**Step 1**: Set up the game

* Run Spore; select a new world
* Minimise the game
* Place the **consent form**, **participant info sheet**, and a **pen** on the desk
* Make sure your desk has both the **experiment and interview scripts**, a **pen**, and a **notebook**

**Step 2**: Explain the study and receive informed consent

*Before we start -- Just so you know, for most of this experiment, you’ll be given instructions from a pre-recorded audio track. I’ll be in the room the whole time, but my actual involvement will be fairly minimal.*

Hi,

Thanks for coming in today. This audio recording has been prepared to provide a consistent experience for all participants. It’s not very long, so please wait until the end before asking questions.

Feel free to read the information sheet in front of you, but to summarise:

Your participation will involve playing a tangram game for 10 minutes, then playing Spore for 30 minutes. Before and after you play Spore, you’ll fill out some surveys. The entire session should take around one hour.

Please turn your phone to silent mode, then leave it on a desk behind you until the study is complete. If you need to use the bathroom, you should go now – there won’t be any opportunity to go until we’re finished.

If you have any questions, please ask them now. Otherwise, sign and date the consent form, then return it to the researcher.

**Step 3**: Begin the tangram game

Please direct your attention to the “tangrams” icon in the top-right corner of the desktop. If you’ve never played with tangrams before, that’s ok; the game will teach you the rules and controls, and you can feel free to play in whatever way makes sense to you. Please note that your ability to solve tangrams is not being assessed. The game will close automatically after ten minutes. Make sure the chair height is comfortable for you before starting the game. If you have any questions, please ask; otherwise, go ahead and start the game.

**Step 4**: Participant completes the first set of surveys

Now direct your attention to the three icons in the centre of the desktop. Double-click the one on the left, labelled “Survey 1”. [beat] Your participant number is written on a note attached to the bottom-left corner of the monitor. Be aware that the researcher is unable to answer any questions about the survey — you should interpret each question with your own judgement. Please begin the survey now.

**Step 5**: Game play

It’s now time to start playing Spore. The game is already running; you can select it from the taskbar at the bottom of the screen to bring it up. If you’ve never played Spore, that’s ok; the game will teach you how to play itself. The researcher will be timing the session from behind a partition; just play through as you normally would, until you’re told to stop. Please put on the headphones now, and adjust them until you’re comfortable. If you have any questions, please ask; otherwise, let the researcher know that you are ready to begin.

[30 minutes pass]

Thirty minutes have passed since you began playing. Please use the game menus to exit Spore. [beat] You should now be looking at the desktop. Please double-click the centre link labelled “Survey 2”, and answer the survey questions until you reach the end.

**Step 6**: Debriefing

*Ok, that’s the end of the experiment. Before I begin the debriefing, what did you think the aim of this experiment was?*

*The purpose of this experiment is to determine the extent to which videogames can improve player wellbeing after a negative event. To this end, you played a tangram game with high or low levels of control.*

*If you would like to be rewarded for your participation today, please open the third survey link on the desktop and follow the instructions.*

*Do you have any questions?*

*Thanks! I need to ask you not to discuss this experiment with other people, as it’s less effective when participants know how it works. Does that make sense?*

**Step 7**: Interview (optional)

*I’d now like to invite you to participate in a short interview about your play session, and your thoughts about games and wellbeing more generally. This interview will take roughly fifteen minutes.*

*Thank you; have a great day.*