

## APPENDIX B: Boredom Assessment Resources \*

### Reviews

#### Boredom Measure Reviews

Mercer-Lynn, K., Flora, D. B., Fahlman, S. A., & Eastwood, J. D. (2013). The measurement of boredom: Differences between existing self-report scales. *Assessment*, 20(5), 585–596. <https://doi.org/10.1177/1073191111408229>

Vodanovich S. J., & Watt, J. D. (2015). Self-report measures of boredom: An updated review of the literature. *The Journal of Psychology*, 150(2), 196–228. <https://doi.org/10.1080/00223980.2015.1040757>

### State Boredom Measures

#### Experience Sampling Monitoring

Mood Meter (<https://moodmeterapp.com/>)

A low-cost app accessible with a smartphone or tablet. Provides in-the-moment ratings of 100 emotions, including boredom. Emotions are clustered in four quadrants based on being pleasant–unpleasant and low energy–high energy.

Close Gap (<https://www.closegap.org>)

An app made available by a non-profit organization. Has versions appropriate for primary and secondary students. Includes administration management enabling it to be used by an entire classroom. Emotions do not include boredom, but tired and angry, closely related emotions, are included.

#### Multidimensional State Boredom Scale

Fahlman, S. A., Mercer-Lynn, K., Flora, D. B., & Eastwood, J. D. (2013). Development and validation of the Multidimensional State Boredom Scale. *Assessment*, 20(1), 68–85. <https://doi.org/10.1177/1073191111421>

#### Academic Emotions Questionnaire

Pekrun, R., Goetz, T., Frenzel, A. C., Barchfeld, P., & Perry, R. P. (2011). Measuring emotions in students' learning and performance: The Achievement Emotions Questionnaire (AEQ). *Contemporary Educational Psychology*, 36(1), 36–48. <https://doi.org/10.1016/j.cedpsych.2010.10.002>

Peixoto, F., Mata, L., Monteiro, V., Sanches, C., & Pekrun, R. (2015). The achievement emotions questionnaire: Validation for pre-adolescent students. *European Journal of Developmental Psychology*, 12(4), 472–481. <https://doi.org/10.1080/17405629.2015.1040757>

#### Leisure Time Boredom

Caldwell, L. L., Smith, E. A., & Weissinger, E. (1992). Development of a Leisure Experience Battery for adolescents: Parsimony, stability, and validity. *Journal of Leisure Research*, 24(4), 361–376. <https://doi.org/10.1080/00222216.1992.11969902>

## Trait Boredom Measures

### Trait Boredom Scale

Farmer R., & Sundberg, N. D. (1986). Boredom proneness—The development and correlates of a new scale. *Journal of Personality Assessment*, 50, 4–17. [https://psycnet.apa.org/doi/10.1207/s15327752jpa5001\\_2](https://psycnet.apa.org/doi/10.1207/s15327752jpa5001_2)

### Short Boredom Proneness Scale

Struk, A. A., Carriere, J. S. A., Cheyne, J. A., & Danckert, J. (2015). A Short Boredom Proneness Scale: Development and psychometric properties. *Psychology & Counseling*, 24(3), 346–359. <https://doi.org/10.1177%2F1073191115609996>

### Short Boredom Proneness Scale for Children

Carrington, T. (2019). Development of a school boredom proneness scale for children. *Educational Specialist*. 151. <https://commons.lib.jmu.edu/edspec201019/151>

## Managing Boredom

### Coping with Boredom Scale

Nett, U. E., Goetz, T., & Daniels, L. (2010). What to do when feeling bored? Students' strategies for coping with boredom. *Learning and Individual Differences*, 20, 626–638. <https://doi.org/10.1016/j.lindif.2010.09.004>

### Precursors of Boredom Scale

Daschmann, E. C., Goetz, T., & Stupnisky, R. H. (2011). Testing the predictors of boredom at school: Development and validation of the precursors to boredom scales. *British Journal of Educational Psychology*, 81(3), 421–440. <https://doi.org/10.1348/000709910x526038>

### Mind Wandering Questionnaire (for youth)

Mrazek, M. D., Phillips, D. T., Franklin, M. S., Broadway, J. M., & Schooler, J. W. (2013). Young and restless: validation of the Mind-Wandering Questionnaire (MWQ) reveals disruptive impact of mind-wandering for youth. *Frontiers in Psychology*, 4, 560. <https://doi.org/10.3389/fpsyg.2013.00560>

\* Furlong, M. J., Smith, D. C., Springer, T., & Dowdy, E. (2021). Bored with school! Bored with life? Well-being characteristics associated with a school boredom mindset. *Journal of Positive School Psychology*, 5(1), 42–64. <https://www.covitalityucsb.info/ewExternalFiles/10.%20Furlong%20et%20a%20Boredom-JPSP.pdf>