

Boredom Proneness Scale

Name: _____ Date: _____

The following questionnaire looks into your boredom levels, there are seven possible answers to each of the 28 items. These are listed below:

1 = Highly disagree; 2 = Disagree; 3 = Somewhat disagree; 4 = Neutral;
5 = Somewhat agree; 6 = Agree; 7 = Highly agree

Please be sure to answer questions as honestly as possible in order to obtain the most accurate results.

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.							
18. I often wake up with a new idea.							

Items	1	2	3	4	5	6	7
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.							
Total score:							

Scoring and interpretation

The total score is calculated by summing the scores from 28 items. Each item is rated on a 7-point scale, with 1 representing "strongly disagree" and 7 representing "strongly agree." The total score can range from 28 to 168, with higher scores indicating a greater tendency to experience boredom.

Reference

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