



fraserhealth



Participant #: Date:

Please rate your personal experience of listening to the recordings by circling one of the options for each question.

0 = Strongly Disagree 1 = Disagree 2 = Neutral 3 = Agree 4 = Strongly Agree

1. I did not feel any emotional attachment to the audio recordings. 0 1 2 3 4

2. I was interested in listening to the different sounds in the recordings. 0 1 2 3 4

3. It did not interest me to know what sounds I would hear. 0 1 2 3 4

4. I sometimes found myself feeling as if I was there in the environment. 0 1 2 3 4

5. I did not find myself feeling any pleasure to what I was hearing. 0 1 2 3 4

6. I enjoyed the sounds of the recording. 0 1 2 3 4

7. I felt myself to be directly travelling through the audio recordings. 0 1 2 3 4

8. I did not feel as if I was moving through the audio recordings. 0 1 2 3 4

9. I felt I could interact with the environment I was hearing as if I was in the real world. 0 1 2 3 4

10. I was unaware of what was happening around me. 0 1 2 3 4

11. I was aware of my surroundings. 0 1 2 3 4

12. To me it felt like a short amount of time had passed. 0 1 2 3 4

13. When I was listening, it felt like time was going by very slowly. 0 1 2 3 4

14. How immersed did you feel? (10 = very immersed; 0 = not at all immersed)
0 1 2 3 4 5 6 7 8 9 10

15. To what extend did you forget about your everyday concerns?
Not at all 1 2 3 4 5 Very Aware

16. Did you feel the urge at any point to stop listening and see what was happening around you?
Not at all 1 2 3 4 5 Very Much So

17. To what extend did you feel that the audio recording was something you were experiencing, rather than something you were just doing?
Not at all 1 2 3 4 5 A Lot

18. To what extend was your sense of listening to the audio recordings stronger than your sense of being in the real world?
Not at all 1 2 3 4 5 Very Much So

19. How relaxed did you feel after listening to the recordings? (10 = very relaxed; 0 = not at all relaxed)
0 1 2 3 4 5 6 7 8 9 10

20. To what extent did you feel emotionally attached to the sounds you were hearing?
Not at all 1 2 3 4 5 Very Much so