



Newsletter

February 2025

Editorial Note

Dear ISBS members,

The Directive Board is pleased to launch the first newsletter of **2025**. **Issue #19** includes reminders of our call for papers for the **6th edition** of our ***International Interdisciplinary Boredom Conference (LAST CALL!)*** (June 26-27, 2025, Online), and for our ***Journal of Boredom Studies (LAST CALL!)***, as well as updates about the latest published **papers** and suggested **informative articles**. Finally, we are sharing information concerning the ***V Congresso Internacional de Fenomenologia Existencial***, suggested by our member Stanley Medeiros.

Please, keep collaborating with us so that this Newsletter contains the most recent news about Boredom Studies by sending your publications, conferences, call for papers, etc. to contact@boredomsociety.com.

Josefa Ros Velasco
Andreas Elpidorou
Mariusz Finkielstein
Wijnand van Tilburg
Christian Parreño

Invite your Colleagues to Join the ISBS

229 members are already enjoying the following benefits of being part of the ISBS:

- Being mentioned on our webpage as a member with a link to your website that may increase your visibility.
- Sharing with us your new publications, calls for papers, or any piece of important information concerning boredom (e.g., media releases). Such items will be disseminated to our network through our Newsletter.
- Staying informed about the work of others, new calls, initiatives, and events concerning boredom studies.

Membership is **free of charge**, and enrolment is fast and easy. Tell your colleagues that they can become members by [contacting us via our website](#) and completing a short membership form.

Journal of Boredom Studies

Reminder, LAST CALL!

CALL FOR PAPERS. THE HISTORY AND DEVELOPMENT OF BOREDOM STUDIES

In 2025, we are celebrating the 20th anniversary of the publication of two significant works that helped to establish what we now call 'boredom studies.' The first was *Boredom and Modernity* by Elizabeth Goodstein (Stanford University Press), and the second was the English translation of Lars Svendsen's *The Philosophy of Boredom* (Reaktion Books). With this in mind, we invite authors to reflect on the **history and development of boredom studies**. In particular, we look forward to proposals addressing different areas of interest you can find on the website. Please, remember that submissions are expected to be received via the [journal's website](#) by **APRIL 30, 2025**. Articles of **5,000-10,000 words** should be prepared, considering the journal's [author guidelines](#). Each article will undergo a standard double-blind review procedure, and accepted articles will be included in **issue #3** of JBS. In case of questions or doubts (e.g., about the subjects of the papers), please feel free to contact the editors in-chief of JBS (Mariusz Finkielstein | mariusz.finkielstein@gmail.com; Josefa Ros Velasco | josros@ucm.es).

Submit your articles, reviews, and translations at any time through our website:

<https://www.boredomsociety.com/jbs/index.php/journal/about/submissions>.

Reminder, LAST CALL!

CALL FOR PAPERS. 6th Boredom Conference, June 26-27, 2025 (Online)

Following the successful launch and development of the cross-disciplinary **Boredom Studies** and in accordance with previous editions, the **Boredom Conference** aims to attract specialists on boredom from a wide range of disciplines to expand the knowledge we have already achieved concerning its nature, history, causes, and consequences. Please, send proposals (in English) between **250-500 words** using the [registration form](#) no later than **MARCH 2, 2025**. Those selected will be notified on 17 March 2025. The participation in the Boredom Conference is **free of charge**. It will be held online and all presentations will be recorded. The language is English only. The proceedings will be published in the Journal of Boredom Studies.

Link to registration form: <https://forms.gle/E1UZZuE8E1gzxPLUA>

Papers Suggested by Our Members

Trudel, C., Risko, E. F., **Eastwood**, J. D., **Van Tilburg**, W. A., **Elpidorou**, A., & **Danckert**, J. (2025). Boredom signals deviation from a cognitive homeostatic set point. *Communications Psychology*, 3(1), 22.

<https://doi.org/10.1038/s44271-025-00209-6>

Boehme, K. L., **Goetz**, T., Feuchter, M., & Preckel, F. (2025). Is Boredom the Opposite of Interest? A Longitudinal Reciprocal Effect Study. *Educational Psychology Review*, 37(1), 1-35. <https://doi.org/10.1007/s10648-025-09991-5>

Radtke, V. C., **Martarelli**, C. S., & **Wolff**, W. (Preprint). Effort and Its Reasons—Electrodermal Activity as Indicator of Boredom vs. Difficulty Related Effort in Cognitive-Physical Sequential Tasks.

<https://osf.io/2t6p8/download>

Ros Velasco, J. (2025). Defense of ‘Expanded Reason’ in Hans Blumenberg: The Case for the Science of Boredom. In *Hans Blumenberg's History and Philosophy of Science* (pp. 93-120). Cham: Springer Nature Switzerland.

https://doi.org/10.1007/978-3-031-78251-0_6

Ali, R., Khan, G., & Wang, W. (2025). Understanding Boredom in Online Commerce: A Systematic Literature Review. *Australasian Journal of Information Systems*, 29. <https://doi.org/10.3127/ajis.v29.4793>

Almirón, R., & Cosano, S. (2024). La organización y el boreout: el boreout y el desafío de las organizaciones para combatirlo.

<https://ri.unsam.edu.ar/handle/123456789/2779>

Bhowmik, T. (2025). Endless scrolling through social media and work boredom: a dynamic spillover of information overload. *Organization Management Journal*. <https://doi.org/10.1108/OMJ-06-2024-2225>

Borah, M. R., & Rajan, G. (2025). WHEN THE MIND WANDERS, THE ALGORITHM ANSWERS: EXPLORING THE MALADAPTIVE RESPONSES TO STATE BOREDOM IN THE ATTENTION ECONOMY. *MIND-BODY CONNECTION*. <https://doi.org/10.25215/9141001400.15>

FAHY, T. (2025). The Boring, Roaring Twenties: The Politics of Boredom in Fitzgerald’s “Bernice Bobs Her Hair” and Other Stories. *The Bloomsbury Handbook to F. Scott Fitzgerald*, 339.

Gebhard, D., & Frank, J. I. (2024). Everyday life and boredom of people living with dementia in residential long-term care: a merged methods study. *BMC geriatrics*, 24(1), 1049. <https://link.springer.com/article/10.1186/s12877-024-05641-7>

Hanawa, S., Nozawa, T., Sugiura, M., Nouchi, R., Yokoyama, R., Thyreau, B., ... & Kawashima, R. (2025). The neural basis of coping strategies for boredom and their association with creativity. *Thinking Skills and Creativity*, 101794. <https://doi.org/10.1016/j.tsc.2025.101794>

Herzog-Fequet, C. (2024). The Relationship Between Boredom and Substance Use Among Persons Experiencing Homelessness. <https://ir.lib.uwo.ca/etd/10628>

Horn, C. (2025). Langeweile als Signum der Moderne?. *Philosophisches Jahrbuch*, 131(2), 166-171. <https://doi.org/10.5771/0031-8183-2024-2-166>

Iannuzzo, F., La Versa, M., Turiaco, F., Pandolfo, G., Mento, C., Muscatello, M. R. A., ... & Lombardo, C. (2025). Boredom and affective temperaments as factors hindering smoking cessation: An exploration within an Italian sample. *AIMS Public Health*, 12(1), 33-43. <https://doi.org/10.3934/publichealth.2025003>

Khan, R. M. I., Ali, A., Alahmadi, A., Kumar, T., Manzoor, D., & Khan, M. A. (2025). Boredom in Virtual Environments: Arbitrating Factors and Managing Strategies. *Educational Process: International Journal*. <https://doi.org/10.22521/edupij.2025.14.27>

Kim, G., & Choi, E. (2025). Pace of Life Is Faster for a Bored Person: Exploring the Relationship Between Trait Boredom and Fast Life History Strategy. *Evolutionary Psychology*, 23(1), 14747049241310772. <https://doi.org/10.1177/14747049241310772>

Moradi, Z., Jamilian, H. R., & Nokani, M. (2024). Relationship between perceived organizational support and psychological well-being of municipal employees: the mediating role of job boredom. *Occupational Medicine Quarterly Journal*, 16(4), 39-49. <http://dx.doi.org/10.18502/tkj.v16i4.17560>

Sadoughi, M., & Eskandari, N. (2025). Teacher Humor and Enthusiasm as Predictors of Academic Boredom in Medical Education. *Horizon of Medical Education Development*. <https://doi.org/10.22038/hmed.2025.84705.1454>

Shi, X., Xu, Y., Liu, Z., Niu, G., Sun, X., & Li, K. (2025). More boring, more craving for smartphone use? The moderating role of fear of missing out. *Journal of Behavioral Addictions*. <https://doi.org/10.1556/2006.2025.00009>

Souza, E. (2025). Existential Elements: death, boredom, loneliness and fear as manifestations of meaning. *Polymatheia-Revista de Filosofia*, 18(1), e25008-e25008. <https://doi.org/10.52521/poly.v18i1.14176>

Syafii, M. H., Purnomo, H., & Matas, J. A. V. (2024). The Relationship Between Nomophobia and Boredom Intolerance in the Use of Social Media among Generation Z Muslim Students. *International Journal of Islamic Educational Psychology*, 5(2), 309-321.

<https://doi.org/10.18196/ijiep.v5i2.23563>

Vanolo, A. (2025). The boring city. On the paradoxical role of urban intensity and urban boredom. *Journal of Urbanism: International Research on Placemaking and Urban Sustainability*, 1-17.

<https://doi.org/10.1080/17549175.2025.2457409>

Yoosefi, A., Shakiba, S., Hassanabadi, H., Dolatshahi, B., Griffiths, M. D., Izanloo, B., & Maleki, F. (2025). Psychological Distress, Interpersonal Sensitivity, and Trait-FoMO with Problematic Use of Social Media: The Mediating Roles of Boredom and State-FoMO. *International Journal of Mental Health and Addiction*, 1-20. <https://doi.org/10.1007/s11469-024-01418-6>

Zambrano, G. R., & Alvarez, D. R. (2024). Effects Of Boreout And Burnout On Workers' Well-Being. *Health Leadership and Quality of Life*, 3(480), 1.

<https://doi.org/10.56294/hl2024.480>

ZILLER, M. L. Boredom and Terror: Fighting at Night.

https://www.moore.army.mil/infantry/magazine/issues/2024/Winter/pdf/15_Ziller.pdf

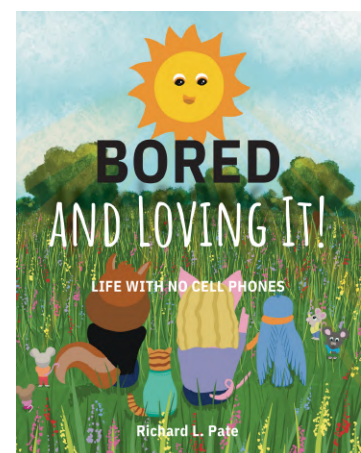
Miscellaneous

Book for kids

Bored and Loving It

Richard L. Pate (ed. Kendall Hunt, 2025)

Being bored and yet loving it seems oxymoronic, but it's not. Our little book is about our three little animal friends who one way or another lose their cell phones and discover that being without them is actually fun! Their initial boredom turns into what boredom usually turns into: freedom of thought and individual creativity. Our three little friends journey from being trapped inside the doings of little object to being free in the vast interesting world around and inside them.



[Find more here.](#)

Boredom in hospitalized patients

Aditi Mahajan
Sana Rahman

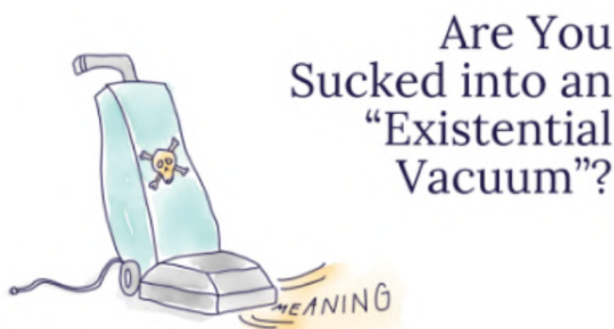
On my medical school psychiatry rotation, we were asked to see a patient who had many medical problems. After rounding on him for a week, we realized that he was suffering from sheer boredom. He was in a foreign country where nobody spoke his native language, had limited familial support, and had been bedbound for months. He had been pushed from room to room and from floor to floor with nothing to entertain him. Rather than the typical medical recommendations, we realized that the best way we could support this patient was through building a relationship and engaging him in recreational activities... [Read full text here](#)



Meaning Through the Existential Vacuum and Boredom: Filling the Void With Existential Therapy

Michalis Khalil

Often, in my private practice, I see people showing up with their mental baggage, wanting to see change in their lives and find some kind of help that would attract them away from the pothole of their suffering. What is truly remarkable is that – after some introspection – usually people can have a logical understanding of what led them dwell in their dark cavern. However, I usually hear them saying that even though they know what they need to do, they lack the motivation and willingness to act. They describe a situation of feeling “empty inside” and having the sense of boredom, apathy, and unwillingness to do something... [Read full text here](#)



Asking for **feedback**

One of our newer members, **Cornelis van Lit**, recently published the chapter entitled “**Existential Boredom and Imaginative Transcendence: Phenomenological Confluence Between Ibn ‘Arabī and Evagrius of Pontus**”, as part of the book *Eco-Imagination towards a Sustainable Future* (Springer, 2024) http://dx.doi.org/10.1007/978-3-031-67659-8_4. This work takes a historical comparative approach on theoretical mysticism, analyzing the experienced difference between transcendence and non-transcendence. The author is interested in receiving feedback from our community if any of you found his article useful or if you have suggestions for further avenues of exploration for him. You can reach Cornelis here: cornelisvanlit@gmail.com.

Conferences

ISBS member **Stanley Medeiros** shares with our community the forthcoming conference in which some speakers will present on **the topic of boredom**:

V Congresso Internacional de Fenomenologia Existencial - "A Era Digital e o Sofrimento Existencial: para onde caminhamos?"

(Sept. 24-26, 2025, Brazil)

More information [here](#):

<https://nucleopoiesis.com.br/v-congresso-internacional-de-fenomenologia-existencial-a-era-digital-e-o-sofrimento-existencial--para-onde-caminhamos>.



Call for TRANSLATION

<https://www.boredomsociety.com/jbs/index.php/journal/about/submissions>.

We are looking for someone (either a member of the society or someone external) who would like to **translate the following article** into **English** to be published in issue #2 of the **Journal of Boredom Studies**:

- **Retana, C. (2011). Consideraciones acerca del aburrimiento como emoción moral.** *Kañina, Revista de Artes y Letras, Universidad de Costa Rica*, 35(2), 179– 190.

It can be read (in Spanish) here (**FREE**):

<https://revistas.ucr.ac.cr/index.php/kanina/article/view/561>.

If you are interested in doing so for our journal (or know someone interested), please contact us: contact@boredomsociety.com / jbs@boredomsociety.com.

Please, feel free to suggest other possible translations to our editors.

Share with us your articles, books, news, videos, and calls on boredom, and whatever you want to see here!

Contact us

INTERNATIONAL SOCIETY OF BOREDOM STUDIES

Email: contact@boredomsociety.com

