

# Boredom Proneness Scale

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The following questionnaire looks into your boredom levels, there are seven possible answers to each of the 28 items. Please be sure to answer questions as honestly as possible in order to obtain the most accurate results.

1 - Strongly disagree; 2 - Disagree; 3 - Somewhat disagree; 4 - Neutral;  
5 - Somewhat agree; 6 - Agree; 7 - Strongly agree

Items	1	2	3	4	5	6	7
1. It is easy for me to concentrate on my activities.							
2. Frequently, when I am working, I find myself worrying about other things.							
3. Time always seems to be passing slowly.							
4. I often find myself at "loose ends", not knowing what to do.							
5. I am often trapped in situations where I have to do meaningless things.							
6. Having to look at someone's home movies or travel slides bores me tremendously.							
7. I have projects in mind all the time, things to do.							
8. I find it easy to entertain myself.							
9. Many things I have to do are repetitive and monotonous.							
10. It takes more stimulation to get me going than most people.							
11. I get a kick out of most things I do.							
12. I am seldom excited about my work.							
13. In any situation, I can usually find something to do or see to keep me interested.							
14. Much of the time I just sit around doing nothing.							
15. I am good at waiting patiently.							
16. I often find myself with nothing to do, time on my hands.							
17. In situations where I have to wait, such as a line, I get very restless.							

1 - Strongly disagree; 2 - Disagree; 3 - Somewhat disagree; 4 - Neutral;  
5 - Somewhat agree; 6 - Agree; 7 - Strongly agree

Items	1	2	3	4	5	6	7
18. I often wake up with a new idea.							
19. It would be very hard for me to find a job that is exciting enough.							
20. I would like more challenging things to do in life.							
21. I feel that I am working below my abilities most of the time.							
22. Many people would say that I am a creative or imaginative person.							
23. I have so many interests, I don't have time to do everything.							
24. Among my friends, I am the one who keeps doing something the longest.							
25. Unless I am doing something exciting, even dangerous, I feel half-dead and dull.							
26. It takes a lot of change and variety to keep me really happy.							
27. It seems that the same things are on television or the movies all the time; it's getting old.							
28. When I was young, I was often in monotonous and tiresome situations..							
<b>Total score:</b>							

## Scoring and interpretation

The Boredom Proneness Scale is a self-reported questionnaire consisting of 28 items, rated on a 7-point Likert scale ranging from "strongly disagree" to "strongly agree." Items **1, 7, 8, 11, 13, 15, 18, 22, 23, and 24** are reverse scored. To calculate the total score, reverse these items first, then add up all the scores. Higher scores indicate a greater tendency to experience boredom.

## Remarks

## References

- Farmer, R., & Sundberg, N. D. (1986). Boredom proneness: The development and correlates of a new scale. *Journal of Personality Assessment*, 50(1), 4–17. [https://doi.org/10.1207/s15327752jpa5001\\_2](https://doi.org/10.1207/s15327752jpa5001_2)
- Struk, A. A., Carriere, J. S. A., Cheyne, J. A., & Danckert, J. (2017). A short boredom proneness scale: Development and psychometric properties. *Assessment*, 24(3), 346–359. <https://doi.org/10.1177/1073191115609996>
- Zerr, K., Seiler, J. P. H., Rumpel, S., & Tüscher, O. (2024). Validation of a German version of the Boredom Proneness Scale and the Multidimensional State Boredom Scale. *Scientific Reports*, 14(1), 2905.