



## Newsletter

June 2025

### Editorial Note

Dear ISBS members,

The Directive Board is pleased to share **issue #21** of our Newsletter, in which we are including the **recordings** of the **6<sup>th</sup> edition** of the ***International Interdisciplinary Boredom Conference*** (June 26-27, 2025, Online), the new papers published by ***Journal of Boredom Studies*** (**issue #3**), together with other **articles**, a call for **informal essays**, and news concerning a forthcoming **book** by **Andreas Elpidorou** (Oxford University Press, 2025).

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](mailto:contact@boredomsociety.com).

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

### Invite your Colleagues to Join the ISBS

**263 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.

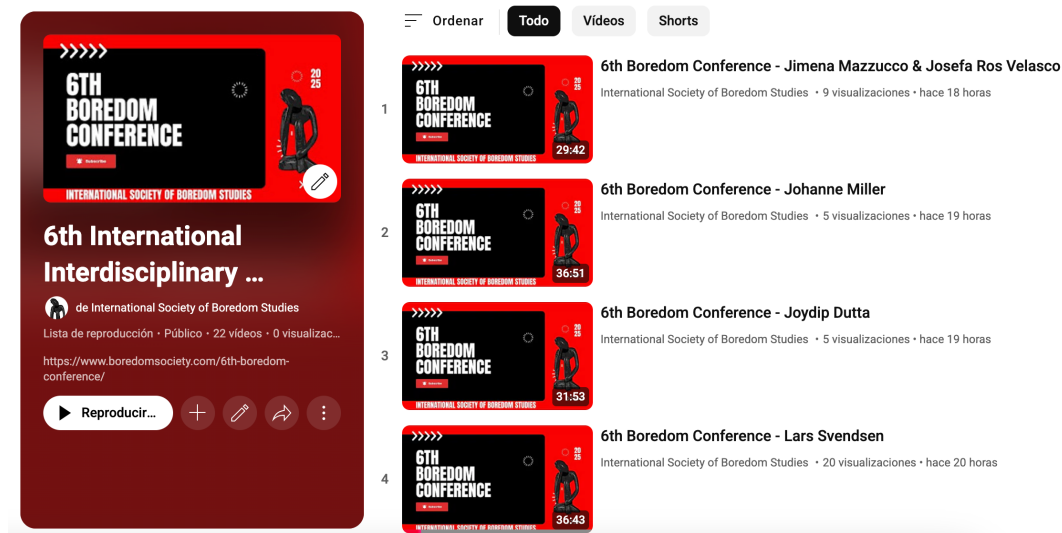
# 6<sup>th</sup> BOREDOM CONFERENCE

**June 26-27, 2025 (Online) #BoredomConference**

**Thank you to everyone who joined us for the 6th Boredom Conference!** We were thrilled to welcome over 60 registered participants and 23 speakers from 12 different countries. Your contributions made this event a truly engaging and thought-provoking experience.

The **recordings** of all sessions are now available on the [Boredom Society's YouTube channel](#). We encourage those who couldn't attend live to catch up on the talks—and for everyone else to help us spread the word by sharing the content widely.

Thank you once again for being part of this global conversation on boredom. We hope to see you again in **2027!**



<https://www.boredomsociety.com/6th-boredom-conference/>

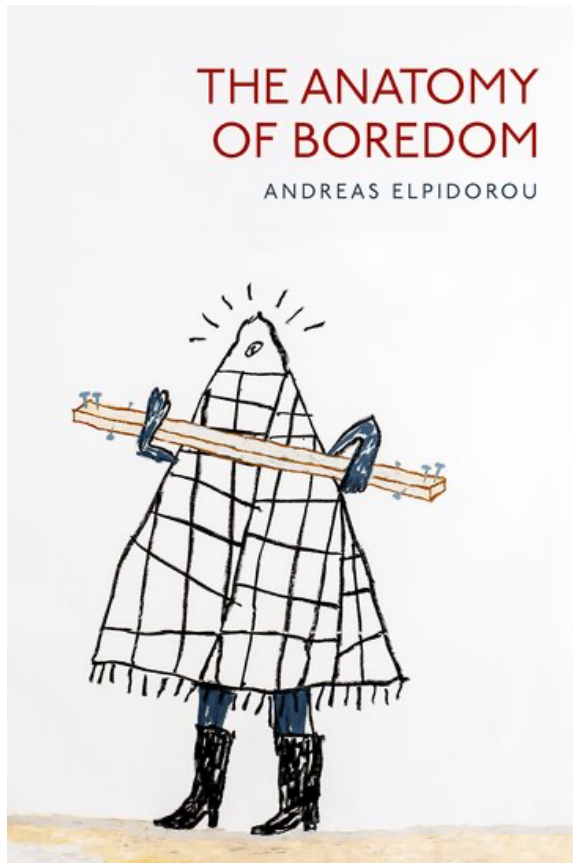
## Journal of Boredom Studies

To celebrate the 20th anniversary of Boredom Studies, we would like to publish in the **Journal of Boredom Studies** a series of informal essays about **"How and why I have become a boredom researcher/scholar?"** We want to collect our stories to get to know them, document our experiences and motivations, and leave a mark for the next generations of boredom researchers (maybe it could be an encouragement for them). We would like to invite you to share your personal stories in whatever form and length you like. We want them to be published in issue #2 of JBS (2025), so we will wait for your contributions until **1 December 2025**. [Submit here](#).

## Recent Books

### **The Anatomy of Boredom**

Andreas Elpidorou  
Oxford University Press  
9780197564332

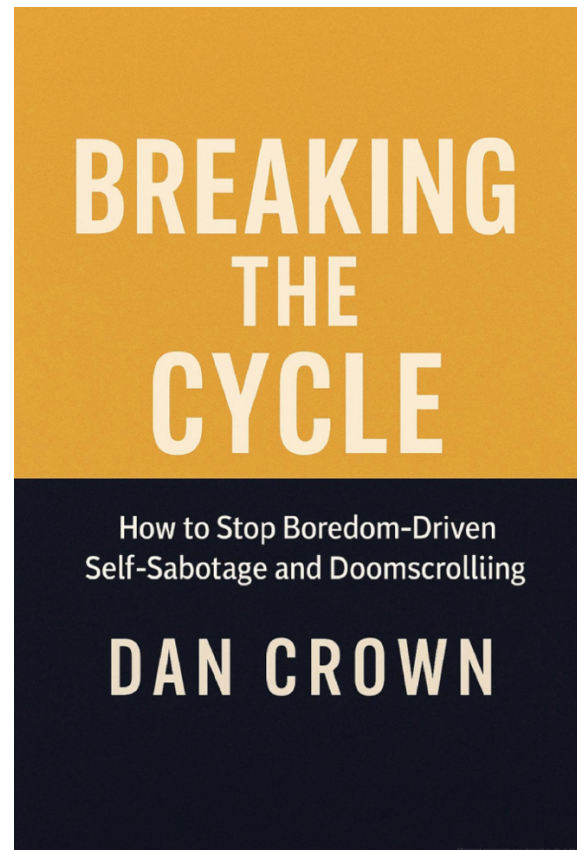


It offers a groundbreaking examination of this ubiquitous yet enigmatic dimension of human existence, illuminating its profound influence on our personal and social lives. Through interdisciplinary analysis, careful argumentation, and captivating insights, Elpidorou presents a functional theory of boredom, which understands and individuates boredom in terms of its role in our mental, behavioral, and social existence.

[Find it here.](#)

### **Breaking the Cycle: How to Stop Boredom-Driven Self-Sabotage and Doomscrolling**

Dan Crown  
(Self-published)  
9798231617647



In this practical and empowering book, Dan Crown reveals proven strategies to overcome boredom-driven self-sabotage, escape the addictive pull of social media, and build habits that restore your energy, motivation, and peace of mind. With actionable techniques rooted in behavioral psychology and neuroscience to replace boredom with purpose, creativity, and mindful action.

[Find it here.](#)

## Papers Suggested by Our Members

Published by the *Journal of Boredom Studies*:

Brown, M., Rieger, G., & **Van Tilburg**, W. (2025). State Boredom and Sexual Arousal in Men: No Evidence for Effects on Genital and Subjective Measures. *Journal of Boredom Studies*, (3).

<https://doi.org/10.5281/zenodo.15479032>

**Medeiros**, S. K. B., & de Melo, S. F. (2025). When Existence Grows Heavy: Existential Boredom and the Flight from Ourselves. *Journal of Boredom Studies*, (3). <https://doi.org/10.5281/zenodo.15465702>

Published by the **members of the Boredom Society**:

**Alves Ferreira**, J. M. (2025). Josefa Ros Velasco, La Enfermedad del Aburrimiento, Madrid: Alianza Editorial, S. A., 2022. *Anales del Seminario de Historia de la Filosofía*, 42(2), 471-473. <https://doi.org/10.5209/ashf.97979>

**Beltrán**, A. A. C. (2025). Entre el tedio y la angustia: comentario ontológico sobre la nada en la filosofía heideggeriana. *Logos: Revista de Lingüística, Filosofía y Literatura*, 35(1). <https://doi.org/10.15443/RL3507>

**Blomberg**, J. P., Pröckl, M., & Schwarz, E. (2025). A Withdrawal of Reality? Boredom, Disembodiment, and Isolation as Aspects of Teaching in Pandemic Times. In *Realities in Pedagogical and Phenomenological Contexts* (pp. 241-263). Springer VS, Wiesbaden.

**Figueiredo**, T. (2025). Cross-Cultural Adaptation and Validation Study of the Brazilian Version of the Multidimensional State Boredom Scale (MSBS). *medRxiv*, 2025-05. <https://doi.org/10.1101/2025.05.31.25328648>

**Lench**, H. C., Asani, N., North, S. G., & Salsedo, K. (2025). When boredom settles in: Measurement of individual differences in boredom responses. *Personality and Individual Differences*, 242, 113215. <https://doi.org/10.1016/j.paid.2025.113215>

**O'Dea**, M. K., **Igou**, E. R., **van Tilburg**, W. A., & Kinsella, E. L. (2025). Awe and Boredom: Unravelling Dual Pathways Through Meaning in Life. *European Journal of Social Psychology*. <https://doi.org/10.1002/ejsp.70000>

**O'Dea**, M. K., **Militaru**, I. E., **Igou**, E. R., Rentfrow, P. J., Barrett, I., & **van Tilburg**, W. A. (2025). Nature adds color to life: Less boredom in natural versus artificial environments. *Journal of Experimental Psychology: General*. <https://doi.org/10.1037/xge0001764>



**Pietsch**, M., Ugwuanyi, C., & Bellibaş, M. (2025). Job Boredom and Its Impact on Teacher Creativity and Teaching: Pedagogical Knowledge Absorptive Capacity and Leader-Member Exchange Make a Difference. *Research Square*. <https://doi.org/10.21203/rs.3.rs-6488938/v1>

Lapteva, A., Schnyder, S., **Wolff**, W., & **Martarelli**, C. S. (2025). Bore me (not): boredom impairs recognition memory but not the pupil old/new effect. *Quarterly Journal of Experimental Psychology*, 17470218251329255. <https://doi.org/10.1177/17470218251329255>

### Others:

Ahmed, A. A. M. (2025). Mind Wandering and Test Boredom in Light of Academic Self-Efficacy in a Sample of Undergraduate Students. *التربية (الأزهر): مجلة علمية محكمة للبحوث التربوية والنفسية والاجتماعية*, 44(206), 1-38. <https://doi.org/10.21608/jsrep.2025.424414>

Baltacı, Ö., & Açar, I. (2025). Does Leisure Boredom Predict Short Video Addiction in Adolescents? *Psychiatric Quarterly*, 1-15. <https://doi.org/10.1007/s11126-025-10172-4>

Chen, I. S., & Choi, J. N. (2025). Does job boredom benefit creativity? A cross-domain process through leisure crafting. *European Journal of Innovation Management*. <https://doi.org/10.1108/EJIM-05-2024-0567>

Elttayef, M. J. (2025). A Comparative Study of Boredom and Hopelessness in Najib Mahfouz's *The Beggar* and Abbas Maroufi's *Symphony of the Dead*. *Journal of the College of Languages*, (52), 285-304. <https://doi.org/10.36586/jcl.2.2025.0.52.0285>

Emir, E., Akça, E., Badau, A., & Badau, D. (2025). The Dark Side of Leisure Time: Analysis of the Predictive Effects Between Boredom, Internet Usage Habits, and Gambling Behaviors. *Brain Sciences*, 15(6), 598. <https://doi.org/10.3390/brainsci15060598>

Kerse, G., Deniz, V., & Selçuk, E. T. (2025). Engaging leadership, job boredom, and quiet quitting: A scale adaptation and mediated model testing. *International journal of organizational leadership*, 14, 377-393. <http://dx.doi.org/10.33844/ijol.2025.60487>

Khilji, B. K., & Ambreen, S. (2025). Disengaged in the Digital Age: Unraveling the Influence of Boredom Proneness and FoMO on Phubbing Behavior. *Journal of Asian Development Studies*, 14(2), 62-70. <https://doi.org/10.62345/jads.2025.14.2.5>

Khoirunnisa, N. R., & Muslam, M. (2025). Augmented reality (AR)-based experimental learning: A solution to overcome boredom with worksheet usage in generation alpha (Gen-A) early childhood. *Journal of Early*

*Childhood Care and Education*, 8(1), 1-15.  
<https://doi.org/10.26555/jecce.v8i1.12699>

Lee, J. (2025). *Boredom as a Motivator of Pain Infliction in Psychopathy*. PhD Thesis, University of Waterloo. <https://hdl.handle.net/10012/21873>

Lo, I. C., & Rau, P. L. P. (2025, April). D-Twins: Your Digital Twin Designed for Real-Time Boredom Intervention. In *Proceedings of the 2025 CHI Conference on Human Factors in Computing Systems* (pp. 1-15).  
<https://doi.org/10.1145/3706598.3714163>

Lyu, J. (2025). Causes and Effects of Boredom in Online Foreign Language Learning: A Systematic Review and Future Perspectives. *Journal of Language, Culture and Education*, 2(2), 9-15.  
<https://doi.org/10.70267/jlce.2025.v2n2.0915>

Park, M. J., Calistro, T., & Lipnevich, A. A. (2025). Zooming to work or working to Zoom: relations between Zoom fatigue, cognitive load, and boredom. *Research Papers in Education*, 1-29.  
<https://doi.org/10.1080/02671522.2025.2507592>

Parvizi, M., Askari, M., & Yousefi, E. (2025). Investigating the effectiveness of cognitive-behavioral therapy on marital boredom in women with marital conflict. *Journal of Fundamentals of Mental Health*, 27(2).  
<https://doi.org/10.22038/JFMH.2025.82296.3162>

Ponciano, M., Vicente, A., Hernández-Conde, J. V., & Castroviejo, E. (2025). Making beds and dying of boredom literally: A developmental study on the comprehension of nonliteral uses of language in autism. *Language Development Research*, 5(2), 93-129. <https://doi.org/10.34842/ldr2025-826>

Putri, H. H., & Widayat, I. W. (2025). Pengaruh Boredom Proneness terhadap Phubbing pada Orangtua. *Repository Universitasb Airlangga*.  
<http://www.lib.unair.ac.id>

Saldías, R. (2025). Del miedo al tedio: pasiones y educación en el pensamiento de Éric Weil. *eidos*, (44), 116-141.  
<https://dx.doi.org/10.14482/eidos.44.150.986>

Salinas, E. M. C., Silva, M. D. C. H., & Miranda, Y. Y. G. (2025). Diagnóstico de la presencia del síndrome de Boreout en instituciones de educación superior en Latinoamérica. *Revista de Investigación Latinoamericana en Competitividad Organizacional*, 7(26), 103-110.  
<https://doi.org/10.51896/rilco.v7i26.859>

Schickel, M., & Ringeisen, T. (2025). Boredom in Interactive Learning Settings. In *International Handbook of Emotions* (pp. 181-194). Springer, Cham. [https://doi.org/10.1007/978-3-031-86445-2\\_13](https://doi.org/10.1007/978-3-031-86445-2_13)

Stańczyk, P. (2025). On Responsibility for Boredom in Education: Possibly Emancipatory Philosophical Inquiry. In *Colloquium* (Vol. 17, No. 1, pp. 5-18). <https://doi.org/10.34813/01coll2025>

Summerfield, R. (2025). Despair Against Boredom: Hyperstitional Narrativization in the International Relations of Populist States. *Theses/Capstones/Creative Projects*, 356. [https://digitalcommons.unomaha.edu/university\\_honors\\_program/356](https://digitalcommons.unomaha.edu/university_honors_program/356)

Uehara, I., & Ikegaya, Y. (2025). Online Orientation in Early School Grades: Relationship with ADHD, Boredom, Concentration Tendencies, and Mothers' Parenting Styles. *Frontiers in Psychology*, 16, 1592563. <https://doi.org/10.3389/fpsyg.2025.1592563>

Yan, Y., Kang, X., & Zhao, K. (2025). From boredom to brilliance? Examining the impact of workplace boredom on counterproductive work behavior and organizational citizenship behavior. *Current Psychology*, 1-17. <https://doi.org/10.1007/s12144-025-08000-w>

## Media

Magazine Article – ***The Conversation***: “Boredom gets a bad rap. But science says it can actually be good for us”, by **Michelle Kennedy** and **Daniel Hermens** (University of the Sunshine Coast, Queensland, Thompson Institute). [Read here](#).

THE CONVERSATION  
Academic rigor. Journalistic flair.

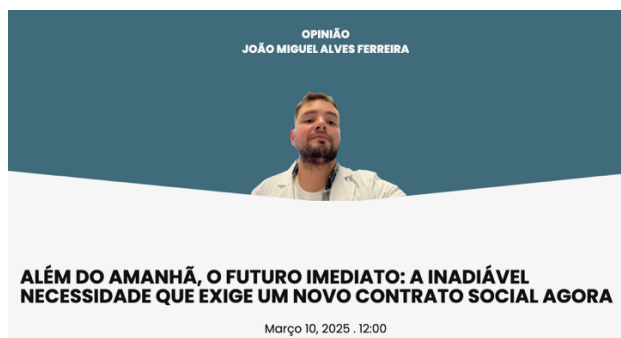


Kudryashova Vera/Shutterstock

Boredom gets a bad rap. But science says it can actually be good for us

Published: May 20, 2025 11:00am AEST

Newspaper Article - ***Diário de Aveiro***: “Além do amanhã, o futuro imediato: a inadiável necessidade que exige um novo contrato social agora”, by João Miguel Alves Ferreira (Faculdade de medicina da Universidade de Coimbra). [Read here](#).



## Call for COLLABORATION

Jens, Luuk, Roos, and Dane are undergraduated students at Hondsrug College, The Netherlands, and are seeking for help with their research:

*"Hello, we are researching internal time for a school project. we would like to find a way to shorten internal time while waiting. we know that boredom increases internal time. what is the best way to stop boredom? we hope you can help us with this. kind regards."*

In the event you want to help them, please, reach Jens at:  
[133724@hondsrugcollege.nl](mailto:133724@hondsrugcollege.nl).

## Call for TRANSLATION

**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](mailto:contact@boredomsociety.com) / [jbs@boredomsociety.com](mailto: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](mailto:contact@boredomsociety.com)

