

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/>