

Flow Short Scale

Rheinberg, F., Vollmeyer, R., & Engeser, S. (2003). Die Erfassung des Flow-Erlebens [The Assessment of Flow Experience]. In J. Stiensmeier-Pelster, & F. Rheinberg (Eds.), Diagnostik von Selbstkonzept, Lernmotivation und Selbstregulation [Diagnosis of Motivation and Self-Concept]. Göttingen: Hogrefe

Fluency of performance

I feel just the right amount of challenge
I do not notice time passing
I am totally absorbed in what I am doing
I am completely lost in thought

Absorption by activity

My thoughts/activities run fluidly and smoothly
I have no difficulty concentrating
My mind is completely clear
The right thoughts/movements occur of their own accord
I know what I have to do each step of the way
I feel that I have everything under control

Components of flow experience.

Something important to me is at stake here
I must not make any mistakes here
I am worried about failing

9-point Likert Scalee ((Not at all () () Partly () () Very much)

Compared to all other activities which I partake in, this one is (easy - difficult) 9-point
I think that my competence in this area is (low - high) 9-point
For me personally, the current demands are (too low () () just right () () too high) 9-point

Cronbachs $\alpha = .90$