# The Exergame Enjoyment Questionnaire (EEQ)

v1.0

The EEQ is a survey instrument to measure exergame enjoyment. Questions are intended to be administered to users immediately after playing an exergame.

## Scoring

The EEQ is scored by adding points for each question.

For questions 1, 2, 3, 5, 7, 8, 12, 14, 15, 16, 17, 20 the points are as follows:

| Answer | Points |
| --- | --- |
| Strongly Disagree | 1 |
| Disagree | 2 |
| Neutral | 3 |
| Agree | 4 |
| Strongly Agree | 5 |

For questions 4, 6, 9, 10, 11, 13, 18, and 19 the points are as follows:

| Answer | Points |
| --- | --- |
| Strongly Disagree | 5 |
| Disagree | 4 |
| Neutral | 3 |
| Agree | 2 |
| Strongly Agree | 1 |

Thus, the minimum score is 20 points and the maximum score is 100 points. Higher is better, indicating more enjoyment.

## Questions

1. I felt excited about the physical activities in the game.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
2. The exercise in this game made me feel good.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
3. I felt like I lost track of time while playing.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
4. I felt that it was difficult to understand how the game works.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
5. I was focused on the game.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
6. I felt that the game would have been more enjoyable without physical activity.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
7. I felt that it was easy to familiarize myself with the game controls.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
8. I felt emotionally attached to the game.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
9. I consider playing the game “exercise”.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
10. I felt that the physical activity was too intense for me.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
11. I did not feel a desire to make progress in the game.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
12. I felt a strong sense of being in the world of the game to the point that I was unaware of my surroundings.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
13. I would rather not be exercising, even though the exercise was accompanied by game elements.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
14. I felt that playing the game was beneficial for my physical well-being.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
15. I felt that this game provided an enjoyable challenge.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
16. I felt a sense of accomplishment from playing the game.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
17. I felt that the game reacted quickly to my actions.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
18. I did not feel like I wanted to keep playing.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
19. I would prefer that this physical activity was not accompanied by game elements.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*
20. I felt in control of the game.
*Strongly Disagree*, *Disagree*, *Neutral*, *Agree*, *Strongly Agree*

# References

Alexander Fitzgerald, Sam Huang, Kyle Sposato, Dongjie Wang, Mark Claypool, and Emmanuel Agu. “The Exergame Enjoyment Questionnaire (EEQ): An Instrument for Measuring Exergame Enjoyment”, In *Proceedings of the Hawaii International Conference on System Sciences (HICSS)*, Maui, Hawaii, January 7-10, 2020. Online at: <http://www.cs.wpi.edu/~claypool/papers/eeq/>