

Boredom Proneness Scale

BOREDOM PRONENESS SCALE

Name: _____ Date: _____ dd / mm / yyyy

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. It is easy for me to concentrate on my activities.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

2. Frequently, when I am working, I find myself worrying about other things.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

3. Time always seems to be passing slowly.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

4. I often find myself at "loose ends", not knowing what to do.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

5. I am often trapped in situations where I have to do meaningless things.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

6. Having to look at someone's home movies or travel slides bores me tremendously.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

7. I have projects in mind all the time, things to do.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

8. I find it easy to entertain myself.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

9. Many things I have to do are repetitive and monotonous.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

10. It takes more stimulation to get me going than most people.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

11. I get a kick out of most things I do.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

12. I am seldom excited about my work.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

13. In any situation, I can usually find something to do or see to keep me interested.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

14. Much of the time I just sit around doing nothing.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

15. I am good at waiting patiently.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

16. I often find myself with nothing to do, time on my hands.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

17. In situations where I have to wait, such as a line, I get very restless.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

18. I often wake up with a new idea.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

19. It would be very hard for me to find a job that is exciting enough.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

20. I would like more challenging things to do in life.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

21. I feel that I am working below my abilities most of the time.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

22. Many people would say that I am a creative or imaginative person.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

23. I have so many interests, I don't have time to do everything.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

24. Among my friends, I am the one who keeps doing something the longest.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

25. Unless I am doing something exciting, even dangerous, I feel half-dead and dull.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

26. It takes a lot of change and variety to keep me really happy.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

27. It seems that the same things are on television or the movies all the time; it's getting old.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree

28. When I was young, I was often in monotonous and tiresome situations.

1 - Strongly Disagree234567 - Strongly Agree

Total score: _____

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 - Specify below: