Boredom Proneness Scale Short Form (item numbers are from original)

1 strongly disagree

2 somewhat disagree

3 disagree

4 neutral

5 agree

6 somewhat agree

7 strongly agree

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

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

8. I find it easy to entertain myself

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

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

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

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

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

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

27. It seems that the same old 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

(didn’t see any instructions)