

■ **Table 30.1** ■

### Measures Assessing Flow

Flow concept	Measure	Dimension	Source	Website
Multidimensional flow experience	Dispositional Flow Scale-2 (Long DFS-2) and Flow State Scale-2 (Long FSS-2)	Challenge–skill balance, action–awareness merging, clear goals, unambiguous feedback, concentration on task at hand, sense of control, loss of self-consciousness, time transformation, and autotelic experience	Jackson & Marsh (1996); Jackson & Eklund (2002); Jackson, Martin, & Eklund (2008)	www.mindgarden.com
Flow as a global construct	Short Flow Scales (Short DFS and Short FSS)	Unidimensional flow construct	Jackson, Martin, & Eklund (2008); Martin & Jackson (2008)	www.mindgarden.com
Flow as a phenomenological experience	Core Flow Scales (dispositional and state)	Unidimensional flow construct	Jackson, Martin, & Eklund (2008); Martin & Jackson (2008)	www.mindgarden.com