I often re-examined things I'd already learnt.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Whilst creating, I thought back on some of my past experiences.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I made comparisons within the system to consider alternative ways of doing things.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I often generated, tested and revised ideas.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I pondered over the meaning of what I was doing in relation to my personal experiences.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

I learned many new things about myself during the experience.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Whilst being creative, I liked to think about my actions to find alternative ways of doing them.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Please rate your agreement with the following statements: ✱ *Required*

Please don't select more than 1 answer(s) per row.

Please select at least 12 answer(s).

	Highly Disagree	.	.	.	.	.	.	.	.	.	Highly Agree
I was satisfied with what I got out of the system or tool.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
It was easy for me to explore many different ideas, options, designs, or outcomes, using this system or tool.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
The system or tool allowed other people to work with me easily.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I would be happy to use this system or tool on a regular basis.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

I was able to be very creative while doing the activity inside this system or tool.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My attention was fully tuned to the activity, and I forgot about the system or tool that I was using.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I enjoyed using the system or tool.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
The system or tool was helpful in allowing me to track different ideas, outcomes, or possibilities.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
What I was able to produce was worth the effort I had to exert to produce it.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
The system or tool allowed me to be very expressive.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
It was really easy to share ideas and designs with other people inside this system or tool.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

I became so absorbed in the activity that I forgot about the system or tool that I was using.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

For the questions below, consider the task you just completed with the interface.

When doing this task, it's most important that I'm able to... ✱ *Required*

- ○ Explore many different ideas, outcomes, or possibilities
- ○ Work with other people

When doing this task, it's most important that I'm able to... ✱ *Required*

- ○ Be creative and expressive
- ○ Produce results that are worth the effort I put in

When doing this task, it's most important that I'm able to... ✱ *Required*

- ○ Enjoy using the system or tool
- ○ Become immersed in the activity

When doing this task, it's most important that I'm able to... ✱ *Required*

- ○ Become immersed in the activity
- ○ Produce results that are worth the effort I put in

When doing this task, it's most important that I'm able to... ✱ *Required*

- ○ Work with other people
- ○ Enjoy using the system or tool

When doing this task, it's most important that I'm able to... ✱ *Required*

- ○ Produce results that are worth the effort I put in

- Explore many different ideas, outcomes, or possibilities

When doing this task, it's most important that I'm able to... ✱ *Required*

- Be creative and expressive
- Become immersed in the activity

When doing this task, it's most important that I'm able to... ✱ *Required*

- Work with other people
- Produce results that are worth the effort I put in

When doing this task, it's most important that I'm able to... ✱ *Required*

- Be creative and expressive
- Enjoy using the system or tool

When doing this task, it's most important that I'm able to... ✱ *Required*

- Explore many different ideas, outcomes, or possibilities
- Become immersed in the activity

When doing this task, it's most important that I'm able to... ✱ *Required*

- Work with other people
- Be creative and expressive

When doing this task, it's most important that I'm able to... ✱ *Required*

- Produce results that are worth the effort I put in
- Enjoy using the system or tool

When doing this task, it's most important that I'm able to... ✱ *Required*

- Explore many different ideas, outcomes, or possibilities

- Be creative and expressive

When doing this task, it’s most important that I’m able to... ✱ *Required*

- Work with other people
- Become immersed in the activity

When doing this task, it’s most important that I’m able to... ✱ *Required*

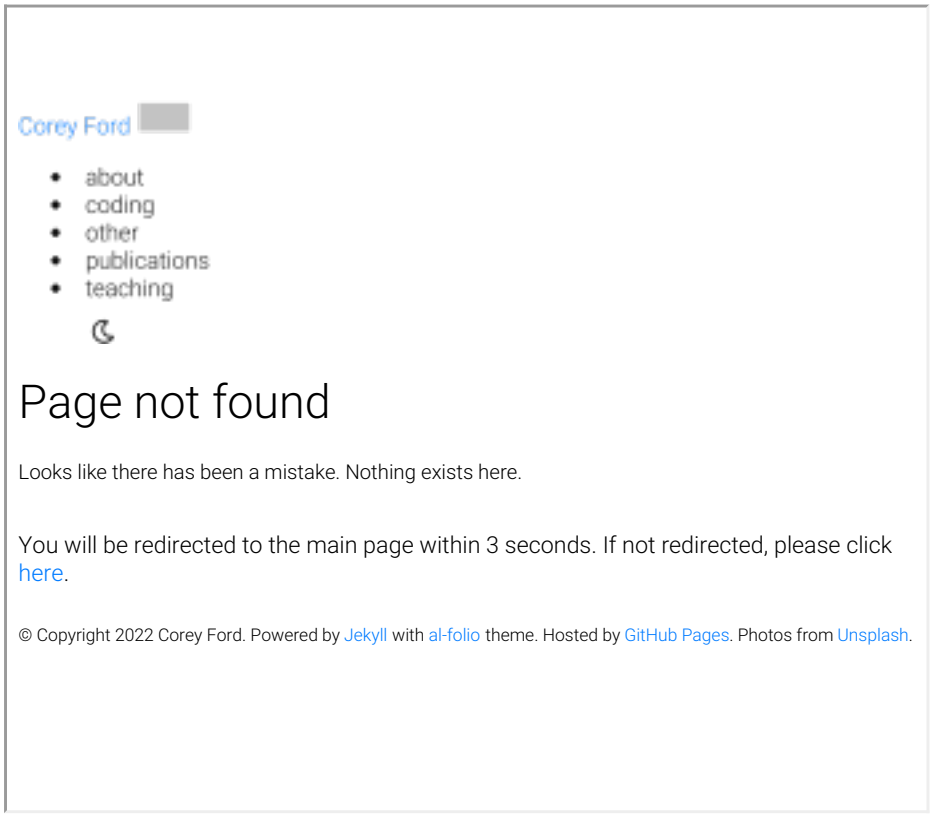
- Explore many different ideas, outcomes, or possibilities
- Enjoy using the system or tool

Page 6: Interface 2

Using the interface shown below, spend 2 mins composing a short piece of music. You can draw lines by clicking and dragging on the interface. You can use the play button in the top left to listen to your piece. You can also switch between a pencil and eraser tool in the top left.

Please ensure that your volume is set to a sensible level.

After 2 mins, the interface will show a keyword. Enter this into the box below - an incorrect keyword will result in an invalid survey which will not be paid.



Enter the codeword shown by the interface here: ✱ *Required*

Page 7: Interface 2: Evaluation

Considering the interface you just used, please answer the following questions.

Considering your recent experience of the interface, please indicate the extent to which you agree with the following statements: *Each point lies on a scale from "Highly Disagree" (Left) to "Highly Agree" (Right).*

Please don't select more than 1 answer(s) per row.

Please select at least 8 answer(s).

	Highly Disagree	.	.	.	.	.	.	.	.	.	Highly Agree
I explored my past experiences as a way of understanding new ideas.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I often re-examined things I'd already learnt.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Whilst creating, I thought back on some of my past experiences.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I made comparisons within the system to consider alternative ways of doing things.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I often generated, tested and revised ideas.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I pondered over the meaning of what I was doing in relation to my personal experiences.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

I learned many new things about myself during the experience.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Whilst being creative, I liked to think about my actions to find alternative ways of doing them.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Please rate your agreement with the following statements:

Please don't select more than 1 answer(s) per row.

Please select at least 12 answer(s).

	Highly Disagree	.	.	.	.	.	.	.	.	.	Highly Agree
I was satisfied with what I got out of the system or tool.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
It was easy for me to explore many different ideas, options, designs, or outcomes, using this system or tool.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
The system or tool allowed other people to work with me easily.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I would be happy to use this system or tool on a regular basis.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

I was able to be very creative while doing the activity inside this system or tool.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My attention was fully tuned to the activity, and I forgot about the system or tool that I was using.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I enjoyed using the system or tool.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
The system or tool was helpful in allowing me to track different ideas, outcomes, or possibilities.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
What I was able to produce was worth the effort I had to exert to produce it.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
The system or tool allowed me to be very expressive.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
It was really easy to share ideas and designs with other people inside this system or tool.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

I became so absorbed in the activity that I forgot about the system or tool that I was using.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

For the questions below, consider the task you just completed with the interface.

When doing this task, it's most important that I'm able to... ✱ *Required*

- ○ Explore many different ideas, outcomes, or possibilities
- ○ Work with other people

When doing this task, it's most important that I'm able to... ✱ *Required*

- ○ Be creative and expressive
- ○ Produce results that are worth the effort I put in

When doing this task, it's most important that I'm able to... ✱ *Required*

- ○ Enjoy using the system or tool
- ○ Become immersed in the activity

When doing this task, it's most important that I'm able to... ✱ *Required*

- ○ Become immersed in the activity
- ○ Produce results that are worth the effort I put in

When doing this task, it's most important that I'm able to... ✱ *Required*

- ○ Work with other people
- ○ Enjoy using the system or tool

When doing this task, it's most important that I'm able to... ✱ *Required*

- ○ Produce results that are worth the effort I put in

- Explore many different ideas, outcomes, or possibilities

When doing this task, it's most important that I'm able to... ✱ *Required*

- Be creative and expressive
- Become immersed in the activity

When doing this task, it's most important that I'm able to... ✱ *Required*

- Work with other people
- Produce results that are worth the effort I put in

When doing this task, it's most important that I'm able to... ✱ *Required*

- Be creative and expressive
- Enjoy using the system or tool

When doing this task, it's most important that I'm able to... ✱ *Required*

- Explore many different ideas, outcomes, or possibilities
- Become immersed in the activity

When doing this task, it's most important that I'm able to... ✱ *Required*

- Work with other people
- Be creative and expressive

When doing this task, it's most important that I'm able to... ✱ *Required*

- Produce results that are worth the effort I put in
- Enjoy using the system or tool

When doing this task, it's most important that I'm able to... ✱ *Required*

- Explore many different ideas, outcomes, or possibilities

- Be creative and expressive

When doing this task, it’s most important that I’m able to... ✱ *Required*

- Work with other people
- Become immersed in the activity

When doing this task, it’s most important that I’m able to... ✱ *Required*

- Explore many different ideas, outcomes, or possibilities
- Enjoy using the system or tool

Page 8: Comparison

When exploring with the two interfaces shown below, with which did you experience the most moments of reflection? ✱ *Required*

- A: Writing Interface
- B: Music/Painting Interface

Page 9: Final Comments

If you would like to offer any additional comments, please do so below...

Page 10: Final page

Thank you for completing our survey.

You will be invited to complete a follow up survey in 1 weeks time. In order to recieve payment, both surveys must be completed.

Please enter the following code back into prolific to confirm completion of the study: C4EAI2SW .

If you have any further questions, feel free to contact us at:

Corey Ford (c.j.ford@qmul.ac.uk)

Prof Nick Bryan-Kinns (n.bryan-kinns@qmul.ac.uk)

Key for selection options

4 - What country are you from?

- Afghanistan
- Albania
- Algeria
- American Samoa
- Andorra
- Angola
- Anguilla
- Antigua & Barbuda
- Argentina
- Armenia
- Aruba
- Australia
- Austria
- Azerbaijan
- Bahamas
- Bahrain
- Bangladesh
- Barbados
- Belarus
- Belgium
- Belize
- Benin
- Bermuda
- Bhutan
- Bolivia
- Bonaire
- Bosnia & Herzegovina
- Botswana
- Brazil
- British Indian Ocean Ter
- Brunei
- Bulgaria
- Burkina Faso
- Burundi
- Cambodia
- Cameroon
- Canada
- Canary Islands
- Cape Verde
- Cayman Islands
- Central African Republic

Chad
Channel Islands
Chile
China
Christmas Island
Cocos Island
Colombia
Comoros
Congo
Cook Islands
Costa Rica
Cote D'Ivoire
Croatia
Cuba
Curacao
Cyprus
Czech Republic
Denmark
Djibouti
Dominica
Dominican Republic
East Timor
Ecuador
Egypt
El Salvador
Equatorial Guinea
Eritrea
Estonia
Ethiopia
Falkland Islands
Faroe Islands
Fiji
Finland
France
French Guiana
French Polynesia
French Southern Ter
Gabon
Gambia
Georgia
Germany
Ghana
Gibraltar
Greece
Greenland
Grenada
Guadeloupe
Guam
Guatemala
Guinea
Guyana
Haiti
Hawaii
Honduras
Hong Kong
Hungary
Iceland
India

Indonesia
Iran
Iraq
Ireland
Isle of Man
Israel
Italy
Jamaica
Japan
Jordan
Kazakhstan
Kenya
Kiribati
Korea North
Korea South
Kuwait
Kyrgyzstan
Laos
Latvia
Lebanon
Lesotho
Liberia
Libya
Liechtenstein
Lithuania
Luxembourg
Macau
Macedonia
Madagascar
Malaysia
Malawi
Maldives
Mali
Malta
Marshall Islands
Martinique
Mauritania
Mauritius
Mayotte
Mexico
Midway Islands
Moldova
Monaco
Mongolia
Montserrat
Morocco
Mozambique
Myanmar
Nambia
Nauru
Nepal
Netherland Antilles
Netherlands (Holland, Europe)
Nevis
New Caledonia
New Zealand
Nicaragua
Niger

Nigeria
Niue
Norfolk Island
Norway
Oman
Pakistan
Palau Island
Palestine
Panama
Papua New Guinea
Paraguay
Peru
Philippines
Pitcairn Island
Poland
Portugal
Puerto Rico
Qatar
Republic of Montenegro
Republic of Serbia
Reunion
Romania
Russia
Rwanda
St Barthelemy
St Eustatius
St Helena
St Kitts-Nevis
St Lucia
St Maarten
St Pierre & Miquelon
St Vincent & Grenadines
Saipan
Samoa
Samoa American
San Marino
Sao Tome & Principe
Saudi Arabia
Senegal
Serbia
Seychelles
Sierra Leone
Singapore
Slovakia
Slovenia
Solomon Islands
Somalia
South Africa
Spain
Sri Lanka
Sudan
Suriname
Swaziland
Sweden
Switzerland
Syria
Tahiti
Taiwan

Tajikistan
Tanzania
Thailand
Togo
Tokelau
Tonga
Trinidad & Tobago
Tunisia
Turkey
Turkmenistan
Turks & Caicos Is
Tuvalu
Uganda
Ukraine
United Arab Emirates
United Kingdom
United States of America
Uruguay
Uzbekistan
Vanuatu
Vatican City State
Venezuela
Vietnam
Virgin Islands (Brit)
Virgin Islands (USA)
Wake Island
Wallis & Futana Is
Yemen
Zaire
Zambia
Zimbabwe