

# An embodied view of flow



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# This talk

- Inconsistencies and misunderstandings of flow
- An embodied view of flow
- Further work



# The concept of flow

**“Deep and effortless concentration in the task at hand”**

*“Engagement and immersion in an activity”*

*“Absorption in a virtual space and the fading away of the physical world”*

*“Playful and exploratory experience”*



# Flow characteristics

- ➔ Challenges commensurate with skills
- ➔ Clear goals
- ➔ Immediate feedback
  - Intense concentration
  - Merging of action and awareness
  - Loss of self-consciousness
  - Intrinsic motivation
  - Time distortion ...

# What counts as flow?



An embodied view of flow

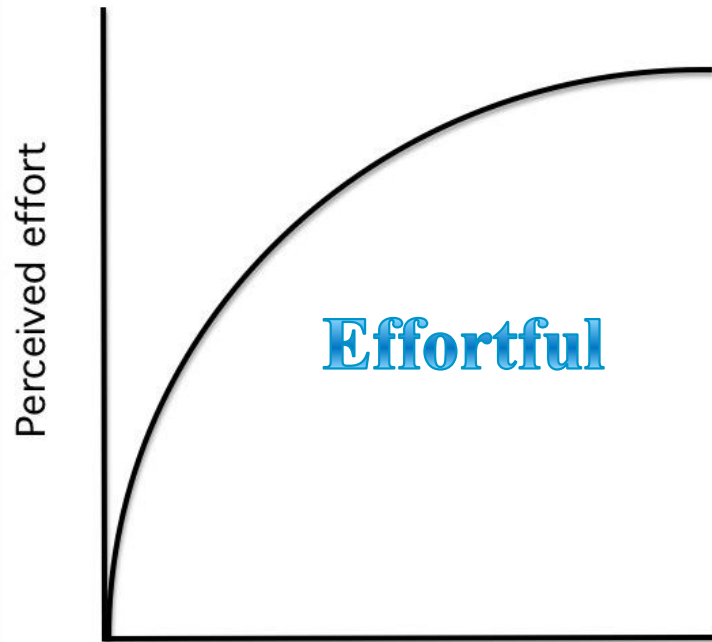




# A more coherent view

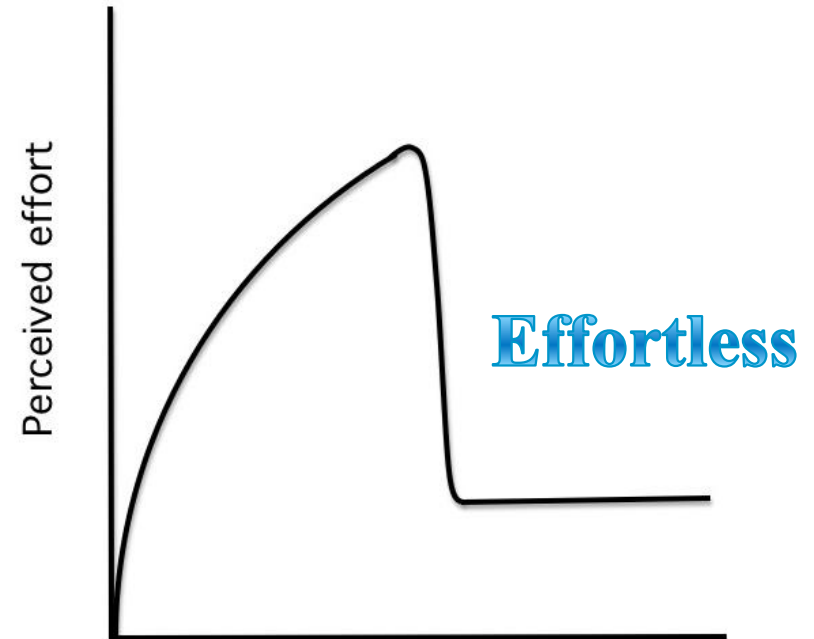
- The relevance of attention
- The importance of context
  - People or computers as visitors
- In flow with or through the system
- A more complete view of interaction
  - Composite challenges

# The relevance of attention



Demands

a)

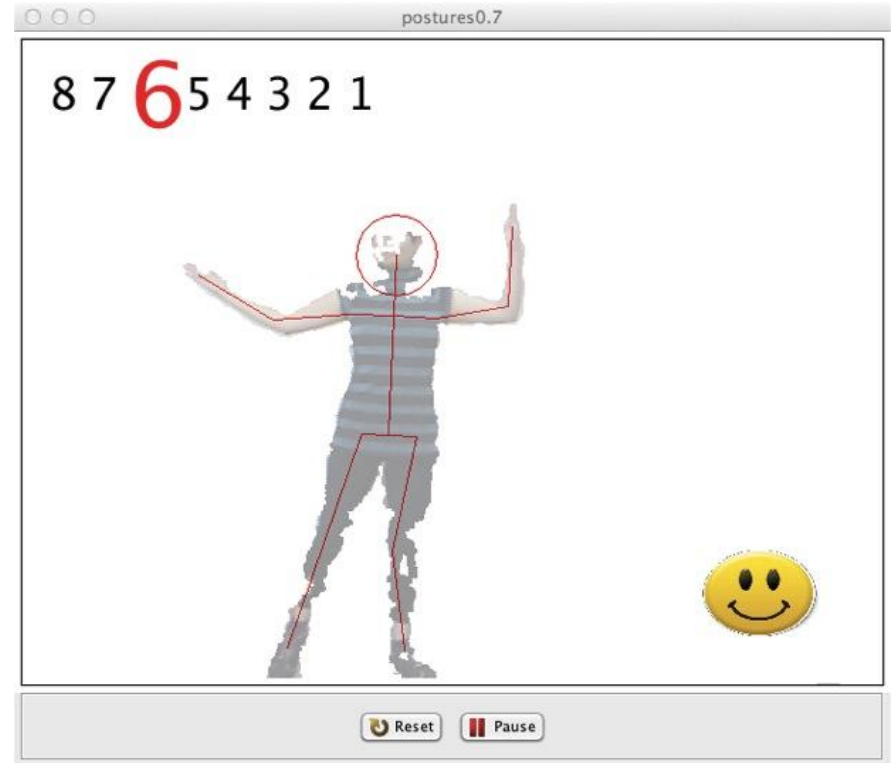


Demands

b)

*Captive*

# Empirical studies







# Further work

- Discriminating captive, effortful and effortless attention
- Composite analysis of challenges-skills balance
- Flow and addictions



# Bibliography

- Romero, P., & Calvillo-Gamez, E. H. (in press). An embodied view of flow. *Interacting With Computers*.
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- Romero, P., & Calvillo-Gamez, E. (2012). *Effortless attention and composite challenges in movement interaction*. 26th Annual BCS Interaction Specialist Group Conference on People and Computers. pp.