

List of Tables

Table 2.1: The TransTheoretical Model of behavior change (adapted from Prochaska & DiClemente, 1982, 1983; Prochaska, DiClemente, & Norcross, 1992). — 20

Table 2.2: The Perceptual Control Theory (adapted from Higginson, Mansell, & Wood, 2011; Vancouver & Putka, 2000). — 21

Table 2.3: Differences between the Rational and the Intuitive systems — 23

Table 2.4: The layers of presence — 28

Table 6.1: Matrix of correlations between flowability and other main variables — 100

Table 7.1: Structural analogies between features of positive participatory settings and dimensions of flow — 116

Table 9.1: Peak moments — 139

Table 9.2: From flow to mental training — 144